

Air Pollution & You

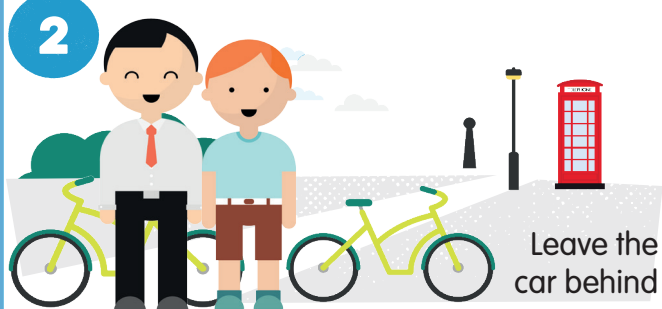
Air pollution can worsen asthma symptoms including coughing, wheezing and breathlessness. The actions below can help:

1



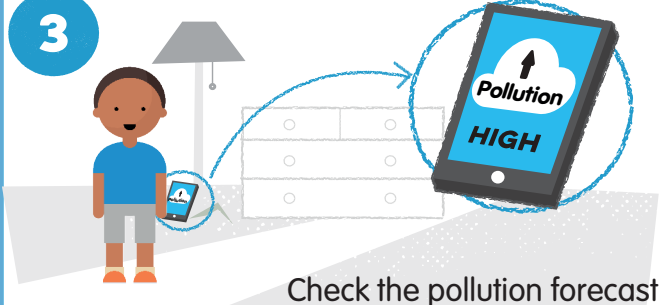
Use quieter roads and paths to keep away from heavy polluting traffic.

2



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

3



Sign up at [AirText.info](https://www.airtext.info) to get air pollution alerts sent to your phone.

4



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

5



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	<input type="checkbox"/>	<input type="checkbox"/>
I will treat air pollution the same way I treat other asthma triggers	<input type="checkbox"/>	<input type="checkbox"/>
We will walk, cycle or scoot to school	<input type="checkbox"/>	<input type="checkbox"/>
We will look up quieter routes to avoid roads with heavy traffic	<input type="checkbox"/>	<input type="checkbox"/>
We will turn on the extractor fan when cooking	<input type="checkbox"/>	<input type="checkbox"/>
We will swap our cleaning products to low chemical options	<input type="checkbox"/>	<input type="checkbox"/>
We will open the window when cooking	<input type="checkbox"/>	<input type="checkbox"/>
We will open the windows when cleaning	<input type="checkbox"/>	<input type="checkbox"/>
We will always turn the engine off when our car is stationary	<input type="checkbox"/>	<input type="checkbox"/>
If we paint, we will check it is labelled "low VOC"	<input type="checkbox"/>	<input type="checkbox"/>
We will leave the car at home when we can	<input type="checkbox"/>	<input type="checkbox"/>
We will ask people not to smoke in our home	<input type="checkbox"/>	<input type="checkbox"/>

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**.



MAYOR OF
TOWER HAMLETS