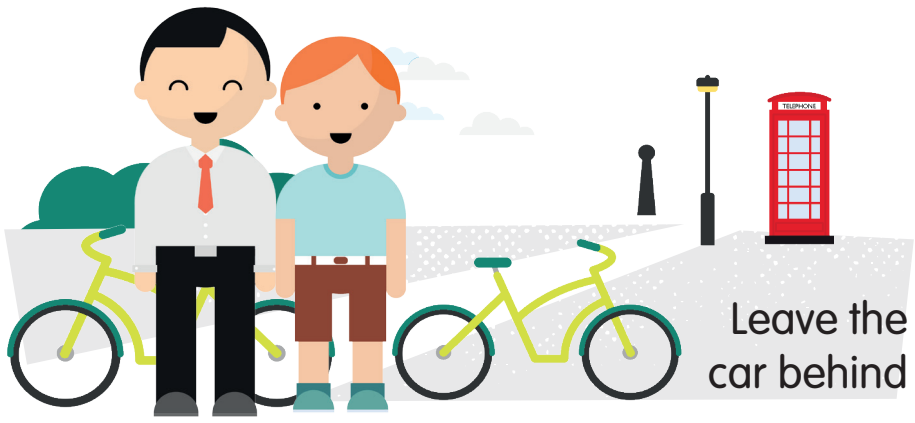
Air Pollution & You

Air pollution can worsen asthma symptoms including coughing, wheezing and breathlessness. The actions below can help:

Discover the side streets

Use quieter roads and paths to keep away from heavy polluting traffic.

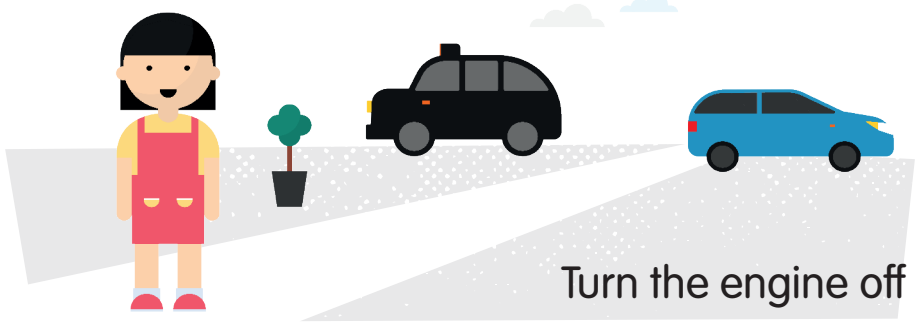


Leave the car behind

Encourage your whole family to walk, cycle and scoot more - air pollution can be higher inside a car than outside.

Check the pollution forecast

Sign up at AirText.info to get air pollution alerts sent to your phone.



Turn the engine off

If you do need to use a car, ask the driver to turn the engine off when the car isn't moving.

Keep the air clean inside too

Use fragrance free and low-chemical cleaning products. Stop air pollution collecting in your home by using extractor fans and opening windows away from busy roads.

For more information on how air pollution can affect your health, and how to reduce your exposure, visit www.cleanairhub.org.uk/tower-hamlets