

**SAN JOAQUIN VALLEY AIR POLLUTION CONTROL DISTRICT
MEDIA RELEASE**

FOR IMMEDIATE RELEASE:

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Contact: Charlie Goldberg/Janis Parker
Public Education
Phone: (559) 230-5800
Pager: (559) 446-7580

Kelly Hogan Malay
Public Education
(661) 326-6981

**Air District issues fifth health advisory since Friday;
Stagnant, smoggy conditions continue**

Air pollution levels are forecast to peak between 3 and 7 p.m. today, leading Air Pollution Control Officer David L. Crow to issue a health advisory for the Fresno metropolitan area (including the communities of Selma, Fowler, Parlier, Reedley and Centerville) and for Arvin, Edison and the surrounding Kern County foothill communities. Residents in these areas are urged to seriously limit outdoor activities between 3 and 7 p.m. today.

In the interest of student and faculty safety, schools in the advisory areas should discontinue all outdoor activities for the duration of the episode. Anyone scheduled to participate in such activities should make alternate plans to minimize exposure to smog by staying indoors during the advisory period. If outdoor activities absolutely can't be avoided, residents should avoid exerting themselves or otherwise increasing their breathing rates.

Ground-level ozone, or the primary component of smog, is an odorless, colorless gas produced when oxides of nitrogen and volatile organic compounds are exposed to heat and sunlight. It is a lung irritant that can cause or aggravate heart or respiratory problems, and cause fatigue, headache, nausea, throat irritation, coughing, and chest pain.

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In an effort to reduce pollution levels immediately, Crow is also calling on everyone in the Valley to immediately reduce emissions. Since vehicle exhaust contributes significantly to the formation of ozone, the public can help by eliminating unnecessary vehicle use or combining essential car use into a single trip. Residents are also encouraged to drive smarter. Driving changes that can reduce emissions include:

- Accelerating gradually.
- Using cruise control on the highway.
- Obeying the speed limit.
- Combining your errands into one trip.
- Keeping your car tuned and supporting the Smog Check Program.
- Avoiding “topping off” at the gas pump.

The daily air quality forecast is available by calling 1-800-SMOG INFO (766-4463) or online at www.valleyair.org. The air quality information is updated daily after 4 p.m.