



Act to protect your health

— from **AIR POLLUTION** —

Do's



Remain Indoor



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 & heating purposes

Don'ts

Avoid going to places with heavy traffic & congested places



Avoid opening doors & windows in early morning & late evening



Avoid going for morning walk & evening walk



Don't burn fir crackers, garbage or waste



Don't smoke tobacco products

