

“SPARE THE AIR” AIR QUALITY HEALTH ADVISORY

When air quality conditions deteriorate as a result of weather, air pollution, and/or other environmental conditions, the Bay Area Air Quality Management District may issue Spare The Air alerts. Spare the Air days are called when Bay Area air quality is expected to fall below the minimum federal standards for healthy air.

When a Spare the Air alert is issued employers are asked to notify their employees. Providing the notification the day before allows employees time to arrange carpools, determine transit schedules or bike routes, or obtain permission to telecommute, thereby reducing the number of commute trips.

If a Spare The Air Health Advisory is Issued:

- Limit outdoor activities to avoid unnecessary exposure.
- Reduce exposure to smoky air by remaining indoors with windows and doors closed.
- Set air conditioning units and car vent systems to re-circulate.
- If you have asthma or other lung diseases follow your doctor's directions about taking medications and following a asthma management plan. If symptoms worsen, notify your doctor.
- If you have heart or lung disease, if you are an older adult, or if you have children, talk with your doctor about whether and when you should leave the area.
- Site administrators should provide a site advisory to all personnel, including the Facilities and Operations, Police, and Physical Education Departments.
- In a "First Stage Alert", vigorous and strenuous activities will be reduced and/or shortened..
- In a "Second Stage Alert" all forms of vigorous activity will be discontinued and/or canceled.
- In a "Third Stage Alert" students and staff should remain indoors and restrict movement as much as possible.
- Observe others for signs of respiratory distress. Request assistance from District Police when appropriate.
- Make every effort to limit or eliminate the use of District vehicles, mowers and blowers during a Spare The Air alert.