



# *Spare the Air* Advisory

**June 25, 2003**  
**For Immediate Release**

**Contact: Ralph Borrmann 415-749-4900**  
**Cell: 415-720-8454**

## **Spare the Air Continues for Tomorrow**

**Thursday, June 26**, will be the second consecutive **Spare the Air Day** to start this year's ozone season. The goals of the Spare the Air program are to *prevent* ozone levels from exceeding state or federal air quality standards by asking for public cooperation and to warn sensitive groups about potentially unhealthy air.

- High pressure, light winds and high temperatures continue to dominate the Bay Area, keeping conditions optimal for producing ground level ozone--the main ingredient in smog.
- Ground level ozone at concentrations over health-based air quality standards can affect those with respiratory and heart conditions as well as the young and elderly. Emergency room visits for asthma increase dramatically on high ozone days.
- Ground level ozone is formed when volatile organic compounds (VOCs) combine with oxides of nitrogen (NOx) in the presence of heat and sunlight. These smog-forming gases are emitted from tailpipes, evaporating gasoline, paints and household products.

### ***Precautions***

- Vigorous outdoor exercise should be limited to the early morning hours or around sunset when ozone levels are lower.

### ***What to do***

- Plan a clean air commute tomorrow – carpool or call 511 or check [www.511.org](http://www.511.org) for public transit information. **This summer, the Livermore Amador Valley Transit Authority (LAVTA) is offering free bus rides on Spare the Air Days in the Livermore-Dublin-Pleasanton area. Call 925-455-7500 or check [www.lavta.org](http://www.lavta.org) for more information.**
- Take a lunch to work so you don't need to make another car trip.
- Link trips for errands – a warm engine is less polluting than one just started cold.
- Refuel after 6 p.m. – gasoline vapors will not contribute to smog formation at this time.
- Postpone using gasoline-powered lawn and garden equipment which can contribute about 13 tons of smog-forming emissions per day.

**For background and air quality statistics visit the website: [www.sparetheair.org](http://www.sparetheair.org)**