



an  
AIR QUALITY MONITORING  
*project through the*  
Berkshire Environmental  
Action Team  
*and*  
No Fracked Gas in Mass



# What We're Doing

Find sources of pollution in Pittsfield and work with the community to eliminate those sources of pollution.

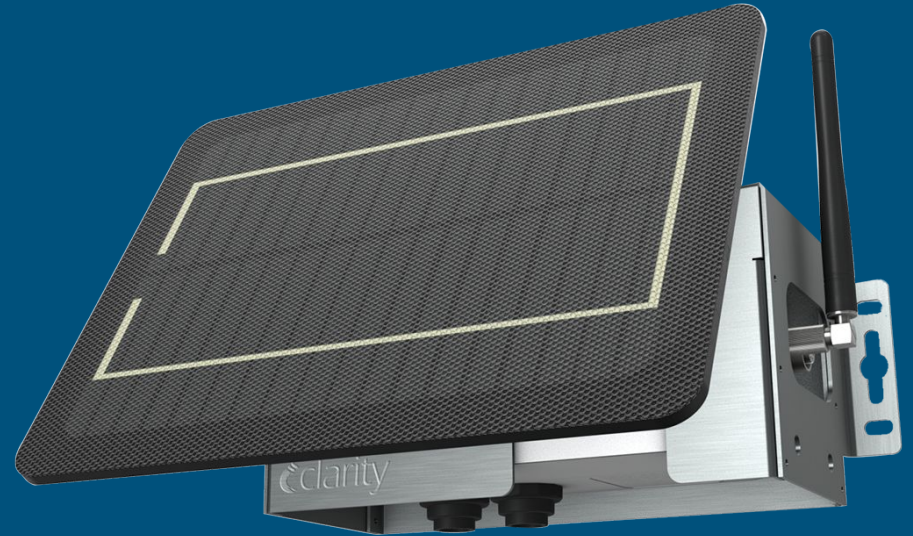
See if site-specific air pollution levels correlate to life expectancy in Pittsfield.



# What We're Doing

## 10 Stationary Air Quality Monitors

- Measure particulate matter & NO<sub>2</sub>
- Measure pollution in one location over time



# What We're Doing

## 5 Hand-Held Mobile Air Quality Monitors

- Measure particulate matter, PM2.5/10, NO2, relative temp/humidity
- Measure multiple specific locations in one day
- Can visit special locations to compare different conditions at different times
- Mobile Monitor Squad



