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## **Air Aware – It’s a Matter of Health**

May 1, 2010 - Air pollution can seriously affect your health - especially the health of older adults, children and people with a heart or lung disease, like asthma. Knowing the quality of the air is a matter of serious health concern. That’s why the Yolo-Solano Air Quality Management District is encouraging residents to sign up for **Enviroflash** at <http://ysaqmd.enviroflash.org/>. This online tool is a great source for up-to-date local air quality information especially during summer months when people tend to be outside and participating in physical activities.

Spare the Air season runs from May through October and residents who sign up will receive free air quality notifications either through email or cell phone when ozone levels are forecast to reach unhealthy levels. They will also receive alerts when special events such as smoke from wildfires and unhealthy levels of particle pollution occur. The system also provides useful tips on how to be proactive during unhealthy air days. Changing the time of day for activities or limiting exertion or duration are a few ways to help you and your family stay healthy.

EnviroFlash helps the community stay better informed about air quality as it helps individuals prepare for days when air quality is expected to be unhealthy. The Yolo-Solano AQMD is dedicated to protecting human health and property from the harmful effects of air pollution. For more information contact the District at (530) 757-3650 or (800) 287-3650 or visit [www.ysaqmd.org](http://www.ysaqmd.org).

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