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Air District issues Spare the Air Alert for Saturday and Sunday

SAN FRANCISCO – The Bay Area Air District is issuing a Spare the Air Alert for ozone for Saturday, October 3 and Sunday, October 4.

Air quality is forecast to be unhealthy this weekend, Saturday, October 3 and Sunday, October 4. High inland temperatures, combined with light surface winds and a delayed afternoon sea breeze, is expected to produce elevated concentrations of ozone, or smog, especially in the Eastern Zone, Santa Clara Valley, and Coast and Central Bay.

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, older persons, 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 or www.baaqmd.gov
- Signing up for e-mail alerts at 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.

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