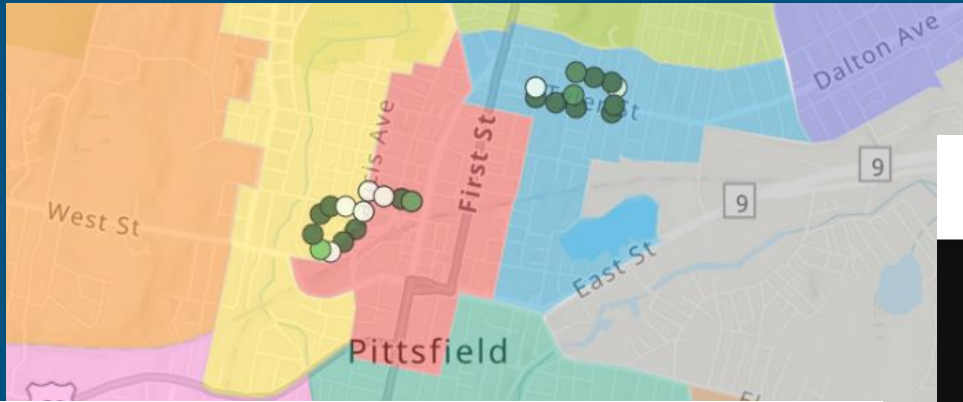
# What We're Doing

## 2 Atmotube hand held monitors

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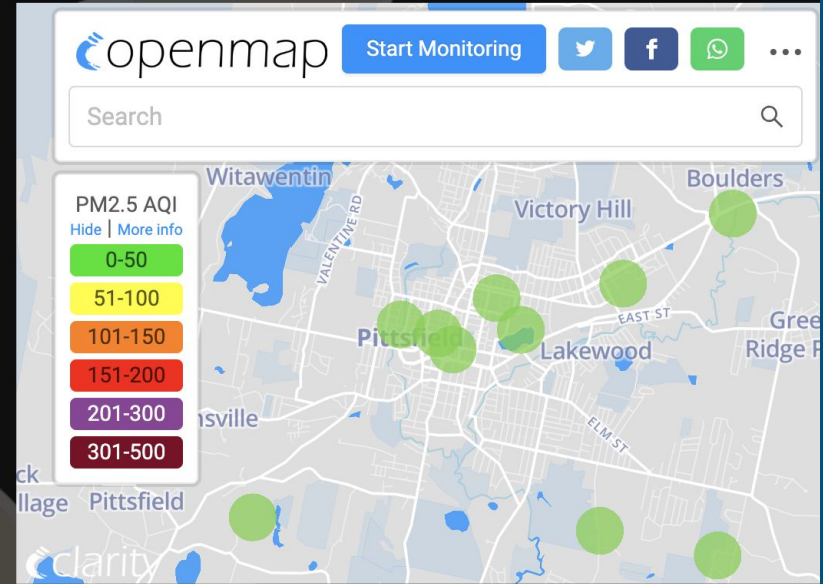
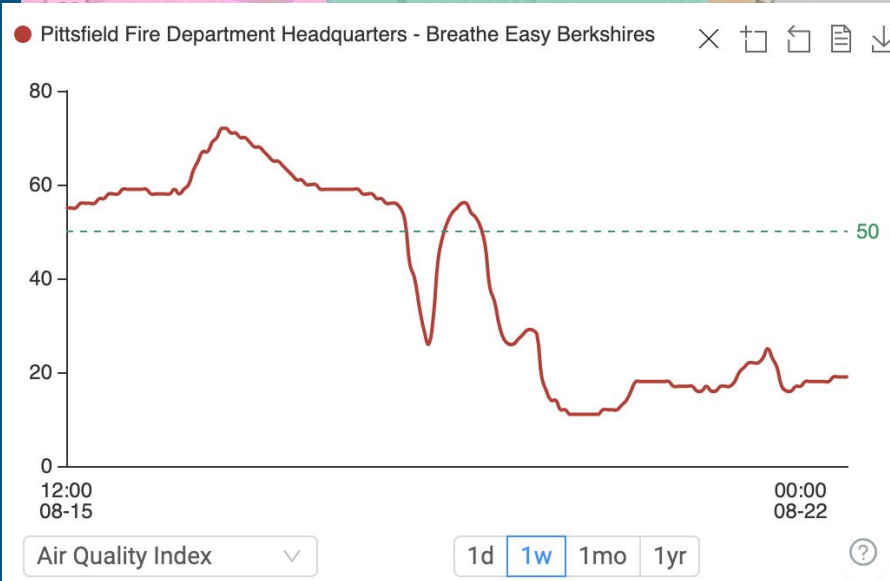


