



**airAlert Advice Card** What the airAlerts mean when air pollution is:

**Moderate** Sensitive people may notice mild effects but these are unlikely to need action.

**High** Sensitive people may notice significant effects and may need to take action.

**Very High** Effects on sensitive people, described for HIGH pollution, may worsen.

**Advice** The effects of air pollution on sensitive people can be reduced by spending less time outdoors. 'Reliever' inhalers or medicines should lessen effects.

[www.airalert.info/HealthAdvice](http://www.airalert.info/HealthAdvice)



### **Contact information:**

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### **Register or get more information:**

Website [www.airalert.info](http://www.airalert.info)