



# NEWS

FOR IMMEDIATE RELEASE  
September 25, 2016

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## **Air District issues another Spare the Air Smog Alert** *Commuters urged to find alternatives to driving alone*

**SAN FRANCISCO** – Today, the Bay Area Air Quality Management District is issuing its 24th Spare the Air Alert for smog in 2016.

**Air quality is forecast to be unhealthy again tomorrow, Monday, September 26.** Hot temperatures and light winds, combined with motor vehicle exhaust from traffic, will create unhealthy ozone accumulation in the region. Air quality conditions are expected to improve early to mid-week as temperatures drop and winds strengthen.

“This weekend’s heat wave will extend into the early part of the week, converting car exhaust to unhealthy smog,” said Jack Broadbent, executive officer of the Air District. “Planning to commute by carpool, transit, bicycle or on foot tomorrow and throughout the year can help protect public health and ensure that the Bay Area pitches in to protect the climate.”

*Spare the Air Alerts* are issued when ozone pollution is forecast to reach unhealthy levels. Ozone, or smog, can cause throat irritation, congestion and chest pain. It can also trigger asthma, inflame the lining of the lungs and worsen bronchitis and emphysema. Long-term exposure to ozone can reduce lung function. Ozone pollution is particularly harmful for young children, seniors and those with respiratory and heart conditions. When a *Spare the Air Alert* is issued, outdoor exercise should be done only in the early morning hours when ozone concentrations are lower.

To improve air quality, residents are encouraged to carpool, bike, walk or take transit to work instead of driving alone - not just on *Spare the Air* days, but every day. The public is encouraged to consider an all-electric vehicle as their next vehicle purchase to help the region reduce the number of gas-powered vehicles that contribute to unhealthy smog. Residents can visit [www.stacommuetips.org](http://www.stacommuetips.org) to find a list of commute programs available where they live and work.

To find out when a *Spare the Air Alert* is in effect, residents can register for email AirAlerts at [www.sparetheair.org](http://www.sparetheair.org), call 1(800) HELP-AIR, download the *Spare the Air* app or connect with *Spare the Air* on Facebook or Twitter.

**There is no free transit tomorrow and there is no wood burning ban in place.**

The Bay Area Air Quality Management District ([www.baaqmd.gov](http://www.baaqmd.gov)) is the regional agency responsible for protecting air quality in the nine-county Bay Area. For more information about Spare the Air, visit [sparetheair.org](http://sparetheair.org).

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