

How has airAlert helped?

People have been helped by airAlert in these ways:

73% of people modified their behaviour
(to reduce risk)

44% took a preventative dose of medication

24% took precautionary measures such as using
inhalers on receipt of the airAlert message

19% took preventative doses of medicine

15% avoided areas specified in the alerts

(airAlert 2006/07 research)

Research has shown that many users of airAlert find that by just simply receiving an alert, it allows them to be prepared, and take preventative action or medicines. On the whole airAlert gives them information that allows them to make choices about their health management.

If you need this leaflet in
large print, on tape or in:

বাংলা গুজরাती

ਪੰਜਾਬੀ اُردو

☎ 01582 54 65 14

More information



Websites providing further information:

- NHS Direct
www.nhsdirect.nhs.uk
- Asthma UK
www.asthma.org.uk
- British Lung Foundation
www.lunguk.org
- British Heart Foundation
www.bhf.org.uk

Specialist advice:

For specialist advice on your specific condition
always contact your health professional.

How to register or get more information

To register or get more information on airAlert visit:

www.airalert.info

Contact

The Herts & Beds Air Quality Network provides
airAlert in Herts & Beds and can be contacted by
any of the following methods:

Telephone: 01582 54 65 14

Fax: 01582 54 66 76

Post:

FREEPOST ANG 5484

airAlert

Luton Borough Council

Environmental & Consumer Services

Luton

LU1 2YY

Email: registrationhertsandbeds@airalert.info

Website: www.airalert.info

NHS
Luton



air quality early warning service

Free pollution alerts direct to you,
by text/SMS, voice-mail or email for
people with respiratory conditions.

airAlert information
www.airalert.info

About airAlert

How does airAlert work?



- **airAlerts** are only sent out whenever air pollution levels are forecasted to be above the "Low" (normal) air pollution level. These are sent the day before.
- **airAlert** will tell you what the level of pollution is predicted to be, either "Moderate", "High" or "Very High".
- If air pollution levels increase or remain above "Low", we will continue to alert you each day. However once the **airAlerts** stop, it means that pollution levels are forecast to be "Low" again.
- **airAlert** informs you where pollution levels are likely to be higher within your district/city/area.
- We send the alerts out around lunch-time (12pm), on weekdays, however you can change delivery times and other options by logging into **www.airalert.info**

“airAlert definitely helped me understand the link between air pollution & my health”.

airAlert advice

airAlert warning levels:



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.

For more information visit the website:

www.airalert.info

General advice

- The effects of air pollution on sensitive people can be reduced by spending less time outdoors.
- 'Reliever' inhalers or medicines should lessen effects.
- For specialist advice on the effects of pollution on your specific condition please contact your health professional.

“airAlert helped me understand, it gave me a reason to know why I was wheezy....”

What the messages mean

What should you do?



Moderate

- You are unlikely to need to take any action but be aware of symptoms.
- Take reliever medication with you as a precaution.
- Talk to your doctor if you have any concerns.



High

- Keep reliever medication with you as a precaution.
- You may need to increase the dose of reliever medication. **NEVER EXCEED THE STATED DOSE.**
- Consider reducing exposure by spending less time outdoors.
- Try to avoid strenuous outdoor activity.
- Talk to your doctor if you have any concerns.



Very High

- Keep reliever medication with you.
- Increase dose of reliever medication if you are affected. **NEVER EXCEED THE STATED DOSE.**
- Avoid long periods outdoors.
- Avoid strenuous outdoor activity.
- Talk to your doctor if you have any concerns.

“airAlert has made me feel much more in control. That somebody actually rings me up... it's given me more confidence”.

Registration

To register for the airAlert service please fill in the form below and send it to the address shown or online at www.airalert.info

Title: Mr, Mrs, Miss, Ms, Dr, or other

Forename/initials:

Surname:

Address:

Address:

Postcode:

Is the service for you or are you a carer for someone else?

Please state:

Do you need the alerts for Asthma, COPD or other:

Please state:

What area in Herts & Beds do you want information for:

Location:

Postcode:

To help us monitor the quality of our services and ensure fair access, we would be grateful if you could answer the following questions about yourself. No personal details will be passed on to a third party.

Age: 1-5 6-10 11-16 17-25 26-35
36-45 46-55 56-59 60-70 71+

Please tick: White Mixed Asian or Asian British
Black or Black British Chinese

Complete ONE of the following; telephone number or email address to receive airAlerts:

Telephone number (home OR mobile). Please ensure the number given is not through a switchboard:

.....

OR **email:**

Please send the completed form to:

FREEPOST ANG 5484, airAlert, Luton Borough Council, Environmental & Consumer Services, Luton LU1 2YY

We are continuously evaluating this service and would like to contact you to ask your views on airAlert and the ways in which it might be improved. If you prefer we did not contact you, please tick this box

TEAR OFF HERE