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Spare The Air Season Begins May 1

Campaign educates public on health effects of air pollution

SACRAMENTO, Calif. – April 30, 2015 – The Sacramento region’s 21st Spare The Air season begins May 1. This season marks the beginning of a newly refined effort by the Sacramento Metropolitan Air Quality Management District (AQMD) and the air districts of the region, with a special focus on educating the public about the dangerous health effects of air pollution.

“Just because the sky is blue doesn’t mean that the air is healthy,” said Larry Greene, AQMD Executive Director/Air Pollution Control Officer. “Poor air quality affects everyone, but sensitive groups including children, pregnant women, and older adults and the elderly, are at the greatest health risk.”

Health impacts from ground level ozone can vary from minor irritations such as watery eyes and coughing, to more severe health complications, particularly in people who suffer from asthma, bronchitis and other pulmonary disorders. While air quality in the Sacramento region has improved over the years, there is still a lot of work to be done. Driving less is the best way to reduce air pollution, but there are many other ways you can protect yourself and the ones you love from the negative impacts of poor air quality, especially when a Spare The Air alert is issued:

- Cut back on driving – *postpone at least one trip*
- Exercise in the morning or late evening when smog levels are lower
- Link your errands into one big trip. This reduces pollution by minimizing “cold starts.” A cold engine that’s been sitting for an hour or more pollutes up to five times more than a warm engine.
- Work from home – *get employer permission in advance, ask now*
- Share a ride with a friend or take public transit for one or more trips
- Bring your lunch to work
- Be informed of the air quality in your area. Sign up for Air Alert at www.sparetheair.com. You’ll receive a daily email with the regional air quality forecast, and be notified when air pollution could be dangerous.

For more air quality information and Spare The Air tips, visit www.SpareTheAir.com, follow on Twitter at [Twitter.com/AQMD](https://twitter.com/AQMD) or on Instagram at [Instagram.com/SacramentoAQMD](https://www.instagram.com/SacramentoAQMD). You can also “like” Scooter, the Spare The Air mascot’s Facebook page at [Facebook.com/ScooterTheSpareTheAirDog](https://www.facebook.com/ScooterTheSpareTheAirDog).

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