



Spare the Air Advisory

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For Immediate Release

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Smog/Heat Wave Continues Spare the Air Advisory for Monday, July 24

NO FREE RIDES on Bay Area Transit

- What:** Air quality levels are expected to reach unhealthy levels tomorrow, Monday, July 24, 2006. Even though transit is no longer free, the Air District asks residents of the nine Bay Area counties to continue to "Spare the Air" by reducing air-polluting activities. This is the 9th Spare the Air advisory for 2006. Air District officials are asking residents to drive less and conserve electricity.
- Why:** High pressure, escalating temperatures, and low winds create the conditions that cause polluting gases to form ground-level ozone, the main ingredient in smog.
- Who:** Spare the Air ozone levels are particularly harmful for young children, as well as seniors and those with respiratory and heart conditions. Vigorous outdoor exercise should be done only in the early morning hours when ozone levels are lower.
- How:**
- Plan a Spare the Air commute. Bike, walk or take public transit—even if it's not free. Call 511 or check www.511.org for transit information.
 - If you must drive, carpool, don't idle and refuel after 6 p.m. or wait until the following evening to pump gas.
 - Limit driving as much as possible by combining errands into one trip.
 - Conserve energy at home and at work.
 - Avoid using aerosol sprays and other household products that pollute.

For background and air quality information visit www.sparetheair.org

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