

## News Release

### FOR IMMEDIATE RELEASE

**Date:** May 1, 2026  
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## **Spare The Air Season Begins May 1** *Sign Up for Alerts and Help Reduce Air Pollution*

**Sacramento, Calif.** – The Sacramento Metropolitan Air Quality Management District (Sac Metro Air District) and air districts of the Sacramento region today launched the 2026 Spare The Air summer campaign, urging residents and businesses to sign up for Air Alert at [www.SpareTheAir.com/signup](http://www.SpareTheAir.com/signup) to know when it's a Spare The Air day .

From May 1 through October 31, warmer temperatures and sunlight increase the formation of ground-level ozone, commonly known as smog. Ozone pollution can affect anyone, even healthy individuals, and poses greater risks for children, older adults, pregnant people, outdoor workers, and those with asthma or other respiratory conditions.

### **Health Effects of Smog**

Exposure to smog can cause:

- Irritated eyes, throat, and lungs
- Coughing, chest tightness, and shortness of breath
- Reduced lung function
- Worsened asthma and other respiratory illnesses

### **Simple Actions to Help Improve Air Quality and Protect Public Health**

- **Drive less**, especially on Spare The Air days
- **Carpool, take transit, or telework** when possible
- **Walk, bike, or use a scooter** for short trips
- **Choose low- or zero-emission vehicles**

### **Stay Informed About Air Quality**

In addition to signing up for Air Alert via email or text, residents can also sign up to receive an email with the daily air quality forecast. For more air quality updates, tips, and alerts, follow the Spare The Air on social media, Instagram: [@Sparetheair\\_scooter](https://www.instagram.com/Sparetheair_scooter), Facebook: [@SpareTheAirScooter](https://www.facebook.com/SpareTheAirScooter), and X: [@AQMD](https://twitter.com/AQMD).

Visit [www.SpareTheAir.com](http://www.SpareTheAir.com) for more information about the Spare The Air program.

Spare The Air is a regional program brought to you by the Sacramento Metropolitan, El Dorado, Feather River, Placer and Yolo-Solano Air Districts.

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