News Release
FOR IMMEDIATE RELEASE

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Spare The Air Season Begins in the Sacramento Region: Take Action to Reduce Air Pollution & Improve Your Health

Sacramento, Calif. – The Sacramento Metropolitan Air Quality Management District (Sac Metro Air District), in collaboration with the air districts of the Sacramento region, today announced the start of the annual Spare The Air season. Each year, Spare The Air runs from May 1 through Oct. 31 and urges Sacramento residents and businesses to take action to help reduce air pollution. Spare The Air Alerts are issued when the forecasted Air Quality Index (AQI) for ground-level ozone pollution, known as smog, is expected to reach or exceed 126, signaling unhealthy air quality for sensitive groups.

Smog forms when emissions from vehicles, power plants, factories, and everyday products such as pesticide and paint fumes react with sunlight, creating a hazy air pollutant layer that can pose serious health risks for vulnerable populations.

Health Risks of Air Pollution:
- Short-term exposure can cause coughing, throat irritation, and eye discomfort
- Long-term exposure increases the risk of chronic conditions such as asthma, lung disease, and other respiratory conditions

Simple Actions to Help Improve Air Quality:
- Drive less – reduce vehicle emissions, especially on a Spare The Air day
- Take public transit or carpool – reduce the number of single-passenger vehicles on the road
- Drive a low or zero-emission vehicle – opt for eco-friendly or clean transportation
- Use active transportation – walk, bike, or take a scooter as an alternative to driving
- Telework – if possible, telework at least once per week, to limit vehicle emissions

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

For more information about the program visit www.SpareTheAir.com.

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