GOVT. OF NCT OF DELHI
F-17, KARKARDOOMA
NEW DELHI

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HEALTH ADVISORY TO PUBLIC FOR PROTECTION FROM AIR POLLUTION

- The air pollution has reached at severe level in Delhi. It may result in morbidity among the exposed people.
- The air pollution harms and may cause respiratory illness in healthy people on prolonged exposure and even pronounced respiratory or other serious illnesses in vulnerable population even on short exposure.
- Therefore, the general public is advised to avoid outdoor physical activities, especially during morning and late evening hours.
- The vulnerable population* is advised to strictly avoid outdoor physical activities and remain indoors and keep activity levels low to protect health from pollution
- Such persons having occupations of prolonged exposure such as traffic policemen, traffic volunteer, rickshaw pullers, auto rickshaw drivers, roadside vendors etc. should take extra precautions.

Public is hereby advised to follow the following DO's and DON'Ts

DO's

- Remain indoors, or reschedule outdoors activities.
- Consult the nearest doctor in case of breathlessness, giddiness, cough, chest discomfort or pain, irritation in eyes (red or watery)
- Persons with airway, lung or heart illnesses should keep their medication readily available
- If using masks, use certified N95 masks and follow user instructions. Simple paper and cloth masks are not effective
- Continue use of clean smokeless fuels gas or electricity for cooking and heating purpose.
- Use public transportation

DON'Ts

- Don't burn leaves, wood, agriculture products, garbage
- Don't go to places with heavy traffic and areas near polluting places, construction sites etc.
- Don't go for morning and late evening walks , run, jog and physical exercise
- Don't open doors and windows during morning and late evenings.
- Don't smoke cigarettes, bidies and related tobacco products.
- Avoid driving cars, scooters and other motorised vehicles

*(*vulnerable population means elderly, children below 5 years, pregnant women, persons with poor nutritional status)*

DIRECTOR GENERAL HEALTH SERVICES

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