
ENVIRONMENTAL Fact Sheet



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Current and Forecasted Air Quality in New Hampshire

Why should I be concerned about air quality in New Hampshire?

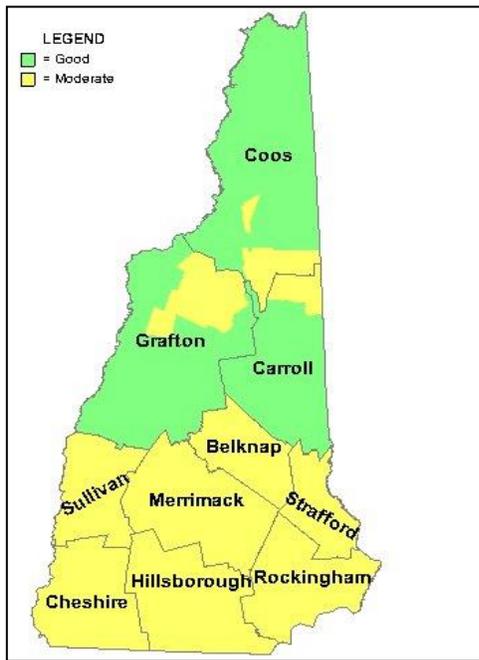
Though most people think of New Hampshire as having relatively clean air, there can be several days each year when air pollution reaches unhealthy for sensitive group (USG) levels somewhere in the state. During the summertime, warm weather along with strong sunshine can lead to USG levels of ground-level ozone, or “smog.” Throughout the entire year, New Hampshire may experience USG air quality due to high concentrations of small particles, which are microscopic solid particles or liquid droplets found in the air. Even on days when air pollution levels are considered “moderate” (as many as one out of every five days), many people who are especially sensitive to air pollution can develop some health-related symptoms. If you are sensitive to air pollution, it’s important to be informed because air pollution can be found where you least expect it. You might think poor air only occurs on hot sunny days, but it can also be found on a cold winter’s night, high on a mountaintop, or even at the beach.

Poor air quality is a significant health concern for people who suffer from respiratory diseases such as asthma. Elevated ozone levels can limit a person’s ability to take a deep breath and trigger symptoms such as coughing, throat irritation and breathing discomfort. Small particle air pollution is linked to a variety of serious health problems including heart and lung diseases, cardiac arrhythmias, heart attacks, asthma and chronic bronchitis. Children are also sensitive to the effects of ozone, and even healthy adults engaged in moderate or strenuous outdoor activities can experience the unhealthy effects of ozone pollution.



How can I get information about air pollution levels and forecasts?

The New Hampshire Department of Environmental Services (NHDES) provides year-round air quality information and projected daily air quality for various locations throughout New Hampshire on the [Air Quality Website](#) and the **Air Quality Information Line** at (800) 935-SMOG. Both are updated daily.



The **Air Quality Website** at www.airquality.nh.gov gives current air pollution levels throughout the state, as well as forecast information. This is provided in both a table and map format, making it easy to see what the real-time air quality is



in your area. The maps and tables are color coded according to Environmental Protection Agency's Air Quality Index (AQI), which describes recommended actions for protecting public health depending on the level of pollution in the air.

The website also gives detailed health information and explains how you can protect your health when elevated levels of air pollution are predicted.

How can I find out more about air quality?

For additional information on the health effects of air pollution or the state air-monitoring network contact the NHDES Air Resources Division at (603) 271-1370. You may also sign up for EPA's EnviroFlash system at www.enviroflash.info to obtain air quality alerts by email or text message. You can also download the free EPA AIRNow app for your iPhone or Android.

Air Quality Guide for Ozone and Particle Pollution

Air Quality Descriptor	Populations Affected & Recommended Actions	
	Ozone	Particle Pollution (fine particles)
GOOD	No health impacts expected in this range.	No health impacts expected in this range.
MODERATE	Unusually sensitive people* should consider limiting prolonged outdoor exertion.	Unusually sensitive people* should consider limiting prolonged exertion.
UNHEALTHY FOR SENSITIVE GROUPS	Active children and adults, and people with respiratory disease, such as asthma, should limit prolonged outdoor exertion.	People with heart or lung disease, older adults, and children should reduce prolonged or heavy exertion.
UNHEALTHY	Active children and adults, and people with respiratory disease, such as asthma, should avoid prolonged outdoor exertion; everyone else, especially children, should limit prolonged outdoor exertion.	People with heart or lung disease, older adults, and children should avoid prolonged or heavy exertion. Everyone else should reduce prolonged or heavy exertion.
VERY UNHEALTHY	Active children and adults, and people with respiratory disease, such as asthma, should avoid all outdoor exertion. Everyone else, especially children, should limit outdoor exertion.	People with heart or lung disease, older adults, and children should avoid all physical activity outdoors. Everyone else should avoid prolonged or heavy exertion.
HAZARDOUS	Everyone should avoid all outdoor exertion.	Everyone should avoid all physical activity outdoors; people with respiratory or heart disease, the elderly and children should remain indoors and keep activity levels low.