



**FOR IMMEDIATE RELEASE**  
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## **Sacramento Region Spare The Air Season Begins Sunday, May 1**

***Residents encouraged to consider transit and alternative transportation***

SACRAMENTO, Calif. – The Sacramento Metropolitan Air Quality Management District (Sac Metro Air District) and the air districts of the Sacramento region will launch the 28th annual Spare The Air season will begin on Sunday, May 1.

The region's Spare The Air program runs each year from May 1 through Oct. 31, and 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, rendering air quality unhealthy for sensitive groups. Air pollution affects everyone. Even healthy people can experience health impacts from polluted air, including respiratory irritation or breathing difficulties during exercise or outdoor activities. In addition to its harmful health effects, air pollution impacts businesses, the economy, and the environment.

Small changes can make a big difference in our community. During the past two years, the Sacramento region saw a vast improvement in air quality. Residents of Sacramento, Placer, Yolo, Solano, and El Dorado counties are encouraged to consider teleworking, taking transit, driving a low or zero emission vehicle, or using other active transportation options such as walking, biking, or riding a scooter when possible. 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

Please follow these tips to continue to improve the region's air quality:

- Download the free Sacramento Region Air Quality app to view daily air quality forecasts and real-time air pollution readings for Sacramento, Placer, Yolo, Solano and El Dorado counties
- Drive less to help reduce vehicle emissions, especially on a Spare The Air day
- Telework at least once per week, if possible
- Use active transportation, such as riding a bike, walking, or taking a scooter for your errands, or as a way to commute to work
- Take public transit or carpool to reduce the number of single-passenger vehicles on the road
- Use a zero emission hybrid or electric vehicle

For more information on Spare The Air, please visit [www.SpareTheAir.com](http://www.SpareTheAir.com), and follow the Sac Metro Air District on Twitter [@AQMD](https://twitter.com/AQMD) or on Facebook at [Facebook.com/ScooterTheSpareTheAirDog](https://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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