



CITY OF HARTFORD

DEPARTMENT OF HEALTH AND HUMAN SERVICES

131 Coventry Street
Hartford, Connecticut 06112
Ph: (860) 757-4700
Fax: (860) 722-6851
www.hartford.gov



PEDRO E. SEGARRA
Mayor

CARLOS A. RIVERA
Director

HEALTH AIR QUALITY ADVISORY FROM THE MAYOR'S OFFICE, THE DEPARTMENT OF HEALTH AND HUMAN SERVICES, EMERGENCY SERVICES AND TELECOMMUNICATIONS AND THE HARTFORD FIRE DEPARTMENT

--- News and Community Release---

(September 1, 2010)--- Due to the extreme heat, Mayor Pedro Segarra, the Department of Health and Human Services, Emergency Services and the Hartford Fire Department are jointly issuing a Health Advisory to help all Hartford residents stay healthy.

The Connecticut Department of Environmental Protection has issued an Air Quality Action Day for ground level ozone, in effect from 2pm this afternoon to 10pm EDT this evening. An Air Quality Action Day means that ground level ozone concentrations within the region may approach or exceed unhealthy standards.

Air pollution levels of ground-level ozone and/or particles are predicted to be in the "unhealthy for Sensitive Groups" category. During the warm seasons, unhealthy ground-level ozone concentrations may cause a variety of respiratory problems including breathing difficulty, coughing, and throat irritation. Health effects such as respiratory disease have also been linked with prolonged exposure of particles.

The City of Hartford asks the community to take simple, voluntary actions to help reduce ground-level ozone:

- Drive less by walking or riding a bicycle, using public transportation, combining errands or joining a carpool.
- Drive at fuel-saving, moderate speeds and avoid idling.
- In the yard, use electric or hand powered equipment and reduce use of garden chemicals.
- Around the house, use environmentally-friendly cleaners and avoid using aerosol products.

We also urge city residents to take the following precautions during today's high heat.

- Stay hydrated by drinking plenty of water--- especially the elderly, children, and those with respiratory illnesses.
- Avoid prolonged work in the sun or in poorly ventilated areas.
- Stay in cool, air-conditioned environments.
- Do not leave children or pets unattended in vehicles.
- Check in on elderly family members and/or neighbors often.

If severe weather strikes or if there's a power outage, the American Red Cross recommends:

- Pick a safe place in your home where there are no windows, skylights or glass doors.
- Unplug appliances.
- Have a flashlight ready and do not use candles.
- Avoid opening the refrigerator or freezer.

"I urge all Hartford residents to look for ways to help their neighbors by checking in on our elderly residents as well as any others who may be susceptible to the effects of today's unhealthy air quality. By taking simple precautions such as staying hydrated, we can all take part in keeping our community healthy during periods of extreme heat such as today," stated Mayor Segarra.