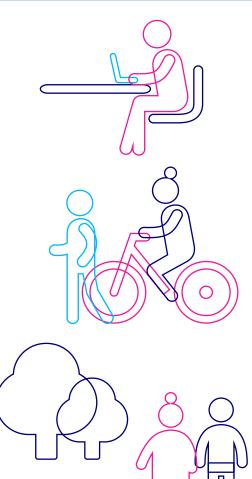
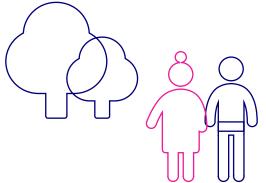
Air Pollution & You

Air pollution can worsen symptoms connected to respiratory health conditions, including coughing, wheezing and breathlessness. The actions belows can help:



Find out what tomorrow's air pollution levels will be and check your action plan (overleaf): cleanairhub.org.uk/forecasts

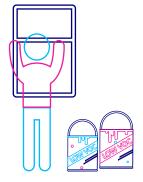
Use people power, walk and cycle if and when you can.



Use quieter roads and paths to keep away from heavy air polluting traffic.



If you do need to use a car, turn the engine off when the car isn't moving.



Use fragrance free and lowchemical products. Stop air pollution collecting in your home by using extractor fans and opening windows away from busy roads.

Air pollution tips Choose the actions you are going to do, when you can, to protect your

Choose the actions you	are going to do,	, when you c	an, to proted	ct your heal ^s	th
from air pollution:					

	On all days	On high pollution days
Use your inhaler as recommended by your GP or asthma nurse		
Treat air pollution the same way you treat other asthma triggers		
Try to leave the car at home		
Try to walk and cycle more		
Look up quieter routes to avoid roads with heavy traffic		
Turn the engine off when the car is stationary		
Swap your cleaning products to fragrance free options		
Turn on the extractor fan when cooking		
Open the window when cooking and cleaning		
Reduce home burning (e.g log burners or coal fires)		
Check paint is labelled "low VOC"		
Ask people not to smoke in your home		

For more information on how air pollution can affect you, and how you can protect your health visit **www.cleanairhub.org.uk**

