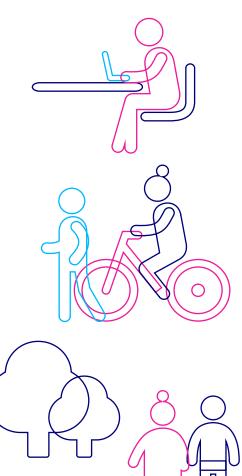
Air Pollution & You

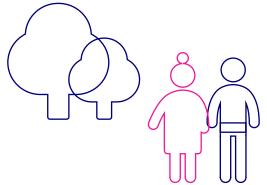
Air pollution can worsen symptoms connected to respiratory health conditions, including coughing, wheezing and breathlessness. The actions belows can help:



Find out what tomorrow's air pollution levels will be and check your action plan (overleaf):

www.scottishairquality.scot

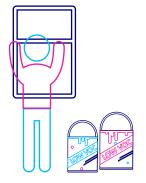
Use people power, walk and cycle if and when you can.



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 health from air pollution: On all On high pollution days days Use your inhaler if recommended by your GP or asthma nurse and follow guidelines on use 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**