

Media Center

FOR IMMEDIATE RELEASE:

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**NHDES Declares Air Quality Action Day
Unhealthy Air Pollution Levels Predicted for Wednesday and Thursday**

CONCORD, NH - The New Hampshire Department of Environmental Services (NHDES) is expecting air pollution concentrations to reach unhealthy levels for sensitive individuals in Hillsborough and Rockingham Counties on Wednesday, July 6 and Thursday, July 7. NHDES officials are calling for Air Quality Action Days and advise sensitive individuals in this area to take precautions to protect their health by limiting prolonged outdoor exertion. Sensitive individuals include children and older adults; anyone with 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 outdoor activities.

NHDES forecasts unhealthy concentrations of ground-level ozone (the main component of smog) for sensitive individuals in the above-mentioned region. 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 improve on Friday as lower temperatures, clouds, and cleaner air move into the region.

Symptoms of ozone exposure include coughing, wheezing, chest tightness or pain when inhaling deeply, and shortness of breath. The severity of the health effects increases as ozone concentrations increase.

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

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