



AIR QUALITY AFFECTS US ALL



JUST BECAUSE THE SKY IS BLUE, DOESN'T MEAN THE AIR IS HEALTHY. IF YOU HAVE ALLERGIES, ASTHMA OR ANOTHER RESPIRATORY PROBLEM, AIR POLLUTION CAN MAKE IT WORSE.

Air quality in the Sacramento region has improved, but there's still a lot of work to be done. Protect your health and your loved ones by taking some of these simple steps:

-  Reduce your driving
-  Bring your lunch to work
-  Use electric (not gas-powered) yard tools

SIGN UP FOR AIR ALERT at www.SpareTheAir.com or download our free Sacramento Region Air Quality App in your device's app store to get the daily air quality forecast, including all Spare The Air alerts or wildfire smoke advisories. You can also hear the daily forecast at (916) 874-4801.



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SpareTheAir Scooter



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AIR QUALITY AFFECTS EVERYONE EVEN YOUR PET

 Believe it or not, your pets are vulnerable to the negative effects of poor air quality, just like you. Animals have smaller, more sensitive lungs than humans, so it's actually even harder for them to breathe than it is for you when air quality is poor. In fact, their discomfort from poor air quality, especially on Spare The Air days, can be up to 10 times worse than yours!

Spare your furry, feathered or scaly family members from the harmful effects of air pollution:

-  Avoid strenuous outdoor activities with your pet on hot afternoons
-  Pay attention to their behavior – if they are panting after only a few minutes, bring them inside
-  Leave your pet at home when you run errands
-  If you vacation with your pet, check the air quality first

Protect your **HEALTH** and the ones you 

--> Visit www.SpareTheAir.com



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