

FOR IMMEDIATE RELEASE
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Know What You're Breathing:
Sacramento Region Spare The Air Season Begins May 1
Reduce Driving to Help Improve Air Quality

SACRAMENTO, Calif. – The Sacramento region's annual Spare The Air season starts Wednesday, May 1. Residents are urged to pay attention to the daily air quality forecast to know what they're breathing and be ready to drive less or use a zero emission form of transportation when a Spare The Air alert is issued due to high ozone pollution.

Residents can check the Air Quality Index (AQI) by downloading the free Sacramento Region Air Quality app, or visiting www.SpareTheAir.com. The app, which is available in all app stores, provides the daily air quality forecast, current air pollution readings for Sacramento, Placer, Yolo-Solano and El Dorado counties, and Spare The Air alerts and wildfire smoke advisories. The AQI shows how clean or polluted the air is throughout the region. It has six categories: Good (green), Moderate (yellow), Unhealthy for Sensitive Groups (orange), Unhealthy (red), Very Unhealthy (purple), and Hazardous (maroon).

Follow these tips to reduce air pollution:

- Drive less, especially when a Spare The Air alert is in effect
- Use a zero emission transportation option such as biking, walking or driving an electric vehicle
- Take public transit or carpool
- Use an electric lawn mower, leaf blower and other garden equipment
- Don't idle – turn off your engine when parked
- Work from home
- Bring your lunch to work
- Use a propane grill

Air pollution can cause respiratory irritation or breathing difficulties during exercise or outdoor activities. Some people are more vulnerable to health impacts, including children, whose lungs are still developing; older adults and the elderly; pregnant women; and individuals with heart or lung disease, especially asthma.

For more information, visit www.SpareTheAir.com, follow us on Twitter @AQMD or on Facebook at Facebook.com/ScooterTheSpareTheAirDog.

Spare The Air is a program of the Sac Metro Air District, Yolo-Solano Air Quality Management District, Placer County Air Pollution Control District and El Dorado County Air Quality Management District.

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