



**FOR IMMEDIATE RELEASE**  
**August 15, 2022**

**Contact: Sac Metro Air District Communications Office**  
**279-207-1122 x 4411**

**First Spare The Air Day of the Season Called for Tuesday, August 16**  
***Residents encouraged to use 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 call the first Spare The Air Day of the 2022 season for Tuesday, August 16, 2022. High temperatures along with a strong inversion and light winds will result in elevated ground-level ozone that are Unhealthy for Sensitive Groups.

“As chair of the Sac Metro Air District, which manages the Spare The Air program on behalf of the air districts of the Sacramento region, I want to thank residents in our region for taking this Spare The Air alert seriously. When ground-level ozone, also known as smog, rises this can negatively affect many of our neighbors with respiratory issues,” said Sacramento Mayor Pro Tem Eric Guerra. “Even small actions like carpooling or taking transit will have a positive impact on smog levels in our area and help our friends and family breathe a little easier.”

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.

Please follow these tips during tomorrow’s Spare The Air Day:

- Drive less to help reduce vehicle emissions and telework, if possible
- Use active transportation, such as riding a bike, walking, or taking a scooter
- Take public transit or carpool to reduce the number of single-passenger vehicles on the road
- Use a zero emission hybrid or electric vehicle
- Download the free Sacramento Region Air Quality app

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) and Spare The Air 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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