

**FOR IMMEDIATE RELEASE:** May 29, 2025  
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## Air District issues Spare the Air Alert for Friday

**SAN FRANCISCO** – The Bay Area Air District is issuing its first Spare the Air Alert of the year for ozone for Friday, May 30.

Air quality is forecast to be unhealthy tomorrow, Friday, May 30. High inland temperatures, along with motor vehicle exhaust, will 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.

Bay Area residents can find out if a Spare the Air Alert is in effect by:

- Signing up for text alerts by texting the word “START” to the number 81757
- Calling 1-877-4NO-BURN
- Visiting [www.sparetheair.org](http://www.sparetheair.org) or [www.baaqmd.gov](http://www.baaqmd.gov)
- Signing up for e-mail alerts at [www.sparetheair.org/alerts](http://www.sparetheair.org/alerts)
- Downloading the Spare the Air iPhone or Android app

The [Bay Area Air 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 [X](#), [Facebook](#), [Instagram](#) and [YouTube](#). For more information about Spare the Air, visit [www.sparetheair.org](http://www.sparetheair.org).

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