



Air Pollution and Health: Advice for Health Professionals

There are times when Air Pollution in Doncaster is forecast to reach 'high levels'.

As a result, you may see an increase in patients presenting with respiratory and cardiovascular complaints.

Who is at Risk?

Particularly susceptible to the effects of acute spikes in air pollution are:

- *Adults and Children with lung or heart conditions:* adults suffering from heart conditions and adults and children with lung conditions are at increased risk of becoming ill and needing treatment. Some people are aware that air pollution affects their health: adults and children with asthma may notice that they need to increase their use of inhalers/ prescribed medication on days when levels of air pollution are higher than average.
- *Older people:* Older people are more likely to suffer from heart and lung conditions than young people and so may be affected by higher levels of pollution.
- *The general population:* At Very High levels of air pollution, some people may experience a sore or dry throat, sore eyes or, in some cases, a tickly cough even in healthy individuals.
- *Children:* Children do not need to be kept home from school or prevented from taking part in games. Children with asthma may notice that they need to increase their use of prescribed medication on days when levels of air pollution are higher than average and should be monitored.

What advice is given to the Public?

The general advice from the Council's Air Quality team and Public Health during periods of high pollution levels is:

- If you suffer from respiratory problems take your medicines, tablets, inhalers etc. with you when leaving the house so that you can take them as prescribed.
- Take your time and do not rush - walk at a steady pace.
- Avoid areas where there is lots of traffic - pollution levels are likely to be highest there.
- Consider leaving your car at home to help reduce pollution levels.

Where can I get more information?

The local air pollution levels and advice is updated daily on:

www.doncaster.gov.uk/services/environmental/air-quality-and-pollution-control

More information about the effects of high levels of air pollution on health can be found at: <http://uk-air.defra.gov.uk/>

For more information, contact:

Telephone: 01302 737579 or 01302 734581

Email: pollution.control@doncaster.gov.uk or publichealthenquiries@doncaster.gov.uk

Website: www.doncaster.gov.uk