



National Programme  
on Climate Change  
and Human Health



**Act to protect your health**

— from **AIR POLLUTION** —

## Do's



Remain Indoor



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 & heating purposes

## Don'ts

Avoid going to places with  
heavy traffic & congested  
places



Avoid opening doors & windows  
in early morning & late evening



Avoid going for morning walk &  
evening walk



Don't burn firecrackers, garbage  
or waste



Don't smoke tobacco products

