

Breathe Better Together



Air Pollution Affects Everyone

Summer smog (ground-level ozone) can harm anyone, even healthy people.

Those most at risk include:

- Children
- Older adults (65+)
- Pregnant women
- Outdoor workers
- Active athletes
- People with asthma or heart/lung conditions

How does smog affect you?

- Irritated eyes, throat, and lungs
- Asthma attacks or wheezing
- Chest tightness and pain
- Fatigue and headaches

Let's breathe better together.

- Take transit
- Drive less (especially on Spare The Air days)
- Carpool
- Choose zero-emission vehicles
- Telework
- Walk, bike, or scoot

Stay Informed. Be Prepared.

A Spare The Air Alert is issued when air quality is forecast to be unhealthy (AQI 126+).



Sign up for Air Alert

Get alerts by text or email at SpareTheAir.com/signup.

