

**Newsletter Content**

**ARTICLE 1**

***Spare The Air Season is In Effect Until October 31***

The Sacramento region’s annual Spare The Air season is in effect until October 31. Residents are encouraged to check the daily Air Quality Index (AQI) forecast for the Sacramento region. From May 1 through October 31, a Spare The Air alert is issued when the AQI for ground-level ozone pollution is forecast to meet or exceed 126, which is unhealthy for sensitive groups.

Please remember to do your part this summer to help reduce air pollution by following these simple tips:

* Drive less to help reduce vehicle emissions, especially on a Spare The Air day
* Telework at least once per week, if possible
* Take public transit to reduce the number of single-passenger vehicles on the road
* Use a zero emission or an alternative transportation option, including hydrogen or electric vehicles, walking, biking, or riding a scooter

For more information and to sign up for Air Alerts, please visit [www.SpareTheAir.com](http://www.SpareTheAir.com). Be sure to also follow us on [Facebook](https://www.facebook.com/scooterthesparetheairdog) and download the Sacramento Region Air Quality App to receive regular updates on the Spare The Air campaign.

**ARTICLE 2**

***Air Pollution and Your Health***

The summer days ahead bring a higher potential for smog, also known as ground-level ozone, which pollutes our community’s air and negatively impacts our health. From May 1 through October 31, a Spare The Air alert is issued when the AQI for ground-level ozone pollution is forecast to meet or exceed 126, which is unhealthy for sensitive groups.

Exposure to high air pollution levels can cause immediate and severe health issues, including:

* Respiratory illness
* Heart and lung stress
* Damaged respiratory cells

Air pollution can cause health problems for everyone. Children are at greater risk because their lungs are still developing and they breathe more rapidly than adults do, which increases their exposure. Pregnant women, the elderly, and those with lung or heart disease are also more vulnerable to the effects of air pollution. Residents are encouraged to check the Air Quality Index (AQI) forecast for the Sacramento region, which shows what the air quality is expected to be each day.

You can check the daily AQI by downloading the freeSacramento Region Air Quality app, which is available in all app stores. The app also provides real-time readings and Spare The Air alerts for the Sacramento region. Residents can also check the AQI by visiting [www.SpareTheAir.com](http://r20.rs6.net/tn.jsp?f=001pjEdF2mlLSgaveyCOpe5lctMIRnimknlpLFCKgZJWbkcEm3P_9qi2ZCUx6ZXL0gki3yIZWFAG8rAPfwgZ7_-L--TTvVk_3Wd-WlIeK3ACFKWyWasMM8V_P_PKvAIgsslVZfkT3vwSkAQ5UHSpu1zdg==&c=et1Zg4NqDyVRqt9AJ40Lf7hdcH7rv9MxTDQXKZ2Ttk7du2tkhnXGwg==&ch=yWS1lCFRz6NY2AXjBKdaAPMjhps4nC4Hs9U5_FLzt_QJQ7ZWsGJgFw==), or by signing up for daily email Air Alerts [here](http://r20.rs6.net/tn.jsp?f=001pjEdF2mlLSgaveyCOpe5lctMIRnimknlpLFCKgZJWbkcEm3P_9qi2eOZLWQDbX-Xf6C7j7zF0wxCtY2bz5MYRgnqk10jrHZwJqIjw_isdMg9bDdGEYXNks95lBOTOh6WkSzfIgPWKJr6D8hVBZ5zWiLZsTY0TeRnk71zG1hRLVI=&c=et1Zg4NqDyVRqt9AJ40Lf7hdcH7rv9MxTDQXKZ2Ttk7du2tkhnXGwg==&ch=yWS1lCFRz6NY2AXjBKdaAPMjhps4nC4Hs9U5_FLzt_QJQ7ZWsGJgFw==).

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**ARTICLE 3**

***All About the AQI – What It Means and How to Check It***
The Air Quality Index (AQI) was developed by the U.S. Environmental Protection Agency. It’s used nationwide to help you understand what local air quality means to your health. The higher the AQI value, the greater the amount of air pollution, which means the greater the health concern.

The AQI is a great tool for you to use to determine if you need to modify your outdoor activities, or if you should consider planning an indoor activity to reduce exposure to air pollution.

The color-coded AQI chart has six categories: Good (green), Moderate (yellow), Unhealthy for Sensitive Groups (orange), Unhealthy (red), Very Unhealthy (purple), and Hazardous (maroon).

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**ARTICLE 4**

***Stay Connected with Spare The Air***

The Sac Metro Air District and the air districts of the Sacramento region offer many online resources and platforms that make it easy to stay up to date on important Spare The Air season information and news. Here are a few tips and resources to help you stay connected with us this Spare The Air Season:

* ***Spare The Air Website*** *–* Visit theSpare The Air website, [SpareTheAir.com](https://r20.rs6.net/tn.jsp?f=001DGeNHnhHU8e4b48Zjgxu5rygxGXKF9k-ObKlVvTE0ugyh8JgG37srwO2I2-gQRQ2z46AfOMxJQrcWmXjJPSI-NtMm-sfVUc_ubht4SLAzRqr3QTQeMP1IBUYIIMzc_vVm4qWHkZ68NGfm2LUOvJ7rQ==&c=UfkjPTh77bPX0iJp4tbqFSMN9jxsnrfX7INHXgnegVag8KkDdE5Djw==&ch=kgpGxLJmG1_yMdhPJ-d9PC3GapcVa1VzvBDbG7aahjnO02rmuNOEOQ==), where you will find helpful tips, important information, and resources meant to help you Spare The Air! We also encourage you to consider placing a link to [SpareTheAir.com](http://www.sparetheair.com) on your organization's website to help share these important resources with your network.
* ***Sacramento Region Air Quality App*** – Download the FREE Sacramento Region Air Quality app and stay up to date on the daily AQI, real-time air quality readings, and Spare The Air alerts. The app is available in all app stores.

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* ***Follow Us on Social Media*** – Stay connected and follow us on social media to regular updates on the Spare The Air campaign! All of our social media pages are updated weekly with exclusive content, including useful Spare The Air season information and tips on [Facebook](https://www.facebook.com/scooterthesparetheairdog) and [Instagram](https://www.instagram.com/sparetheair_scooter).

For more information and resources, visit [www.SpareTheAir.com](http://www.SpareTheAir.com).