



# SMALL CHANGES CAN MAKE A **BIG** DIFFERENCE!

When Sacramento region residents choose to telework, take transit, drive a hybrid or electric vehicle, or consider alternative transportation options we have fewer single-passenger cars on the road. When that happens, we have a drop in vehicle emissions – and air quality improves dramatically.

When air quality improves, respiratory health does, too. This is especially important for sensitive groups who are most vulnerable to the harmful effects of air pollution, including:

- Children
- Older adults and the elderly
- Pregnant women
- People with pulmonary or respiratory diseases, including congestive heart failure and asthma

## HOW DOES AIR POLLUTION AFFECT YOU?

During the summer months, ground-level ozone (smog) increases and can cause problems for anyone – even if you're healthy. All of us are susceptible to the negative health effects caused by ozone air pollution, which can include:

- Irritated eyes, throat, and lungs
- Asthma attacks and increased wheezing
- Chest tightness and pain
- Increased fatigue and headaches

## DO YOUR PART TO HELP EVERY DAY!

From May 1 through October 31, a Spare The Air alert is issued when the Air Quality Index (AQI) for ground-level ozone pollution is forecast to meet or exceed 126. An AQI forecast for the Sacramento region is distributed each day and shows the level of air pollution that is expected for that day.

You can Spare The Air and continue to help reduce air pollution every day – even from home – by following these simple tips:

- Drive less to help reduce vehicle emissions, especially on a Spare The Air day
- Telework at least once per week, if possible
- Take public transit or carpool to reduce the number of single-passenger cars on the road
- Use a zero emission or alternative transportation option, including hybrid or electric vehicles, walking, biking, or riding a scooter



To learn more, visit [SpareTheAir.com](https://www.sparetheair.com)



Download the **FREE Sacramento Region Air Quality app** and stay updated on the daily AQI, real-time readings, and Spare The Air alerts



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