

# AIR POLLUTION AND ASTHMA

## SOURCES OF INDOOR AIR POLLUTION

## SOURCES OF OUTDOOR AIR POLLUTION

 Dust, pollen, mould, smoke & damp

 Exhaust and diesel smoke

 Cooking, cleaning and painting

 Construction & road dust

 Gas stoves, fire places and other appliances

 Open waste burning

 Perfume, cleaning supplies and air fresheners

## HOW TO REDUCE EXPOSURE TO OUTDOOR AIR POLLUTION

 Poor ventilation

 Walk or cycle and choose quieter routes

 Pet skin and hair

## HOW TO IMPROVE INDOOR AIR QUALITY

 Avoid outdoor exercise during rush hour

 No smoking indoors

 Use a route planner that takes pollution into account

 Open windows

 Dusting & hoovering

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

 Get indoor plants

## EFFECTS OF AIR POLLUTION ON ASTHMA

Breathlessness

Chest tightness

Coughing

Wheezing

Difficulty sleeping

Inability to play

