



Air Pollution and Health: Advice for Schools

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

As a result you may receive questions regarding safety of pupils being outdoors during lessons and break times. It is important to note that children do not need to be kept home from school or prevented from taking part in games or being outdoors. Staff should however be aware that some children may be more at risk of feeling unwell during acute spikes in air pollution.

Who is at Risk?

Particularly at risk of high levels of air pollution includes:

- *Children with lung or heart conditions:* Children with lung conditions are at increased risk of becoming ill and needing treatment.
- *Children with asthma:* Those 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.
- *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.

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

Doncaster Metropolitan Borough Council

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