

Protect yourself from Air Pollution

Be it Indoors or Outdoors

Do's



Consult doctor in case of breathlessness, chest discomfort, irritation in eyes



Keep medications readily available for persons with airway, lung or heart illnesses



Use clean smokeless fuels for cooking and heating purposes



Remain indoors, as much as possible

Don'ts

Avoid going to places with heavy traffic



Avoid opening doors and windows in the early mornings and late evenings



Avoid going for morning walks



Don't burn firecrackers



Don't smoke tobacco products



Consult a Doctor for



Giddiness



Breathlessness



Cough



Chest discomfort



Irritation in eyes

