



CLEAN AIR IS UP TO US

Air pollution can cause health problems, especially during the summer when ground-level ozone (smog) increases. According to the California Department of Public Health, more than **350,000 people** in the Sacramento region have asthma, which can be worsened by ground-level ozone pollution.

Breathing ground-level ozone can lead to:

- ☑ Increased wheezing and difficulty breathing due to asthma, bronchitis or emphysema
- ☑ Fatigue, headaches and shortness of breath
- ☑ Irritation of the eyes, nose and throat
- ☑ Chest tightness or pain when taking a deep breath

HI!
I'M SOPHIA.



Children are at greater risk from air pollution because their lungs are still developing and they breathe more rapidly than adults, which increases their exposure.

For more information, visit **SpareTheAir.com** or follow Spare The Air on social media.





A Spare The Air alert is issued from
MAY – OCTOBER

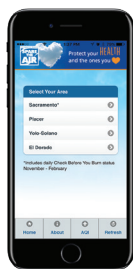
when the Air Quality Index (AQI) is forecast to meet or exceed 126. On these days,

DRIVE LESS.








Air quality in the Sacramento region is always monitored, so you know when **ground-level ozone** is reaching unhealthy levels.

To protect yourself this summer:

- Download the **free Sacramento Region Air Quality app** to get the daily air quality forecast and Spare The Air alerts
- Exercise or play outdoors in the morning or late evening when air quality is typically better
- Limit your time outside to reduce exposure to air pollution on a Spare The Air day



Sophia and her family reduce air pollution by following these tips, and you can too:

-  Drive less when you hear a Spare The Air alert
-  Carpool to school, work and other activities
-  Walk, bike or take transit
-  Bring your lunch to work
-  Use a propane grill instead of charcoal
-  Use electric lawn and garden equipment
-  Buy or lease a zero-emission vehicle to help Spare The Air every day