



Ministry of Health and Family Welfare  
Government of India



# Air Pollution

## Act to protect your health

### 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.

### 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.

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