



**YOLO-SOLANO**  
AIR QUALITY MANAGEMENT DISTRICT

## FOR IMMEDIATE RELEASE

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### Spare The Air Program Begins May 1<sup>st</sup>

(Davis, CA) – Spare The Air season begins on May 1<sup>st</sup> across the Sacramento Region, and the Yolo-Solano Air Quality Management District (District) is urging residents to prepare by signing up for air quality alerts at [ysaqmd.enviroflash.info](https://ysaqmd.enviroflash.info). Each year from May through October, the region experiences days when ground-level ozone or “smog” reaches unhealthy levels. By registering for EnviroFlash, District residents can choose to receive daily air quality forecasts, alerts by Air Quality Index (AQI) level, or ‘Spare The Air’ action day notifications to their email inbox or by text.

Northern California summers are full of hot, sunny days that contribute to the production of ground-level ozone or “smog” through chemical reactions between nitrogen oxides (NOx) and volatile organic compounds (VOCs) in the presence of sunlight. Vehicle emissions and the bowl-like shape of the Sacramento Valley, combined with summer heat and weather conditions, allow ozone pollution to become trapped close to the ground, impacting the air we breathe.

When ozone pollution levels are high, even healthy people can experience negative impacts. Those most susceptible include: children, older adults, pregnant women, those with asthma, and lung or heart disease. Temporary exposure symptoms may include irritation of the eyes, nose or throat, coughing, chest tightness, or breathing difficulties during exercise or outdoor activities.

“The Spare The Air program provides residents valuable air quality information and actions they can take to help reduce vehicle emissions in our region that contribute to increased ozone levels,” said Executive Director Gretchen Bennitt. “Registering to receive Spare The Air alerts, and knowing when an alert is issued, provides the opportunity for our residents to protect themselves and their loved ones on days when air quality may be less than optimal. This can include; whether to stay indoors, limiting rigorous activity outside, or reaching out to check on family and friends who may have compromised health.”

A Spare The Air alert is issued when the regional AQI is forecast to reach 126 or higher. On these days, residents can do their part by:

- Walking or riding a bike for short trips, especially in the morning when ozone pollution is at its lowest.
- Combine errands into fewer trips to drive less.
- Postpone driving, if possible, until the ‘Spare The Air’ alert is over.
- Taking public transit – it is easy on the air and the wallet. Many transit agencies offer free rides on Spare The Air days.
- Sharing a ride with a co-worker or friend.
- Telecommuting.

Spare The Air is an educational and advisory program that runs annually from May through October in the greater Sacramento region in partnership with the Sacramento Metropolitan, El Dorado, Feather River, Placer and Yolo-Solano Air Quality Management Districts. Learn more ways to do your part at [www.sparetheair.com](http://www.sparetheair.com).

Sign up for the District's quarterly newsletter Air Aware and register for air quality alerts at [www.ysaqmd.org](http://www.ysaqmd.org). Connect with the District on [Facebook](#) or [Twitter](#) at YoloSolanoAir, or on [Nextdoor](#) at Yolo-Solano Air Quality Management District.



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