



NEWS

FOR IMMEDIATE RELEASE
July 29, 2017

CONTACT: Sarah Zahedi
415.470.1584

Air District advises that higher temps can lead to breathing difficulty for some *Heat can exacerbate respiratory conditions*

SAN FRANCISCO – The Bay Area Air District is advising residents that high temperatures through next week may exacerbate symptoms for those with compromised respiratory conditions.

If you have a known respiratory condition:

- Try to get to a cooler location, such as shade, air-conditioned space or room with a fan
- Drink plenty of water, stay hydrated
- Keep inhalers and other respiratory medications with you at all times
- Do not exert yourself or exercise during the hottest part of the day
- If you have difficulty breathing, seek medical attention

Find out more about what the Air District is doing to address climate change in the nine-county Bay Area. *Spare the Air-Cool the Climate* is a blueprint for tackling regional air pollution and climate pollutants while improving the health of Bay Area residents for the next several decades. Check out this video about our bold vision on climate change at <https://youtu.be/p9BxhIrlqrl>.

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

The Bay Area Air Quality Management District (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.

###