

AIR QUALITY AFFECTS US ALL



OXIDES OF
NITROGEN

+



VOLATILE ORGANIC
COMPOUNDS

+



SUN

=



GROUND-LEVEL OZONE
(SMOG)

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.



AQMD



SpareTheAir Scooter



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SPARE THE AIR AND YOUR HEALTH

 Poor air quality affects everyone.

However, some groups are more vulnerable to its health impacts. If you fit into one of the groups listed below, you should take special care to limit afternoon outdoor physical activities on poor air quality days:

- ➔ Children, because their lungs are still developing
- ➔ Pregnant women
- ➔ Older adults and the elderly
- ➔ Individuals with pulmonary or respiratory problems, including heart or lung disease and asthma



To reduce the risk associated with poor air quality, you should:

- Conduct outdoor activities in the morning or late evening when air quality is better
- Pay close attention to how you feel because air pollution can cause coughing, a sore throat and discomfort when you breathe
- Keep an eye on the Air Quality Index – when it hits orange, take it easy

Air Quality Index (AQI)
Very Unhealthy 201-300
Unhealthy 151-200
Unhealthy For Sensitive Groups 101-150
Moderate 51-100
Good 0-50

Protect your **HEALTH** and the ones you 

--> Visit www.SpareTheAir.com



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