



## **NEWS RELEASE**

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**CONTACT:** Tina Landis, 415.940.3585

# **Air District extends Spare the Air Alert for smog & air quality advisory for smoke through Tuesday**

*High temperatures & wildfire smoke will continue to increase smog build up*

**SAN FRANCISCO** – The Bay Area Air Quality Management District is extending the Spare the Air Alert for smog and the air quality advisory for smoke through Tuesday.

Wildfire smoke combined with high inland temperatures and vehicle exhaust are expected to cause unhealthy smog, or ozone, accumulation in the Bay Area. Smoke from Northern California wildfires is expected to continue to impact the region creating hazy and smoky skies.

“Climate change is impacting our region with more frequent wildfires and heat waves leading to poor air quality,” said Veronica Eady, senior deputy executive officer of the Air District. “We can all help by driving less to reduce smog and improve air quality when respiratory health is top of mind for us all.”

Spare the Air Alerts are issued when ozone pollution is forecast to reach unhealthy levels. Ozone, or smog, can cause throat irritation, congestion, chest pain, trigger asthma, inflame the lining of the lungs and worsen bronchitis and emphysema. Long-term exposure to ozone can reduce lung function. Ozone pollution is particularly harmful for young children, seniors and those with respiratory and heart conditions. When a Spare the Air Alert is issued, outdoor exercise should be done only in the early morning hours when ozone concentrations are lower.

If the smell of smoke is present, it is important that Bay Area residents protect their health by avoiding exposure. If possible, stay inside with windows and doors closed until smoke levels subside, if temperatures allow. If temperatures are too hot indoors, visit an air-cooling center or other building that provides filtered air. It is also recommended that those impacted by smoke set their air conditioning units and car vent systems to re-circulate to prevent outside air from moving inside.

Smoke can irritate the eyes and airways, causing coughing, a dry scratchy throat and irritated sinuses. Elevated particulate matter in the air can trigger wheezing in those who suffer from asthma, emphysema or COPD. Elderly persons, children and individuals with respiratory illnesses are particularly susceptible to elevated air pollution levels and should take extra precautions to avoid exposure.

Check here for air quality readings: [baaqmd.gov/highs](http://baaqmd.gov/highs).

To find out when a Spare the Air Alert is in effect, residents can sign up for text alerts by texting the word “START” to 817-57, register for email AirAlerts at [www.sparetheair.org](http://www.sparetheair.org), call 1(800) HELP-AIR, download the Spare the Air App or connect with Spare the Air on Facebook or Twitter.

The [Bay Area Air Quality Management District](#) is the regional agency responsible for protecting air quality in the nine-county Bay Area. Connect with the Air District via [Twitter](#), [Facebook](#) and [YouTube](#). For more information about Spare the Air, visit [sparetheair.org](http://sparetheair.org).

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*Air District Communications Office*  
*375 Beale Street, Suite 600, San Francisco, CA 94105 - (415) 749-4900*  
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