

MEET
SCOOTER®,
THE SPARE
THE AIR
DOG



SCOOTER® is the official Spare The Air mascot and he loves teaching friends how to reduce air pollution!

Scooter has a lot of fun air quality activities and tips to share on his family-friendly website, aqmdscooter.com and on his Facebook page, [Facebook.com/scooterthesparetheairdog](https://www.facebook.com/scooterthesparetheairdog).

WHAT IS GROUND-LEVEL OZONE (SMOG)?

Ground-level ozone or smog, is not emitted directly into the air. It is created by a chemical reaction between oxides of nitrogen (NOx) and volatile organic compounds (VOCs) in the presence of sunlight. The majority of the region's ozone problem is caused by vehicles and other mobile sources, including trucks, buses, agricultural or construction equipment, powerboats, and gas-powered lawn and garden equipment.



KNOW WHAT
YOU'RE
BREATHING

GET THE DAILY AIR QUALITY FORECAST

for your area by signing up for Air Alert at SpareTheAir.com or downloading the **Sacramento Region Air Quality app**. The free app gives you:

- ⇒ Daily air quality forecasts and real-time air pollution readings for Sacramento, Placer, Yolo-Solano and El Dorado counties
- ⇒ Check Before You Burn daily burn status for Sacramento County (November – February)
- ⇒ Spare The Air alerts and wildfire smoke advisories

For more information, visit SpareTheAir.com or follow Spare The Air on social media.

AQMD SpareTheAirScooter SacramentoAQMD



SpareTheAir.com



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AIR
POLLUTION
AFFECTS
US ALL

Protect your **HEALTH**
and the ones you



SpareTheAir.com

AIR DISTRICTS WORK TO IMPROVE PUBLIC HEALTH

THE SPARE THE AIR PROGRAM is designed to improve the Sacramento region's air quality by giving you information about how you can reduce air pollution. Created in 1995 by the Sacramento Metropolitan Air Quality Management District and the air districts of the Sacramento region, the Spare The Air season runs from May – October, when ground-level ozone pollution (smog) poses the greatest health risk.

GROWTH = CHANGE

Although car engines are cleaner than they were 10 years ago, our region's population has increased by more than 10 percent over that time. We must continue our efforts to improve air quality, and protect the health of our residents.

AIR DISTRICTS OF THE SACRAMENTO REGION

Sacramento Metropolitan Air Quality Management District
(916) 874-4800 or (800) 880-9025
www.AirQuality.org

Yolo-Solano Air Quality Management District
(530) 757-3650
www.ysaqmd.org

Placer County Air Pollution Control District
(530) 745-2330
www.placer.ca.gov/apcd

Feather River Air Quality Management District
(530) 634-7659
www.fraqmd.org

El Dorado County Air Quality Management District
(530) 621-7501
www.edcgov.us/AirQualityManagement

SPARE THE AIR AND THE AQI

WHEN AIR QUALITY IS FORECAST to reach 126 or above on the Air Quality Index (AQI), a Spare The Air alert is issued. We ask that you drive less to reduce pollution and avoid exposure to poor air quality.


Air Quality Index - Ozone	
301 – 500	Hazardous
201 – 300	Very Unhealthy
151 – 200	Unhealthy
101 – 150	Unhealthy for Sensitive Groups
Spare The Air when the AQI is forecast to meet or exceed 126	
51 – 100	Moderate
0 – 50	Good

THE AQI HAS SIX CATEGORIES:

- **Hazardous is 301 to 500.** The entire population is more likely to experience serious health effects and should avoid all outdoor exertion.
- **Very Unhealthy is 201 to 300.** Everyone may experience more serious health effects and should avoid all outdoor exertion.
- **Unhealthy is 151 to 200.** Everyone may begin to experience some adverse health effects and should limit prolonged outdoor exertion. Members of the sensitive groups should avoid prolonged outdoor exertion.
- **Unhealthy for Sensitive Groups is 101 to 150.** People with heart and lung disease, older adults and children are at a greater risk and should limit prolonged outdoor exertion.
- **Moderate is 51 to 100.** People who have a unique sensitivity to air pollution should consider limiting prolonged outdoor exertion.
- **Good is 0 to 50.** No health impacts are expected when air quality is in this range.








BLUE SKY DOESN'T MEAN THE AIR IS HEALTHY

Protect your **HEALTH** and the ones you 

-  Reduce your driving by bringing your lunch to work, walking, carpooling and linking your trips
-  Exercise in the early morning or in the evenings, when ozone pollution is low
-  Fuel up once the sun goes down
-  Buy locally-grown produce
-  Turn off your ignition if you're waiting more than 10 seconds
-  Avoid consumer spray products
-  Use electric lawn and garden equipment
-  Download the free Sacramento Region Air Quality app
-  When a Spare The Air alert is issued, drive less

OZONE POLLUTION AFFECTS US ALL,

but it's even worse for sensitive groups, which include children under the age of 14, outdoor athletes, pregnant women, outdoor workers, older adults, the elderly and people who have heart or lung diseases, including asthma, bronchitis and emphysema. Air pollution can affect even the healthiest people during exercise or outdoor activities. Immediate health effects include:

-  Respiratory illness
-  Chest pain
-  Wheezing
-  Dizziness
-  Watery eyes
-  Increased fatigue
-  Sore throat