



FOR IMMEDIATE RELEASE
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Sacramento Region Spare The Air Season Begins Today
Residents encouraged to consider transit and alternative transportation

SACRAMENTO, Calif. – The Sacramento region Spare The Air season begins today Monday, 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, when air quality is unhealthy for sensitive groups.

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, on Spare The Air Days, and whenever possible to help reduce air pollution. 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.

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

- 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 commuting to work
- Take public transit or carpool to reduce the number of single-passenger vehicles on the road
- Use a low or zero emission vehicle

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. For more information on Spare The Air, please visit www.SpareTheAir.com, and follow Spare The Air on Facebook at [Facebook.com/ScooterTheSpareTheAirDog](https://www.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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