

## Jamison: Patient Education and Wellness

### HANDOUT 20.2: REDUCING EXPOSURE TO AIR POLLUTANTS

- ☐ Recognize and avoid risk areas  
Identify high pollution areas by using a diary to link places, e.g. returning to work after a vacation or weekend, with recurrence of symptoms such as:
  - ☐ sore eyes
  - ☐ chest tightness
  - ☐ wheezing
  - ☐ hoarseness
  - ☐ headaches
- ☐ Minimize personal risk  
Beneficial behaviours include:
  - ☐ being a non-smoker
  - ☐ avoiding smoke-filled rooms
  - ☐ avoiding slipstream air from cigarette smokers
  - ☐ not exercising in heavy traffic areas
  - ☐ not living (or working) in areas with a high air pollution index
  - ☐ staying indoors on days of high air pollution
  - ☐ wearing a mask when exposed to high particle air pollution
  - ☐ using high grade fuel in open fireplaces
  - ☐ ensuring complete combustion when cooking or incineration using fires

See

Indoor air pollution <http://www.who.int/mediacentre/factsheets/fs292/en/index.html>