



## Air Pollution Affects **EVERYONE**

By coming together as a community in an effort to reduce air pollution, we can make a big impact on the air we breathe. When Sacramento residents choose to telework, take transit, walk, bike, or drive low- or zero-emission cars, we can significantly reduce vehicle emissions and improve air quality and respiratory health. Air pollution affects everyone, but is especially harmful to sensitive groups, including:

- Children under age 14
- Adults ages 65+
- Pregnant women
- Outdoor workers
- Athletes who train vigorously outdoors
- 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. We are all exposed 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





## Small Changes Can Make A **BIG DIFFERENCE!**

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 shared daily and shows the level of air pollution expected for that day.

### What can you do?

Spare The Air and continue to reduce air pollution every day by following these simple tips:

- Take public transit
- Drive less, especially on Spare The Air days
- Use a zero-emission vehicle
- Telework at least once per week
- Join a carpool
- Walk, bike, or ride a scooter

**Follow Spare The Air on social media for news, events, and Spare The Air alerts**



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