



Spare the Air **ADVISORY**

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For Immediate Release

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Plan a *Spare the Air* Sunday **July 23 is the 8th *Spare the Air* Day of 2006**

This Spare the Air falls on a Sunday—Bay Area transit agencies will **NOT offer free rides.**

What: Air quality levels are expected to reach unhealthy levels tomorrow, Sunday, July 23, 2006. Even though transit is no longer free, the Air District asks residents of the nine Bay Area counties to continue to “Spare the Air” by reducing air-polluting activities. Drive less, and conserve electricity.

Why: High pressure, escalating temperatures, and low winds create the conditions that cause polluting gases to form ground-level ozone, the main ingredient in smog.

Who: Spare the Air ozone levels are particularly harmful for young children, as well as seniors and those with respiratory and heart conditions. Vigorous outdoor exercise should be done only in the early morning hours when ozone levels are lower.

How:

- Plan to carpool, bike, walk or take public transit to outings. Call 511 or check www.511.org for transit information.
- Refuel after 6 p.m. or wait until the following evening to pump gas.
- Limit driving as much as possible by combining errands into one trip.
- Put off yard work if you use gasoline-powered lawn and garden equipment. Postpone any painting projects for another day.
- Start the barbecue without lighter fluid--use a chimney starter instead.

For background and air quality information visit www.sparetheair.org