



## How One Home Can Spare The Air



SpareTheAir.com

### Health problems from ground-level ozone:

- e Aggravated respiratory illness such as asthma, emphysema, bronchitis
- Wheezing, coughing, chest pain
- Reduced resistance to infection
- t Unusual fatigue

### Health problems linked to exposure to particulate matter:

- e Aggravated asthma, heart or lung disease
- Coughing, difficulty breathing or decreased lung function, even in otherwise healthy children and adults
- Irritation of the airways
- r Aggravated heart disease



## The Big Issue

The truth is, air pollution affects everyone. Even in healthy people, polluted air can cause lung irritation and difficulty breathing while enjoying the outdoors.

Of course, this varies from person to person depending on current health status, the pollutant type and concentration, and length of exposure, but really, it affects everyone who breathes.

Below is a list of those most susceptible to serious health problems from air pollution:

- Children under age 15 whose lungs are still developing
- Pregnant women
- Athletes
- Outdoor workers
- Elderly residents
- Individuals with heart or lung disease
- Individuals with respiratory problems such as asthma

## The Resources

### Daily Air Quality Information:

(916) 874-4801  
SpareTheAir.com

### Additional Contact Information:

El Dorado County  
Air Quality  
Management District  
(530) 621-6662

Feather River Air  
Quality Management  
District (Yuba and  
Sutter Counties)  
(530) 634-7659

Placer County  
Air Pollution  
Control District  
(530) 745-2330

Yolo-Solano Air Quality  
Management District  
(530) 757-3650

## The Culprits

There are two major air pollutants that pose the greatest health threat:

Ground-Level Ozone is a colorless gas that can inflame and damage the lining of the lung. Repeated episodes of inflammation may cause permanent changes in the lung. It's formed when volatile organic compounds (VOCs) contained in paints, aerosols and charcoal lighter fluid and oxides of nitrogen (NOx) released from cars, trucks, industrial boilers, construction and agricultural equipment react with the sun's ultraviolet rays. Ground-level ozone reaches its highest levels in the summer, during the afternoon and early evening hours.

Particulate Matter is a complex mixture that may contain soot, smoke, metals, nitrates, sulfates, dust, water and tire rubber. It can be directly emitted, as in smoke from any fire, or it can form in the atmosphere from reactions of gases such as NOx. Fine particulate matter, known as PM 2.5, can infiltrate deep into your lungs and cause immediate health problems such as irregular heartbeat and non-fatal heart attacks.





## Air Quality Education For Kids

**Save Planet Polluto** is a free, interactive adventure game created to teach children about air pollution and its impact on their lives. Through a variety of challenging games with fun, memorable characters, children will learn all about air pollution, its health effects, where it comes from and how they can help. To order your free CD ROM visit [PlanetPolluto.com](http://PlanetPolluto.com).

**SmogCity.com** is an award-winning air pollution simulator, which teaches kids how transportation choices, environmental factors and land use affect air pollution. The results show children how pollution increases or decreases and how health is affected depending on their choices.



## Sign Up For Air Alerts Via E-mail

**Air Alert** is a free service that notifies you via e-mail or text message when air quality in the Sacramento region is forecast to be unhealthy. It gives advisories for ozone or particulate matter, plus your choice of daily air quality forecasts or current conditions at local monitoring sites. Signing-up is quick and easy at [SpareTheAir.com](http://SpareTheAir.com).

# What **Your Home** Can Do To Help



When you hear a Spare The Air advisory, don't light a fire in your fireplace, wood stove or backyard firepit.

When enjoying a fire, use a cleaner burning, low-emission hearth product. Or burn only dry, seasoned hardwood — it burns more efficiently.

Ride a bike instead of driving or take public transportation.

Use water-based paints, coatings and adhesives instead of oil-based formulas.

Avoid gas-powered yard tools such as mowers, blowers, edgers and trimmers — switch to electric-powered tools.

Use an electric starter or chimney-style briquette starter instead of charcoal lighter fluid.

Replace your charcoal barbecue grill with a propane gas grill.

Avoid strenuous outdoor activity on Spare The Air days. Children are most at risk. Plan outdoor activities when ozone levels are lower, usually in the morning or evening.

Avoid the use of pesticides. Or, if you must, use either a granular or water-based solution so you don't contribute to smog.

Cold engines pollute up to five times more than warm ones. When possible, link all of your errands together into one trip.

Make sure your tires are properly inflated — properly inflated tires reduce your vehicle's emissions by saving fuel.