

Air Aware

Do you suffer from a chronic illness that affects your breathing, such as asthma or heart disease?

You can receive alerts free to your mobile phone, to let you know when air pollution levels are high

Just text **Air** to **67300**

If you use regular treatment for respiratory problems and think you may be affected by air pollution levels, consider adjusting your treatment as you would do for a normal increase in symptoms.

If this is not effective, consult your doctor.

You may wish to consider avoiding busy, congested streets and not participating in strenuous outdoor activity on days when air pollution levels are high.

If you suffer from a heart condition and notice a change in your symptoms, you should seek medical advice as you normally would.



Text messages to the service will be charged at your normal standard rate. Alerts are received free of charge. To opt out, text STOPAIR to 67300.