# What We're Doing



Breathe Easy Berkshires

HOME ▾

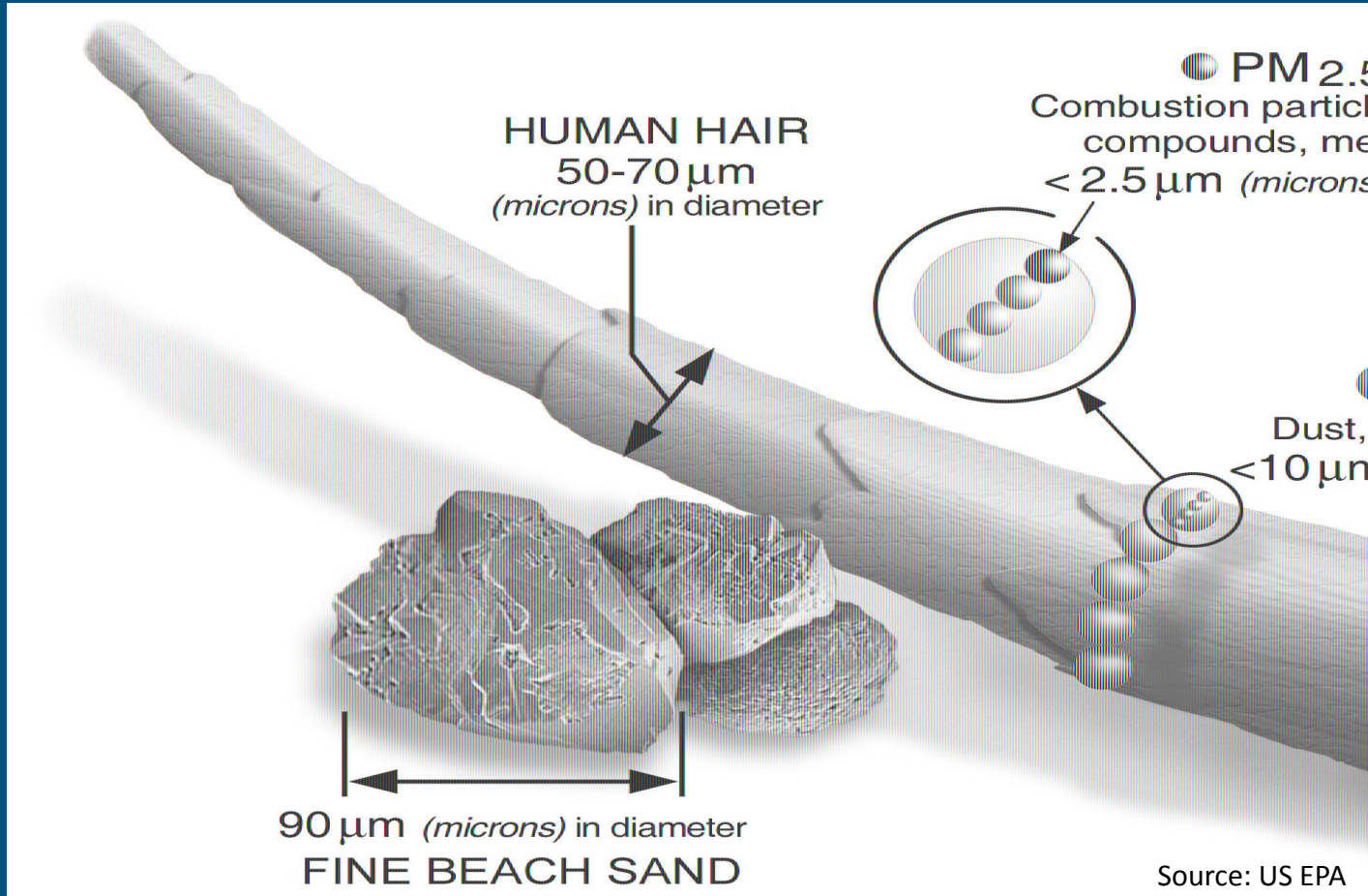


This map shows our stationary air quality monitors, with

## Gathering and sharing data



# Health Effects of Air Pollution



# Health Effects of Air Pollution

- reduced lung function
- increased asthma & COPD
- cardiovascular disease
- preterm birth
- premature death
- Increased severity of COVID outcomes



*Children and elderly most vulnerable.*



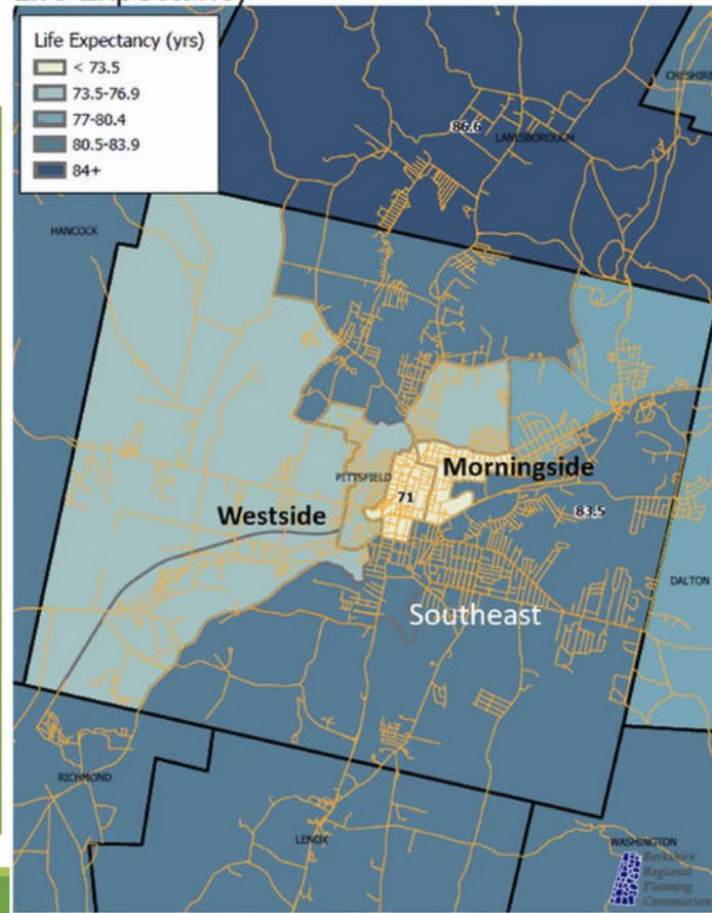
## Life Expectancy in Pittsfield

A recent BRPC analysis showed stark differences in life expectancy across Pittsfield based on neighborhood of residence.

