

What is outdoor air pollution?

There are many kinds of outdoor air pollution. *Ozone* and *particle pollution* are two common pollutants found in many parts of the United States.

- *Ozone* is a gas that has no smell or color. It is formed when pollutants from cars, trucks, power plants, and industries react chemically in the presence of sunlight. *Ozone* is usually at its worst during the afternoon hours.
- *Particle pollution* is made up of tiny particles from a variety of places, including power plants, incinerators, wood stoves, the natural environment (dust, pollen, dirt, etc.), and fires. Particle pollution causes haze, blurring the view in many cities.



Breathe New Hampshire has served the people of New Hampshire for over 90 years. Through education, advocacy, research, and partnerships, we are working to eliminate lung disease and improve the quality of life for those living with lung disease in New Hampshire.

We invite you to join us as a volunteer, partner, or donor, so that we can continue to strengthen our efforts.



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Outdoor Air



OUTDOOR AIR AND YOUR HEALTH



How can outdoor air pollution affect your health?

Air pollution can lead to a variety of health problems, including:

- Irritated airways (coughing, difficulty breathing)
- Increased asthma attacks
- Chronic lung disease, such as COPD
- Permanent lung damage
- Heart attacks



What is the Air Quality Index?

The Air Quality Index, or AQI, is a scale used to report actual levels of ozone and other common pollutants in the air. The higher the AQI value, the greater the health concern. This scale is used to help warn people of dangerous levels of pollution.

Air Quality Index		
Index Values	Descriptors	Cautionary Statements for Ozone
0 to 50	Good	None.
51–100	Moderate	Unusually sensitive people should consider limiting their long-term outdoor physical activity.
101–150	Unhealthy for Sensitive Groups	Active children, adults, and people with a respiratory disease such as asthma should limit long-term outdoor physical activity.
151–200	Unhealthy	Active children, adults, and people with a respiratory disease such as asthma should limit long-term outdoor physical activity; everyone else, especially children, should limit prolonged outdoor exertion.
201–300	Very Unhealthy	Active children, adults, and people with a respiratory disease such as asthma should avoid all outdoor physical activity; everyone else, especially children, should limit outdoor physical activity.



Who is most at risk from air pollution?

- People with sensitive lungs, including individuals with asthma, COPD (chronic obstructive pulmonary disease), or lung cancer
- People with heart disease
- Infants and children
- Children and adults who are active or work outdoors

How can you help keep our air clean?

- Conserve energy at home, work, and everywhere
- Carpool, use public transportation, bike, or walk whenever possible
- Be careful not to spill fuel and always tighten your gas cap
- Keep your car, boat, and other engines tuned up according to manufacturers' specifications
- Keep your tires properly inflated
- Use environmentally safe paints and cleaning products
- Refuel cars and trucks after dusk
- Combine errands and reduce trips
- Limit engine idling
- Don't smoke

For more information, visit our website at www.breathenh.org or call 1.800.835.8647.