

# SPARE THE AIR ALERT

[baaqmd.gov](http://baaqmd.gov)



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## **Air District issues Spare the Air Alert for Friday**

*Residents urged to find alternatives to driving alone*

**SAN FRANCISCO** – The Bay Area Air Quality Management District is issuing the fourth Spare the Air Alert for smog on Friday, July 21, 2023.

Air quality is forecast to be unhealthy **tomorrow, Friday, July 21**. Hot inland temperatures, along with motor vehicle exhaust, will create elevated concentrations of ozone, or smog. Continued smoke impacts from the Flat Fire in Oregon may also contribute to the formation of smog tomorrow.

The Air District will be closely monitoring air quality throughout the region for smoke impacts from this and other fires.

If the smell of smoke is present, it is important that Bay Area residents protect their health by avoiding exposure. If possible, stay inside with windows and doors closed until smoke levels subside, if temperatures allow. It is also recommended that those impacted by smoke set their air conditioning units and car vent systems to re-circulate to prevent outside air from moving inside.

Spare the Air Alerts are issued when ozone pollution is forecast to reach unhealthy levels. Ozone can cause throat irritation, congestion and chest pain. It can trigger asthma, inflame the lining of the lungs and worsen bronchitis and emphysema. Long-term exposure 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 undertaken only in the early morning hours when ozone concentrations are lower.

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.

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

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