Those living in the Morningside/Westside neighborhoods live, on average, 10-12 fewer years than those in the more income-secure Southeast neighborhood:

- Morningside: 71
- Westside: 73.9
- Pittsfield average: 79.5
- Southeast: 83.5 years

### Life Expectancy



# What are the sources?

— Mostly, we don't know what other sources of air pollution there are.

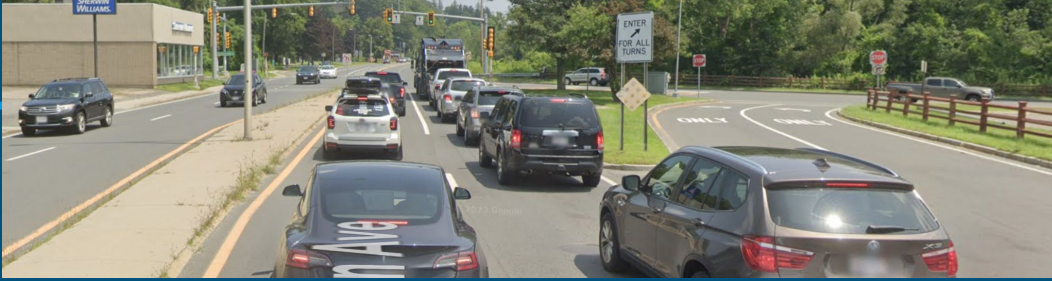
**The goal is to search for them!**

**We need to hear from you.**

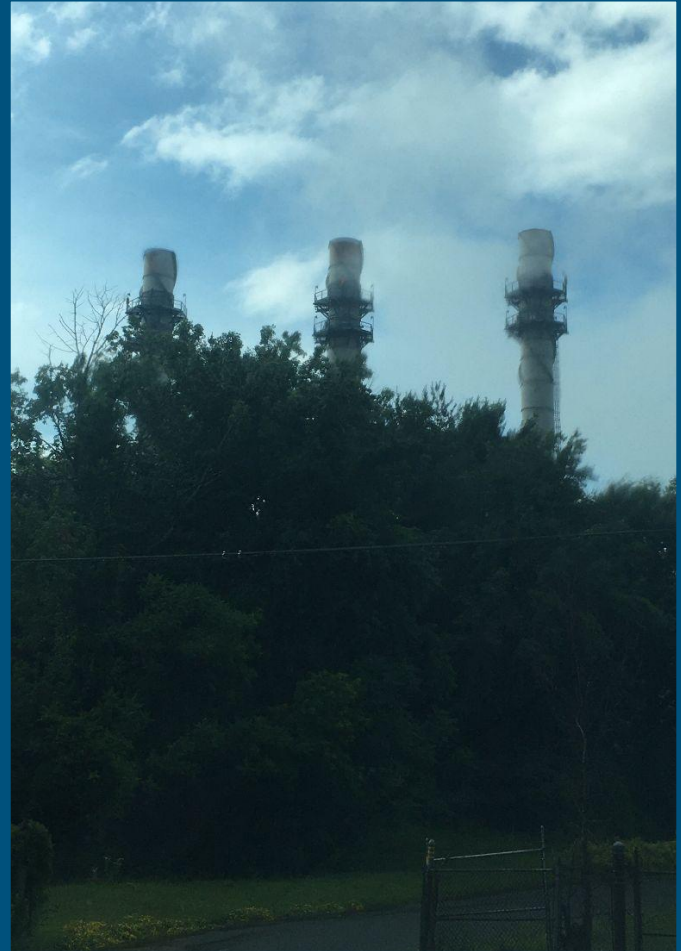
*What concerns or observations do you have in your neighborhood, at work or other places in the community?*



