

# News from the New Hampshire Department of Environmental Services



29 Hazen Drive, Concord, NH 03302-0095  
For information online, visit [www.des.nh.gov](http://www.des.nh.gov)  
James P. Martin, Public Information Officer  
(603) 271-3710; [jmartin@des.state.nh.us](mailto:jmartin@des.state.nh.us)

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## FOR IMMEDIATE RELEASE:

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CONTACT: Kathy Brockett (603) 271-6284, (603) 491-0749 (cell)  
Lisa Landry (603) 271-6803

## State Declares Air Quality Action Days Unhealthy Air Pollution Levels Predicted for Tuesday and Wednesday

Concord, NH – Air pollution concentrations are expected to reach unhealthy levels in **Cheshire, Hillsborough, Merrimack, and Rockingham Counties**, as well as **elevations above 3000 feet**, on **Tuesday, July 8**, and **Wednesday, July 9**. Air quality may also approach unhealthy levels this afternoon along the seacoast as air pollution begins building. State officials are calling for Air Quality Action Days and advise sensitive individuals in these areas to take precautions to protect their health by limiting prolonged or heavy exertion. Sensitive individuals include children and older adults, anyone with heart or lung disease such as asthma, emphysema, and bronchitis, and people who are active outdoors. Even healthy individuals may experience mild health effects and should consider limiting strenuous or prolonged activities.

The NH Department of Environmental Services (DES) expects concentrations of **ground-level ozone**, the main component of smog, to be unhealthy for sensitive individuals in the above-mentioned regions. In addition, concentrations of **fine particle pollution** are also expected to approach unhealthy levels in these same areas. The combination of the two pollutants may intensify health effects.

The expected unhealthy air quality is due to the persistence of high temperatures under sunny skies and light winds transporting pollution into New Hampshire from surrounding areas. Conditions are expected to begin improving late on Wednesday as cooler, cleaner air and increased cloud cover move into the region.

Symptoms of ozone exposure include coughing, wheezing, chest tightness or pain when inhaling deeply, and shortness of breath. Symptoms of particle pollution exposure for people with heart disease may include chest pain, palpitations, shortness of breath, and fatigue. People with existing lung diseases may not be able to breathe as deeply or vigorously as normal and may experience symptoms such as coughing and shortness of breath. The severity of the health effects increases as ozone and fine particle concentrations increase. In addition to harmful health effects, fine particle pollution may create hazy conditions that reduce visibility.

In an effort to better protect public health, the U.S. Environmental Protection Agency tightened the ozone standard this year. As a result, DES expects to see an increase in Air Quality Action Days. However, this does not mean air quality in New Hampshire is getting worse. The new standard simply extends health protection to a greater population.

For further information, contact DES at **(603) 271-1370**. For air quality forecasts and current air pollution levels in New Hampshire, call **1-800-935-SMOG** or visit the DES website at

[www.airquality.nh.gov](http://www.airquality.nh.gov)

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