**JOIN US ON SOCIAL**

**Steps:**

1. Choose a post from the bulleted list of social media examples below.
2. Choose from our provided, corresponding graphics found on the second page.
3. Tag us!
   1. Instagram (@sparetheair\_scooter)
   2. Facebook (@scootersparetheairdog)

**Sample Posts:** Facebook/Instagram

* The Sacramento region’s annual Spare The Air season is in effect until October 31. Looking for simple ways to help reduce air pollution where you live? Consider taking public transit, alternative transportation like walking, biking, riding a scooter, or driving a zero emission vehicle. For more information, visit [SpareTheAir.com](http://www.sparetheair.com/). #SpareTheAir
* All day-to-day choices we make add up to a much larger community impact. These individual actions, such as the use of transit, zero emission/hydrogen vehicles, teleworking or alternative transportation when a Spare The Air Alert is called, can help reduce air pollution, combat climate change and have a positive contribution to those around us. #SpareTheAir
* Air quality affects us all, even when the AQI is “healthy.” Consider alternate transportation options like walking, biking or riding a scooter to help reduce air pollution where you live! Download the FREE Sacramento Region Air Quality app to stay informed about the daily AQI forecast and to receive Spare The Air alerts at your fingertips. #SpareTheAir
* Calling all kiddos! Did you know that Scooter, the Spare The Air mascot dog, has his own website? Scooter’s World has fun activities and a blog where kids can learn more about air pollution and eco-friendly habits. It’s great for teachers, too! Visit: [www.AQMDscooter.com](http://www.AQMDscooter.com). #SpareTheAir

**Sample Posts:** Twitter

* #SpareTheAir season is in effect until October 31! Here are some ways you can protect yourself from poor #airquality and take action on a Spare The Air day: [www.sparetheair.com/takeAction/STADayTips.cfm](http://www.sparetheair.com/takeAction/STADayTips.cfm) #SpareTheAir
* All the individual actions we make add up to a much larger community impact. Using transit, zero emission/hydrogen vehicles, teleworking or alternative transportation can help reduce air pollution and benefit those around you. #SpareTheAir
* Download the FREE Sacramento Region Air Quality app to stay informed about the daily air quality forecast and receive Spare The Air alerts when ozone or smoke pollution levels are high. #SpareTheAir #Sacramento #AirQuality

If you have a question about the Spare The Air campaign, or if you would like to request [free campaign materials](http://www.sparetheair.com/publications.cfm), please send an email to [scorbett@prosiopr.com](mailto:asprenger@prosiopr.com).

*Remember – Every action makes a difference! You + Me = Community! Brought to you by the Sac Metro Air District and the air districts of the Sacramento region.*

**Facebook/Twitter/Instagram Graphic Options:**

Desktop: Right-click a desired graphic. Select “Save as Picture” and save the graphic to a folder on your desktop. When posting on social, the graphic will be available in the folder to which you saved it.

Mobile: Press-and-hold a desired graphic. Select “Add to Photos”. When posting on social, the graphic will be available in your “Photos” app.

A picture containing text, sky, sign

Description automatically generated

A picture containing text

Description automatically generatedGraphical user interface, text, application

Description automatically generated

**Chart

Description automatically generatedGraphical user interface

Description automatically generated with medium confidence**