# What are the sources?

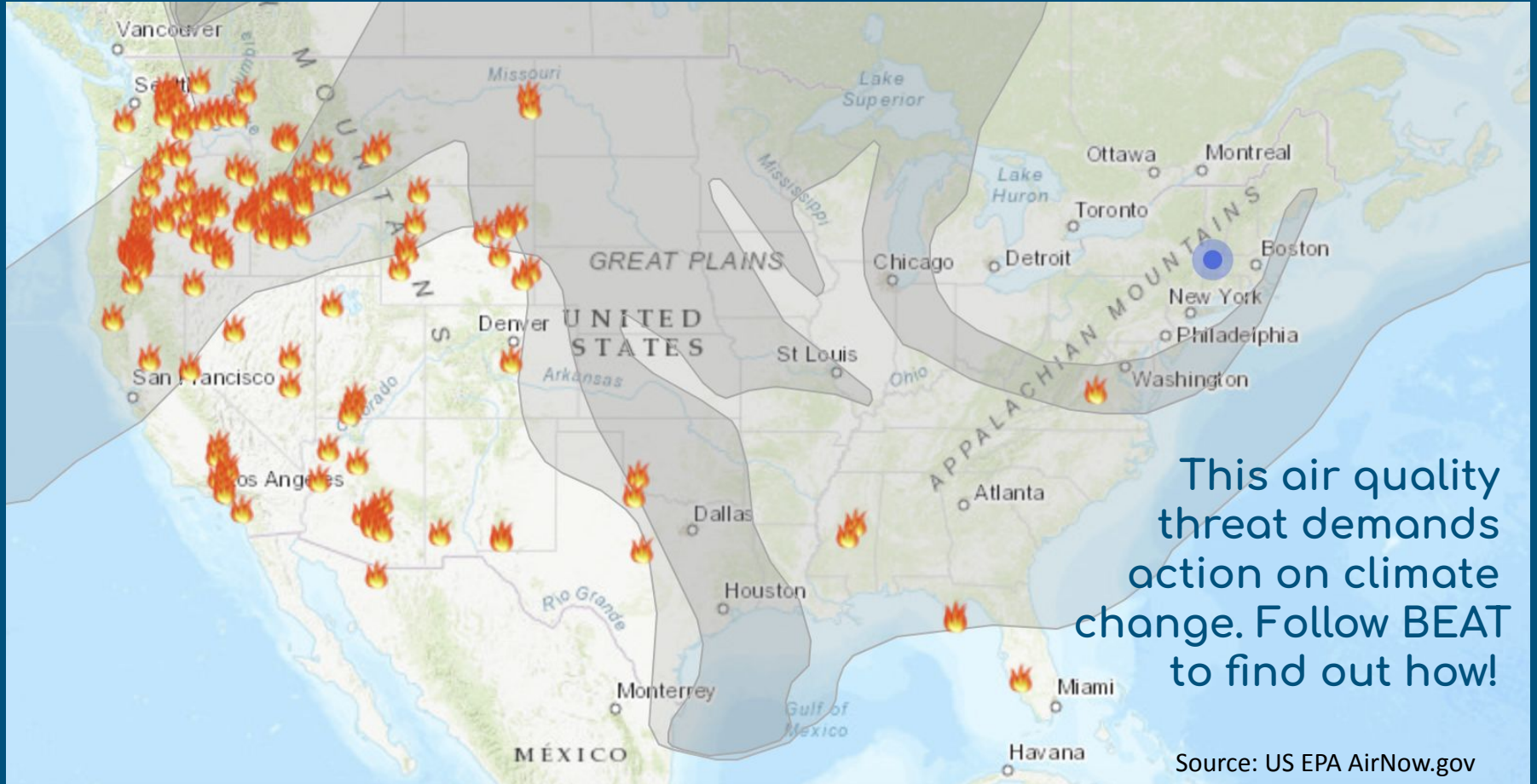


Emissions from traffic, industry & aging infrastructure are a concern.





