

# What is airAlert?

Air pollution can cause short-term health effects for people with asthma, COPD and other respiratory or heart conditions. airAlert can help you manage your health

**airAlert** is a text, voicemail, e-mail and web service that sends you air pollution alerts when levels in your area increase to a moderate level or above.

**airAlerts** are sent out on the day before moderate levels are forecast. The service allows you to receive alerts for different locations (i.e home or work).

**airAlert** is particularly valuable for those who have COPD or whose asthma is triggered by air pollution.

**airAlert** is a service provided by the Sussex Air Quality Partnership (Sussex-air) working with health professionals to help improve the lives of those who are affected by air pollution.

## What should I do when I receive an airAlert?

- Avoid areas where pollution increases are likely.
- Be active, but consider alternative activities for the period of an alert.
- