

AIR POLLUTION AND ASTHMA



SOURCES OF INDOOR AIR POLLUTION



Dust, pollen, mould, smoke & damp

Cooking, cleaning and painting



Gas stoves, fire places and other appliances



Perfume, cleaning supplies and air fresheners



Poor ventilation



Pet skin and hair

HOW TO IMPROVE INDOOR AIR **QUALITY**



No smoking indoors



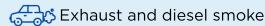
Open windows



Dusting & hoovering

Get indoor plants

SOURCES OF OUTDOOR AIR POLLUTION





Construction & road dust



Open waste burning

HOW TO REDUCE EXPOSURE TO OUTDOOR **AIR POLLUTION**



Walk or cycle and choose quieter routes



Avoid outdoor exercise during rush hour



Use a route planner that takes pollution into account



Contact your local City Council about the work happening on air quality

EFFECTS OF AIR POLLUTION ON ASTHMA

