



## NEWS RELEASE

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### **Air District issues Spare the Air Alert for smog for Tuesday** *Commuters urged to find alternatives to driving alone*

**SAN FRANCISCO** – The Bay Area Air Quality Management District is issuing the second Spare the Air Alert of 2022 for smog for Tuesday, June 21.

Air quality is forecast to be unhealthy **tomorrow, Tuesday, June 21**. Very hot inland temperatures, along with motor vehicle exhaust, will create elevated concentrations of ozone, or smog.

“As our roadways grow increasingly congested, it’s important we all understand the significant health, quality of life and air quality impacts that can be attributed to driving,” said Sharon Landers, interim executive officer of the Air District. “Finding alternatives to driving alone - such as working remotely, taking transit, biking or walking – can help keep air quality healthier for all Bay Area residents.”

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.bayareaairquality.org) is the regional agency responsible for protecting air quality in the nine-county Bay Area. Connect with the Air District via [Twitter](https://twitter.com/bayareaair), [Facebook](https://www.facebook.com/bayareaair) and [YouTube](https://www.youtube.com/bayareaair). For more information about Spare the Air, visit [www.sparetheair.org](http://www.sparetheair.org).

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