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# ENVIRONMENTAL Fact Sheet

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## **Air Quality Information in New Hampshire** *Current Levels and Daily Forecasts Available Year-Round*

### **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 mountain top, 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 has been 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.

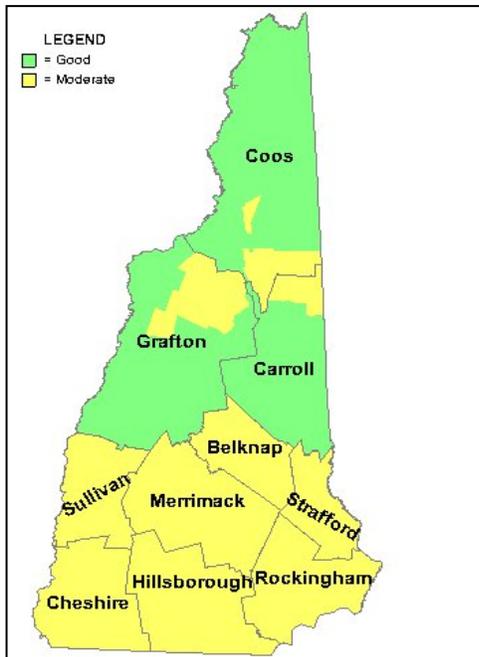


### **How can I get information about air pollution levels and forecasts?**

The New Hampshire Department of Environmental Services provides year-round air quality information and daily expected air quality levels for various locations throughout New Hampshire on the **Air Quality Website** and the **Air Quality Information Line**. Both the Air Quality Website and Air Quality Information Line are updated daily throughout the year.

**NH Air Quality Website**  
[www.airquality.nh.gov](http://www.airquality.nh.gov)

**NH Air Quality Information Line**  
**(800) 935-SMOG**



The **Air Quality Website** at [www.airquality.nh.gov](http://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 website also gives detailed health information and explains how you can protect your health when elevated levels of air pollution are predicted.

The toll-free **Air Quality Information Line** provides daily air quality forecasts within New Hampshire. The public can access this line year-round from anywhere in the state by calling 1-800-935-**SMOG** (7664). From outside the state, the Air Quality Information Line can be accessed by calling (603) 271-6197.

The information presented at [www.airquality.nh.gov](http://www.airquality.nh.gov) and on the Air Quality Information Line is given in terms of the Environmental Protection Agency’s Air Quality

Index (AQI),

<http://airnow.gov/index.cfm?action=aqibasics.aqi>, which describes recommended actions for protecting public health depending on the level of pollution in the air. This information is particularly useful for young children, older adults and people with existing respiratory and cardiac problems since these people may be more sensitive to elevated air pollution levels. Even healthy individuals who do strenuous exercise when pollution levels are high will benefit from this information since they may also be at risk due to the large volumes of air they inhale.



**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 notification system at [www.airnow.gov](http://www.airnow.gov) to obtain air quality alerts by e-mail, cell phone, or pager.