



Ministry of Health and Family Welfare
Government of India



How to **protect yourself** from **AIR POLLUTION**



1
Check
air quality index
before leaving
from your location



2
Avoid
congested
areas



3
Close doors &
windows on
polluted days



4
Don't smoke
tobacco
products

<https://app.cpcbcr.com/AQI India/>
[MAPAN-SAFAR - http://safar.tropmet.res.in/](http://safar.tropmet.res.in/)

www.mohfw.gov.in