



Breathe Better Together



Smog Season is Here (May – October)

Ground-level ozone (smog) can irritate eyes and lungs, trigger asthma attacks, and cause chest tightness, coughing, and fatigue, even in healthy adults.

Sensitive groups — especially children, adults 65+, pregnant women, and people with asthma or other lung conditions — are at higher risk.



Take action!

Check the daily AQI, limit outdoor activity when levels are high, and subscribe to Air Alert to help protect your health and our region's air.

Sign Up for Air Alert

Sign up for Air Alert to receive daily AQI forecast emails and a text when a Spare The Air alert is issued for the Sacramento region (AQI 126 or higher).

Scan the QR code to sign up or visit sparetheair.com/signup.

