

AIR QUALITY

Air quality affects us year-round. In summer, ozone (smog) can rise to unhealthy levels in the late afternoon, affecting outdoor activities. During winter, particulate matter (PM) builds up due to stagnant weather, illegal fireplace use, and other pollution causing activities, leading to unhealthy air.

It's important to know the best times for outdoor activities like soccer, biking, running and other sports.

The Valley Air District has valuable tools you can use to find out the air quality in your neighborhood, year-round.



For more information, visit www.valleyair.org or contact the nearest District office.



Northern Region

Serving San Joaquin, Stanislaus and Merced counties

4800 Enterprise Way, Modesto, CA 95356-8718

Tel: 209-557-6400 FAX: 209-557-6475

Complaint Line: 1-800-281-7003

Central Region (Main Office)

Serving Madera, Fresno and Kings counties

1990 E. Gettysburg Avenue, Fresno, CA 93726-0244

Tel: 559-230-6000 FAX: 559-230-6061

Complaint Line: 1-800-870-1037

Southern Region

Serving Tulare and Valley Air Basin portion of Kern counties

34946 Flyover Court, Bakersfield, CA 93308

Tel: 661-392-5500 FAX: 661-392-5585

Complaint Line: 1-800-926-5550

Please visit our web sites:



HEALTHY AIR LIVING™

and www.healthyairliving.com

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AIR QUALITY & YOU



San Joaquin Valley
AIR POLLUTION CONTROL DISTRICT

1-800 SMOG INFO
www.valleyair.org

Protect your health with these free air-quality information tools

Real-Time Air Advisory Network



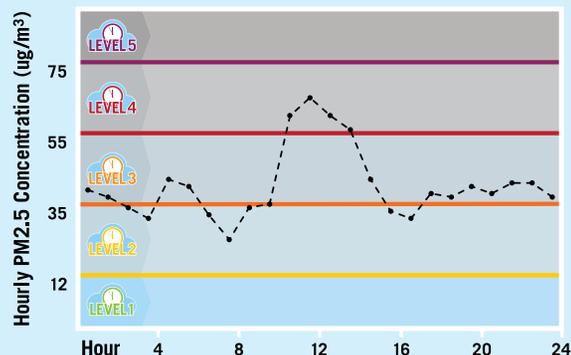
RAAN was developed by the District and public health experts to help you protect your health around the clock with actual air quality data. RAAN helps schools and individuals make decisions on whether current air quality is acceptable for outdoor activities. RAAN is free and it's easy to use.

Visit www.valleyair.org/RAAN to learn how to use RAAN and link to the air monitoring station near you.

RAAN offers you

- Online or smartphone access to real time, hourly air-quality information for your area, 24 hours a day
- Access to actual concentrations of Ozone and Particulate Matter (PM2.5)
- Automated email, text messages or app alerts about significant changes in air quality
- Specific health recommendations for outdoor exercise based on five different air-quality levels

Sample 24-hour PM2.5 data from a RAAN monitor, followed by an hourly activity recommendations chart:



Air Quality Level	One Hour Activity Recommendation
LEVEL 1 Good	No restrictions.
LEVEL 2 Moderate	Sensitive individuals should consider reducing prolonged and/or vigorous outdoor activities.
LEVEL 3 Unhealthy for Sensitive Groups	Sensitive individuals should exercise indoors or avoid vigorous outdoor activities.
LEVEL 4 Unhealthy	Sensitive individuals should exercise indoors. Everyone should avoid prolonged or vigorous outdoor activities.
LEVEL 5 Hazardous	Everyone should avoid outdoor activity.

EPA Air Quality Index

The Air Quality Index (AQI) was designed by the federal Environmental Protection Agency to illustrate forecasted air-quality levels. This was the first forecasting tool that was available to the general public and predated the Valley Air District's RAAN tool.

Unlike RAAN, which provides localized, real-time air quality data, the less health protective daily AQI forecast is a color-coded chart that represents the expected air pollution peak in an entire day for each county in the air basin. The purpose of the AQI is to help you understand what air quality might mean to your health. It is like a yardstick that runs from 0 to 500. The lower the number, the better the air quality. Along with categorizing air quality, the AQI also offers outdoor activity recommendations.

Air Alert

On a typical Valley summer day, conditions are ripe for ozone to form. How do you know when ozone may exceed the health-based standard – *before* it gets there?

Air Alert is the District's summer air-quality information program and was developed to let Valley residents know that reducing emissions now may prevent high ozone levels later and, in turn, prevent the fines that come with poor air quality.

When an Air Alert is called, Valley residents and businesses are asked to reduce vehicle use. Some alternatives are:

- Carpooling or vanpooling
- Using alternative transportation, such as riding a bus
- Not idling your car
- Avoiding the use of drive-through services

You can receive Air Alert notifications directly to your computer. To subscribe to this free service, visit <http://www.valleyair.org/lists/list.htm> and click on the Air Alert link.

AIR ALERT!

Up to 60% of summertime air pollution comes from cars and trucks.