

SPARE THE AIR ALERT

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Air District extends Spare the Air Alert through Thursday

SAN FRANCISCO – The Bay Area Air Quality Management District is extending a Spare the Air Alert for smog through Thursday, July 11.

Air quality is forecast to be unhealthy again **tomorrow, Thursday, July 11**. Very high inland temperatures in the 100's and weak afternoon sea breeze, along with motor vehicle exhaust, will continue to create elevated concentrations of ozone, or smog.

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

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