



# TOWN OF SUDBURY

## BOARD OF HEALTH

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As of this writing the air quality for Metro-West Boston is considered "good", though the alerts are still in place on the South coast, Cape and Islands as well as other areas on the Eastern seaboard. Air quality is monitored all the time by the Environmental Protection Agency and their partners, and can be affected by the weather, large-scale and local events (fires, a chemical spill), a warming climate, and other types of pollution. Wildfire smoke in the air is normal in places like California where 'wildfire season' comes each year. We can be prepared for this kind of event with some understanding of cause and effect of changing air quality, and be aware of what we can do to mitigate health effects of poor air quality, from any cause.

Residents may experience harmful particulate matter in the air from wildfires currently burning in Canada. The timeline for complete resolution from these fires is unknown at this time.

**You can get the current conditions and the forecasted air quality here at [AirNow.gov](https://www.airnow.gov), a service of the Environmental Protection Agency. Esta información está disponible en español [aquí](#).**

When you get an air quality alert through your phone or hear about it on the TV or radio, be aware of this [scale](#) and the associated actions detailed in this [Air Quality Guide for Particle Pollution](#). There is also a separate reference and guide around air quality for schools found [here](#).

**The Air Quality Index** monitors particle pollution on a scale from 0-500 and assigns colors, titles and actions to each section. Good (green) and moderate (yellow) indicate that it's a good day to be outside for everyone other than **unusually sensitive people**.

The scale includes the term **Sensitive Groups which refers to our young children, our oldest adults and people with underlying health conditions**. Activity recommendations change for people in sensitive groups when the air quality index is above 100 (orange and above). Activity recommendations change for everyone when the air quality index is between 151-500 (red, purple or maroon.)

**People with asthma** should follow their asthma action plans and keep quick-relief medicine on hand when the air quality index is 101-500 (orange and above).

**If you have heart disease** or symptoms such as palpitations, shortness of breath, or unusual fatigue these may indicate a serious problem. If you have these symptoms contact your healthcare provider. In an emergency dial 9-1-1.

You can keep [N95](#) or KN95 type masks (the same kind considered 'best' during COVID-19 outbreaks) on hand and use them outside - or whenever you see fit. The Health Department of California has this [reference page](#) available that answers questions about masks and fire smoke.

If you have questions or concerns about your individual healthcare needs please call your healthcare provider.

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