

Spare the Air Spring/Summer Season **Fact Sheet**

Transportation is a major source of ozone pollution and greenhouse gas emissions in the summer months in the Bay Area, and single-occupancy vehicles are the main contributor.

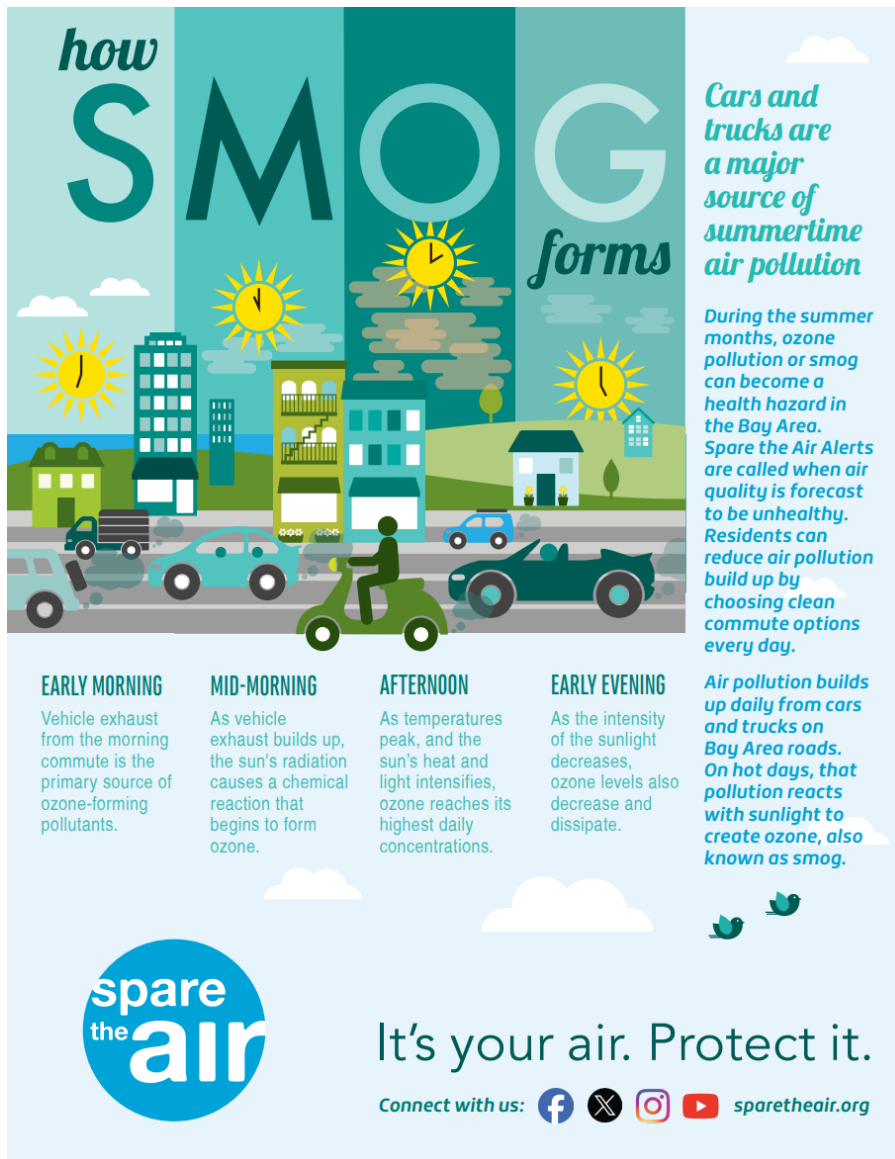
- The Spare the Air summer campaign encourages Bay Area residents to look for ways to share, shorten or change their commutes to help reduce smog, traffic and gridlock in the region.
- One of the best things Bay Area residents can do to reduce air pollution by driving less, carpooling, taking transit, walking and biking.
- Emissions from cars, trucks, construction equipment, gas stations, refineries, and other sources include organic compounds and oxides of nitrogen that create ground-level ozone, or “smog,” when they react with sunlight.

During the Bay Area’s warmer months between April and October, the longer, hotter days mean that ozone levels can exceed federal health-based standards.

