SMALL CHANGES CAN MAKE A **BIG** DIFFERENCE!

From May 1 through October 31, a Spare The Air alert is issued when the Air Quality Index (AQI) for ground-level ozone pollution is forecast to meet or exceed 126. An AQI forecast for the Sacramento region is distributed each day and shows the level of air pollution that is expected for that day.

You can Spare The Air and continue to help reduce air pollution every day – even from home – by following these simple tips:

- Take public transit
- Drive less, especially on Spare The Air days
- Use a zero emission vehicle
- Telework at least once per week
- Join a carpool
- Walk, bike or ride a scooter

Download the **FREE** Sacramento Region Air Quality app!

Stay updated on the daily AQI, real-time readings, and **Spare The Air** alerts.

Available in your app store!

SpareTheAir.com
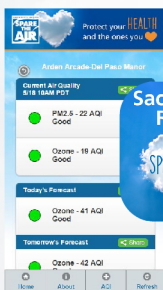
Sacramento Region
SPARE THE AIR

YOU + ME = COMMUNITY

By making individual efforts to reduce air pollution, we can come together as a community to make a much larger impact on air quality in our region and combat climate change.

When Sacramento region residents choose to telework, take transit, walk, bike or drive low or zero emission cars, this reduces vehicle emissions significantly and air quality improves dramatically.

When air quality improves, respiratory health does, too. This is especially important for sensitive groups in our communities who are most vulnerable to the harmful effects of air pollution, including:

- Children
- Older adults and the elderly
- Pregnant women
- People with pulmonary or respiratory diseases, including congestive heart failure and asthma

How does air pollution affect you?

During the summer months, ground-level ozone (smog) increases and can cause problems for anyone – even if you're healthy. We are all vulnerable to the negative health effects caused by ozone air pollution, which can include:

- Irritated eyes, throat, and lungs
- Asthma attacks and increased wheezing
- Chest tightness and pain
- Increased fatigue and headaches

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