SPARE THE AIR

Air Pollution Affects EVERYONE

From May – October, ground-level ozone (smog) increases and can cause problems for anyone – even if you're healthy. Children, adults ages 65+, pregnant women, people with pulmonary or respiratory diseases, and other sensitive groups are especially vulnerable.

Negative health effects from smog include:

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

Small Changes Can Make A BIG DIFFERENCE!

- Drive gas-powered vehicles less or telework
- Take public transit or carpool
- Use a zero-emission vehicle
- Walk, bike, or ride a scooter

Sign Up For Air Alerts!

Air Alerts by Email:

- Receive daily AQI forecasts for the Sacramento region, including Spare The Air alerts when the AQI is expected to reach 126 or above

Air Alerts by SMS Text:

- Receive a text when a Spare The Air alert is issued

Scan the QR code or visit SpareTheAir.com to sign up today!

空气污染影响每个人

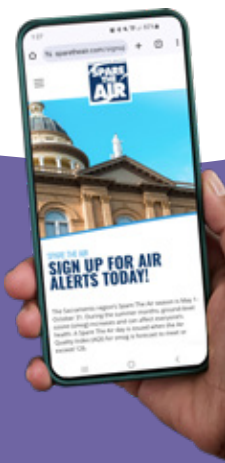
每年5月至10月，地面臭氧（雾霾）浓度上升，可能对所有人造成健康威胁——即使您身体健康。儿童、65岁以上长者、孕妇、患有肺部或呼吸系统疾病人群及其他敏感群体尤其易受伤害。

雾霾对健康的危害包括：

- 眼睛、咽喉和肺部刺激
- 哮喘发作与呼吸困难
- 胸闷胸痛
- 疲倦头痛

小小改变能带来巨大改善！

- 减少燃油车出行或远程办公
- 选择公共交通或拼车
- 使用零排放车辆
- 步行、骑行或使用电动滑板车



立即订阅空气污染警报！

邮件警报服务：

- 每日获取萨克拉门托地区的空气质量指数（AQI）预报，当AQI预计达到126或更高时接收“保护空气”警报

短信警报服务：

- 当“保护空气”警报发布时，第一时间接收短信通知

扫描二维码或访问 SpareTheAir.com 即刻订阅！