- While ozone is produced every day, cooler temperatures in winter and steady winds normally keep it from building up to unhealthy concentrations.
- Ozone pollution is particularly harmful to young children, seniors, and those with respiratory and heart conditions. It can cause throat irritation, congestion and chest pain. It can trigger asthma, inflame the lining of the lungs and worsen bronchitis and emphysema.
- Spare the Air Alerts are issued when ozone pollution is forecast to reach unhealthy levels. Spare the Air Alerts are usually announced by 2 pm the day before an Alert is in effect.



Spare the Air Spring/Summer Imagery For Use



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Spare the Air Wildfire

Fact Sheet

- In the event of a wildfire, if possible, and temperatures allow, stay inside with windows and doors closed until smoke levels subside.
- Consider purchasing a non-ozone producing air purifier (HEPA) to create a cleaner air room in the home. Learn more about air filters:
 - <https://bit.ly/3UTkjlq>.
- Set car ventilation systems to recirculate to prevent outside air from moving inside.
- The use of indoor air filtration or going to a [Clean Air Center](#) or other locations with clean filtered air spaces, such as a local library, indoor shopping mall, civic centers, community centers, local government buildings, can also help reduce smoke exposure.
- Smoke can irritate the eyes and airways, causing coughing, a dry scratchy throat and irritated sinuses. Stay hydrated.
- Elderly persons, pregnant persons, children and individuals with heart or lung disease are at higher risk during smoke events.
- Avoid adding additional air pollution by curtailing activities such as wood burning, lawn mowing, leaf blowing, driving, barbecuing or other dust producing activities.
- For those who must be outside, consider wearing a properly fitted N-95 mask. Bandanas and typical surgical masks do little to protect against smoke particles.
- Check air quality on the EPA Fire & Smoke map at fire.airnow.gov and take steps to avoid exposure.
- Your pets can be affected by wildfire smoke. Learn the signs: <https://bit.ly/44mch7G>.



Spare the Air Wildfire Imagery For Use

WILDFIRE SMOKE PREPAREDNESS TIPS

PROTECT YOURSELF FROM WILDFIRE SMOKE

- Smoke can irritate the eyes and airways, causing cough, a dry scratchy throat and irritated sinuses. Stay hydrated.
- Elderly persons, pregnant persons, children and individuals with heart or lung disease are at higher risk during smoke events.
- Concerned individuals should contact their health care provider if they have cough, shortness of breath, or other symptoms believed to be caused by smoke.

HOW TO PREPARE FOR WILDFIRE SMOKE

- Weatherize your home in preparation for wildfires by replacing or fixing old leaky windows and doors; use caulking to seal the cracks and holes to prevent smoke from entering the house.

- Consider purchasing a non-ozone producing air purifier (HEPA) to create a cleaner air room in the home.
- Or consider purchasing a MERV 13 or greater filter for your heating and cooling system to be used when smoke is impacting your area.

Learn more about air filters:
<https://bit.ly/3UTkjlq>.

- If you are unable to seal your home or if dense smoke occurs during hot weather, visit locations in your community that have cleaner filtered air spaces such as:

- Clean Air Center
- Indoor shopping malls
- Local libraries
- Cooling centers
- Community centers
- Civic centers
- Local government buildings

- Check-in on neighbors or at-risk community members to provide assistance, if needed.

WHAT TO DO DURING A SMOKE EVENT

- Staying indoors with windows and doors closed, if temperatures allow, is the best way to protect your health. During high heat and heavy smoke, keep indoor air cool and use an air filter, or visit a Clean Air Center: arb.ca.gov/cleanaircenters.

- Set car ventilation systems to recirculate to prevent outside air from moving inside.

- Avoid adding additional air pollution by curtailing activities such as wood burning, lawn mowing, leaf blowing, driving, barbecuing or other dust producing activities.

- For those who must be outside, consider wearing a properly fitted N-95 mask. Bandanas and typical surgical masks do little to protect against smoke particles.

- Check air quality on the EPA Fire & Smoke map at fire.airnow.gov and take steps to avoid exposure.

- Your pets can be affected by wildfire smoke. Learn the signs: <https://bit.ly/44mch7G>.



 Bay Area Air District
Learn more at baaqmd.gov
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ABAHO
ASSOCIATION OF BAY AREA HEALTH OFFICIALS

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