



Air Pollution

Act to protect your health

Consult Doctor for

- Giddiness
- Breathlessness
- Cough
- Chest discomfort
- Irritation in eyes

Don'ts

- Avoid going to places with heavy traffic
- Avoid opening doors and windows in early morning & late evening
- Avoid going for morning walk
- Don't burn firecrackers
- Don't smoke tobacco products.



Ministry of Health and Family Welfare
Government of India

Do's

- Remain indoors
- 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.

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