Air Pollution & You

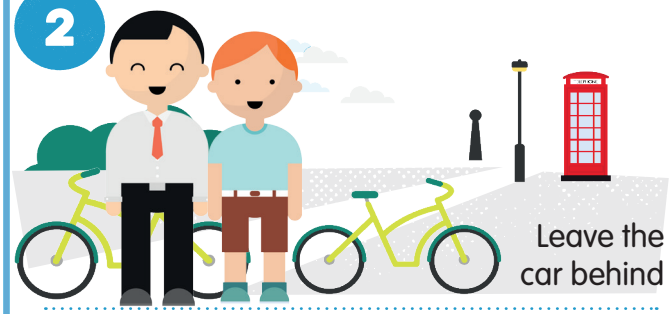
Air pollution can worsen asthma symptoms including coughing, wheezing and breathlessness. The actions below can help:

1

Discover the side streets

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

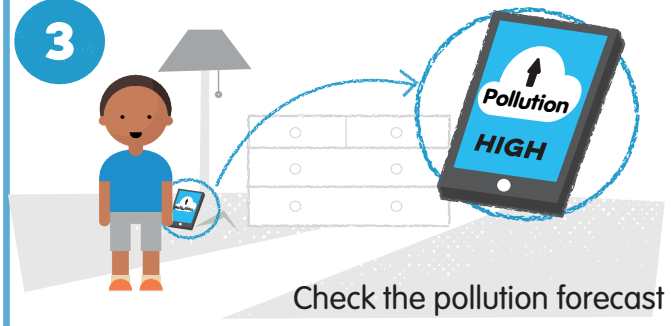
2



Leave the car behind

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

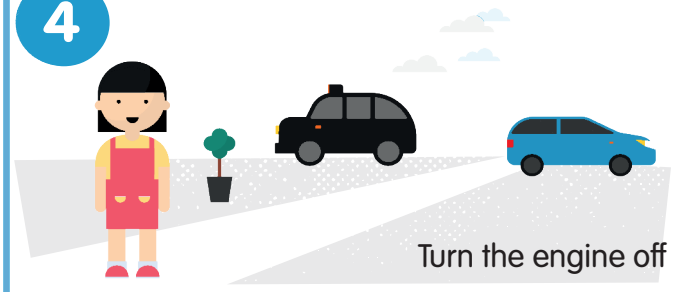
3



Check the pollution forecast

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

4



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.

5

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

My air pollution plan:

Plan out the actions that you and your family can take to reduce the impact of air pollution on your health

	On all days	On high pollution days
I will use my inhaler as recommended by my GP or asthma nurse	☐	☐
I will treat air pollution the same way I treat other asthma triggers	☐	☐
We will walk, cycle or scoot to school	☐	☐
We will look up quieter routes to avoid roads with heavy traffic	☐	☐
We will turn on the extractor fan when cooking	☐	☐
We will swap our cleaning products to low chemical options	☐	☐
We will open the window when cooking	☐	☐
We will open the windows when cleaning	☐	☐
We will always turn the engine off when our car is stationary	☐	☐
If we paint, we will check it is labelled "low VOC"	☐	☐
We will leave the car at home when we can	☐	☐
We will ask people not to smoke in our home	☐	☐

Tower Hamlets Together is the borough's vision of a seamless health and care experience for its citizens. The partnership is made up of local **NHS** Trusts, Tower Hamlets Council, the Tower Hamlets GP care group and the Council for Voluntary Service. This project is supported by the **Mayor of Tower Hamlets**.

TOWER HAMLETS TOGETHER

NHS

MAYOR OF TOWER HAMLETS