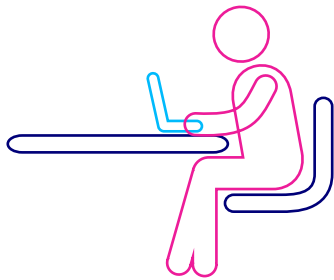


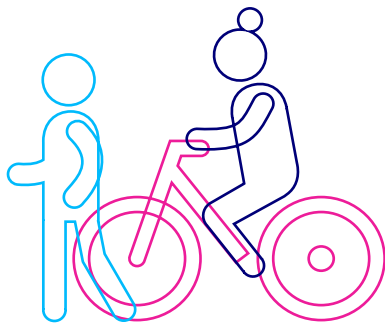
Air Pollution & You

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

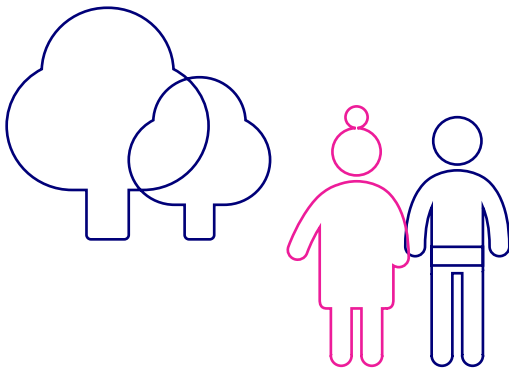


Find out what tomorrow's air pollution levels will be and check your action plan (overleaf):

www.scottishairquality.scot



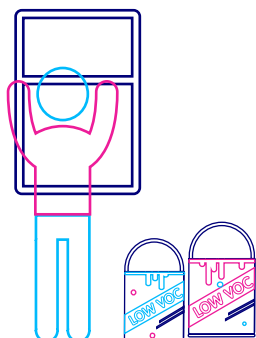
Use people power, walk and cycle if and when you can.



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

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