



AIR POLLUTION CAN AFFECT EVERYONE

Your risk depends on your age, current health status and the length of exposure. Some people are more vulnerable to air pollution's health effects:

- Children are at greatest risk because their lungs are still developing and they are more likely to be active outdoors when ozone levels are high
- Pregnant women
- Older adults and the elderly
- Anyone with heart disease, lung disease or respiratory problems such as asthma, emphysema and chronic bronchitis
- Healthy adults of all ages who are active outdoors are considered a "sensitive group" because they have a higher level of exposure to ozone than people who are less active outdoors

If you fit into one of these groups, limit afternoon outdoor physical activity when ground-level ozone is in the orange - Unhealthy for Sensitive Groups category.

FOLLOW ON SOCIAL MEDIA

 "Like" Scooter, the Spare The Air mascot, on Facebook at www.facebook.com/scooterthesparetheairdog or search Sparetheair Scooter

 Twitter - [@AQMD](https://twitter.com/AQMD)

 Instagram - [@SacramentoAQMD](https://www.instagram.com/SacramentoAQMD)

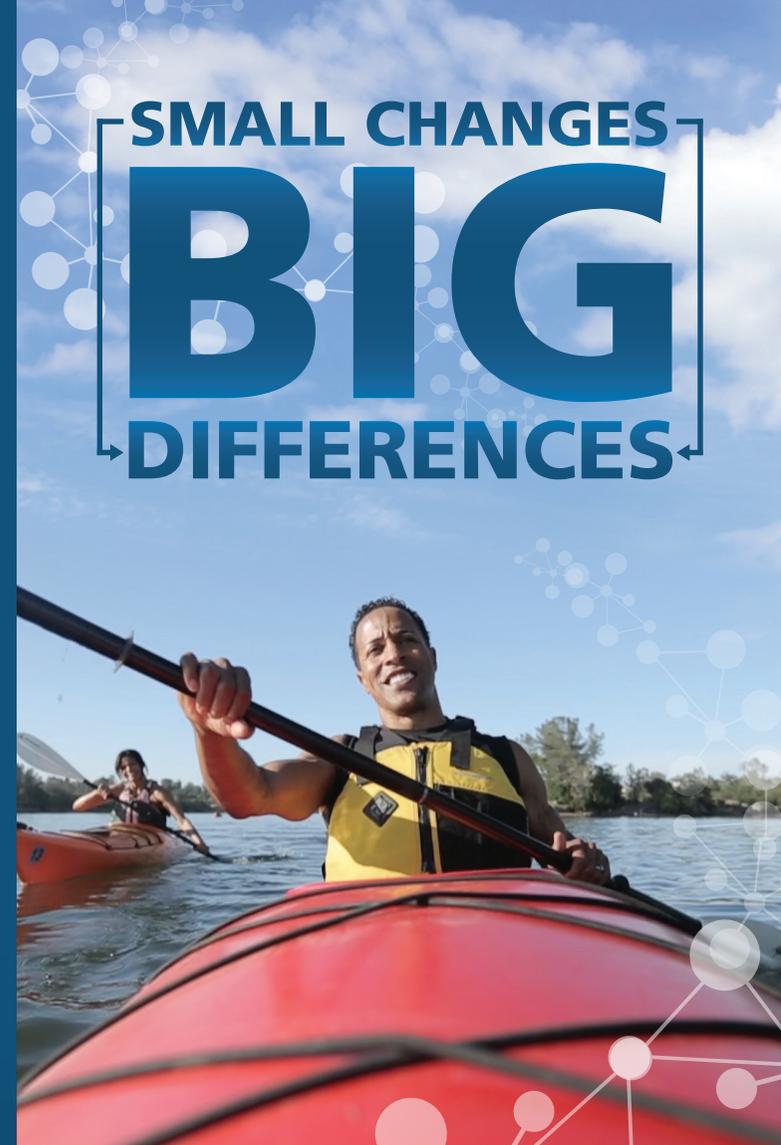
- **Sacramento Metropolitan Air Quality Management District**
(916) 874-4800
(800) 880-9025
www.SpareTheAir.com
www.AirQuality.org
- **Yolo-Solano Air Quality Management District**
(530) 757-3650
www.ysaqmd.org
- **Placer County Air Pollution Control District**
(530) 745-2330
www.placer.ca.gov/Departments/Air.aspx
- **Feather River Air Quality Management District (Yuba and Sutter Counties)**
(530) 634-7659
www.fraqmd.org
- **El Dorado County Air Quality Management District**
(530) 621-7501
www.edcgov.us/AirQualityManagement



SpareTheAir.com



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SMALL CHANGES BIG DIFFERENCES

Take action on a Spare The Air day

Reduce the number of car trips you take and help us all breathe a little easier.



.com



HEALTH EFFECTS GROUND-LEVEL OZONE (SMOG)

Breathing ground-level ozone pollution, also known as smog, can trigger health problems including chest pain, coughing, throat irritation, and congestion. It can worsen bronchitis, emphysema and asthma. Ground-level ozone also can reduce lung function and inflame the linings of the lungs.

Within a few days of exposure, the damaged cells are replaced and the old cells are shed – much like the way your skin peels after a sunburn. Repeated exposure may permanently scar lung tissue and cause long-term health problems.

Ozone is formed when air pollutants from cars, trucks, agricultural and construction equipment, industrial boilers, power plants and other sources chemically react in the presence of sunlight.

It is lower in the morning and higher in the afternoon and early evening hours. Before you play or work outside check the day's air quality forecast and change your activity if needed. The harder you play and exercise outdoors the more air you breathe. Take it easy when ozone pollution is in the orange category.



TAKE ACTION ON A SPARE THE AIR DAY

- 1. DRIVE LESS** – cut back on driving by reducing at least one trip
- Bring your lunch to work to reduce driving
- Postpone errands until the Spare The Air alert ends
- Combine errands in a single trip to eliminate cold engine starts and stops – this will reduce pollution and save fuel
- Take public transit for one or more trips
- Work from home
- Share a ride with a friend to social and recreational activities
- Carpool to work – visit www.sacregion511.org to find a carpool partner
- Walk or ride a bike for morning trips when ozone pollution is low

OTHER WAYS TO REDUCE SMOG:

- Refuel after the sun goes down
- Postpone trips on gas-powered boats and off-road vehicles
- Shop online
- Hold a conference call instead of driving to a meeting
- Use electric or chimney-style charcoal starters instead of lighter fluid
- Use a propane BBQ
- Use an electric mower, blower, trimmer or edger



USE AIR ALERT TO GET AIR POLLUTION FORECASTS

Sign up for Air Alert at www.SpareTheAir.com and get a daily air quality forecast email, Spare The Air alerts and messages if our air is affected by wildfire smoke. This free service can help you plan outdoor activities to better protect your health. You can also hear the daily forecast at **(916) 874-4801**.

CLIMATE CHANGE

Climate change is the change in Earth's weather, including changes in temperature, wind patterns and rainfall, especially the rise in Earth's temperatures due to heat-trapping or "greenhouse" gases (GHGs) like carbon dioxide. Higher temperatures make it easier for summer ozone pollution to form so it's important to reduce GHGs.

SPARE THE AIR ALERTS

When ozone air pollution is forecast to be high, a Spare The Air alert will be declared in the Sacramento region. Air quality readings are gathered from the region's air monitoring stations, weather data is evaluated and a same-day and next-day forecast is given by 12 p.m.

