



Spare the Air Alert

FOR IMMEDIATE RELEASE
September 21, 2009

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Third consecutive Spare the Air Alert issued in the Bay Area *Residents urged to carpool and take transit*

SAN FRANCISCO - The Bay Area Air Quality Management District is issuing the 13th *Spare the Air* advisory for the 2009 summer ozone season.

Air quality in the Bay Area is forecast to be unhealthy again tomorrow, Tuesday, September 22, 2009. There is no free transit tomorrow and there is no wood-burning ban in place.

"Hot temperatures mixed with auto exhaust is a recipe for smog," said Jack Broadbent, executive officer of the Air District. "To improve air quality we all need to start thinking differently about how we use our cars and make carpooling part of our daily routine."

The Air District issues summertime *Spare the Air* Alerts whenever ozone pollution is forecast to reach unhealthy concentrations. Ozone can cause throat irritation, congestion and chest pain. It can trigger asthma, inflame the lining of the lungs and worsen bronchitis and emphysema. Long-term exposure can reduce lung function.

High levels of ozone pollution are particularly harmful for young children, seniors and those with respiratory and heart conditions. When a *Spare the Air* Alert is issued, vigorous outdoor exercise should be undertaken only in the early morning hours when ozone concentrations are lower.

Ground-level ozone is formed when volatile organic compounds and nitrogen oxides from motor vehicle exhaust, gasoline vapors, industrial emissions and household chemicals combine with oxygen in the presence of heat and sunlight.

As part of this *Spare the Air* season's effort to educate the public about ridesharing, Bay Area commuters are encouraged to share fun and interesting carpool experiences through the Air District's "Confessions of a Carpooler" contest. The contest will run through September 30, 2009.

The Air District encourages commuters to carpool tomorrow and share their best stories and tips by uploading a three-minute video to the contest page on www.SpareTheAir.org. Winning stories will be posted to the Air District's YouTube channel. Visit www.SpareTheAir.org for full details and rules, including information about the prizes from local companies such as Dreyer's Grand Ice Cream, Inc., Solio and Autonet Mobile.

A list of simple things the public can do to *Spare the Air* every day:

- Carpool – any ride is worth sharing!
- Take public transit
- Work at home or telecommute
- Bike to work or around town
- Link errands to reduce driving



Spare the Air Alert

Email AirAlerts are available through the EnviroFlash system at <http://baaqmdsparetheair.enviroflash.info/>. EnviroFlash AirAlerts provide notification when the Bay Area experiences a Spare the Air Day and the option of receiving daily air pollution forecasts.

The Bay Area Air Quality Management District (www.baaqmd.gov) is the regional agency chartered with protecting air quality in the Bay Area. For more information about Spare the Air, visit www.sparetheair.org.

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