



Air Quality Awareness Week, May 4 - 8 Monterey, California – May 1, 2026

May 4 – 8, 2026, is Air Quality Awareness Week. The most common air pollutants in our region, ozone, sometimes called smog, and particle pollution, pose health risks for many residents each year. Each day during the week a news release and a social media post will feature a topic for you to learn more about air quality.

May 4 Monday – Wildland Fires & Smoke
May 5 Tuesday – Asthma & Your Health
May 6 Wednesday – Indoor Air Quality
May 7 Thursday – Air, Animals and Plants

Working Together for Clean Air

Nearly every day, each of us contributes a little to air pollution – but we don't always realize it. Take a few minutes to think about how you contribute to air pollution. Then come up with a plan to make some changes. Try out these suggestions during Air Quality Awareness Week!

Alternative Mode Monday: Utilize alternate modes of transportation. Consider taking the bus or vanpool.

Ride Together Tuesday: Carpool to as many locations as possible. Riding together reduces air emissions.

Walk on Wednesday: Walk to nearby locations instead of driving. Increasing the number of steps you take will improve your health.


No Drive-Thru Thursday: Avoid the drive-thru and go inside to order your food, coffee or prescriptions. By doing this you will reduce exhaust emissions.

Firewood Friday: Make sure to start seasoning your firewood for winter. Buy your wood now so it dries and is ready to burn this winter.

Sweep It Up Saturday: Sweep your driveway, patio, deck, etc., instead of using a leaf blower. Get some exercise and breathe in fresh air while you burn a few calories.

Cycle Sunday: Ride your bicycle to places where you would normally drive your car. Get some fresh air and save some gas.

For more information about local air quality conditions visit: www.mbard.org. Please follow us on social media and join us by tagging us and using the hashtags below.

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 [Monterey Bay Air Resources District](https://www.facebook.com/Monterey Bay Air Resources District)

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 [Monterey Bay Air Resources District](https://www.nextdoor.com/neighborhood/monterey-bay-air-resources-district)

Hashtags: #AQAW2026, #AQAW #AirQuality

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