# Sometimes, it's not local ...

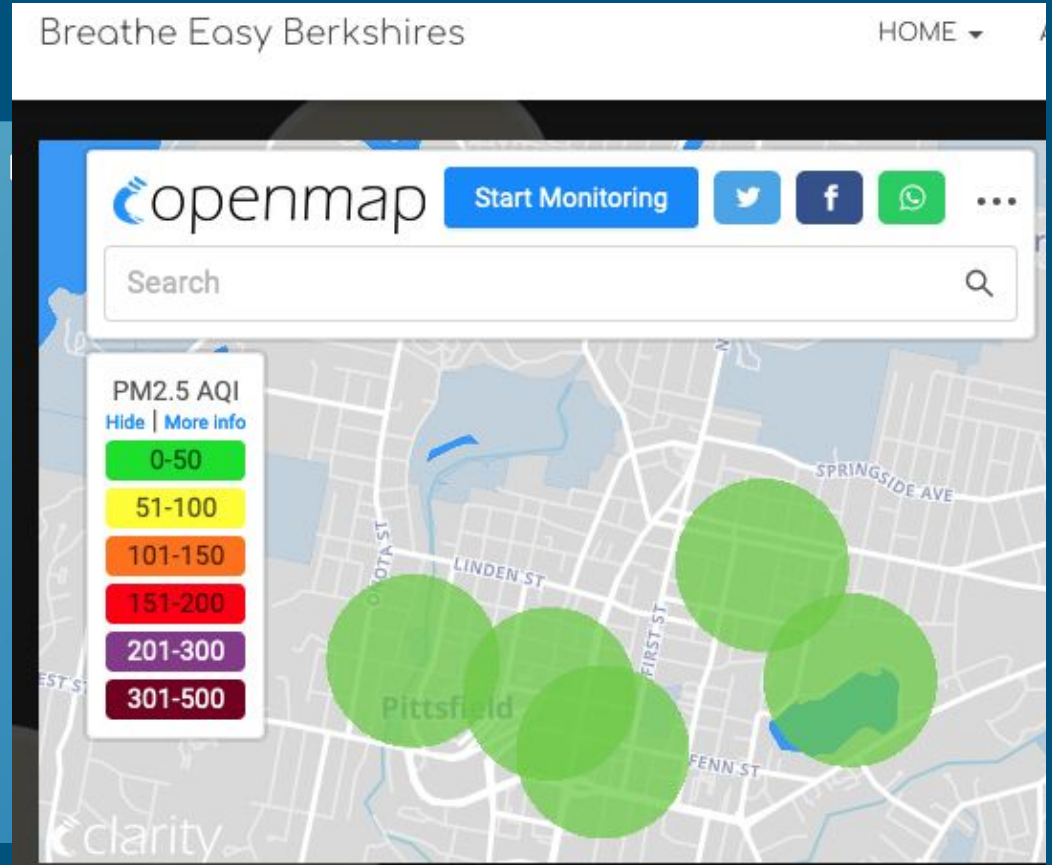
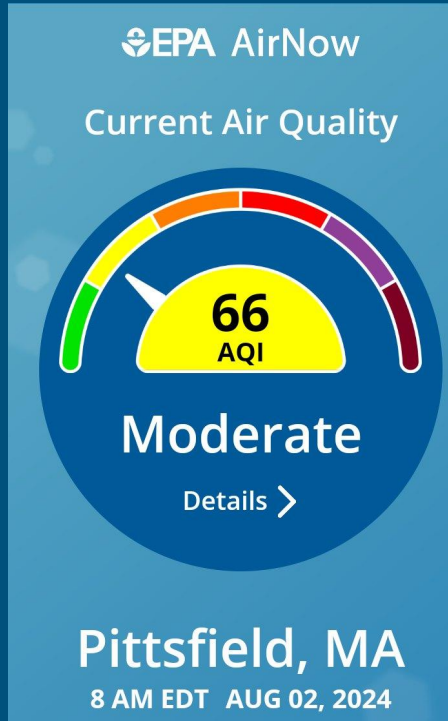


This air quality threat demands action on climate change. Follow BEAT to find out how!

Source: US EPA AirNow.gov

# Ways you can protect yourself

BreatheEasyBerkshires.org  
AirNow.gov



# Ways you can protect yourself

Get to  
know your  
sensitivity  
level

<b>AIR QUALITY INDEX - PARTICULATE MATTER</b>	
<b>301+</b>	<b>HAZARDOUS</b>
<b>201-300</b>	<b>VERY UNHEALTHY</b>
<b>151-200</b>	<b>UNHEALTHY</b>
<b>101-150</b>	<b>UNHEALTHY FOR SENSITIVE GROUPS</b>
<b>51-100</b>	<b>MODERATE</b>
<b>0-50</b>	<b>GOOD</b>



# Ways you can protect yourself

## *Outdoor air:*

- Check air quality regularly, like you would the weather
- Get to know your sensitivity level
- Avoid heavy physical exertion outdoors
- Consider staying in if possible
- If you need to go out, protect yourself with a mask



*N-95 or KN-95 masks will filter particulate matter.*

# Ways you can protect yourself



*Houseplants remove  
contaminants &  
produce oxygen*

*Filtration for  
PM 2.5:  
HEPA filters  
or MERV-13  
& box fan*

