



FOR IMMEDIATE RELEASE
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Contact: Sac Metro Air District Communications Office
916-874-4888

Sacramento Region Spare The Air Season Begins Saturday, May 1
Residents encouraged to consider transit and alternative transportation

SACRAMENTO, Calif. – The Sacramento region’s annual Spare The Air season begins this Saturday, May 1. Residents of Sacramento, Placer, Yolo-Solano, and El Dorado Counties are encouraged to continue to telework, take transit, drive a hybrid or electric vehicle, or consider active transportation options such as walking, biking, or riding a scooter when possible, to help continue to improve air quality in the region. Last year, the Sacramento region experienced a significant improvement in air quality due to the reduction in the number of single-passenger vehicles on the road.

Exposure to high air pollution levels can cause immediate and severe health issues including respiratory illness, heart and lung stress, and damaged respiratory cells. Some individuals are more vulnerable to the health impacts of air pollution, including children, pregnant women, the elderly, and individuals with heart or lung conditions, such as asthma.

From May 1 through October 31, 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, and air quality becomes unhealthy for sensitive groups. An AQI forecast for the Sacramento region is distributed each day and shows how clean or polluted the air quality is expected to be for that day. Last year, the region experienced only one Spare The Air day, a notable reduction from prior years. This reduction was due to shelter in place restrictions, which resulted in less vehicles on the road. Please 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
- Take public transit or carpool to reduce the number of single-passenger vehicles on the road
- Use a zero emission or an alternative transportation option, including hybrid or electric vehicles, walking, biking, or riding a scooter

Residents are encouraged to download the free Sacramento Region Air Quality App and stay updated on the daily AQI, real-time readings, and Spare The Air alerts.

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