



Air pollution can severely impact on our health. Younger and elderly people and people with respiratory diseases should take special consideration in dealing with air pollution. This page provides some tips and guidance for everyone on what to do if there is pollution alert.

Maintain a healthy diet and exercise as a way of life

- ✓We should all be getting our recommended 150minutes of exercise a week.
- ✓Research has found that the benefits for healthy adults of cycling and walking outweigh the risk of air pollution for exposure levels typically found in European cities.
- ✓Evidence advises that there is a higher risk of exposure to air pollution by traveling in your car than being outside. When you can walk or bike instead.
- ✓Several studies have suggested that some harmful effects of air pollution may be modified by intake of essential micronutrients such as B vitamins, and vitamins C, D, and E.



Avoid pollution

- ✓Go out earlier in the day when pollution levels are lower.
- ✓Consider wearing a pollution mask that filters out PM10, especially if you are a cyclist. Make sure it fits snugly so it works effectively.
- ✓Exercise in the morning to avoid exercising in peak pollution.
- ✓Avoid main roads and pollution sources; where you can and if safe to do, walk through parks, on side and backstreets to reduce your exposure to air pollution.
- ✓Try to use less busy bus stops and stand back from the road to avoid fumes.



If you have asthma, COPD or a respiratory disease

- ✓At all times keep your reliever inhaler with you so you can quickly deal with symptoms if you get them.



Check pollution levels

- ✓ Check the air pollution reports before you go out. We recommend consulting <http://www.londonair.org.uk/LondonAir/> for current pollution levels and forecasts.

Air pollution banding	Value	Accompanying health messages	
		At-risk individuals*	General population
Low	1-3	Enjoy your usual outdoor activities.	Enjoy your usual outdoor activities.
Moderate	4-6	Consider reducing activity, particularly outdoors	Enjoy your usual outdoor activities.
High	7-9	Reduce strenuous physical exertion, particularly outdoors. Asthmatics may need to use their reliever inhaler more often.	Anyone experiencing discomfort such as sore eyes, cough or sore throat should consider reducing activity, particularly outdoors.
Very High	10	Avoid strenuous physical activity. Asthmatics may find they need to use their reliever inhaler more often.	Reduce physical exertion, particularly outdoors, especially if you experience symptoms such as cough or sore throat.

*At risk individuals include adults and children with heart or lung problems (e.g. asthma, COPD or respiratory disease) and the elderly. **Individuals with pre-diagnosed health problems, follow your doctor's usual advice about exercising and managing your condition.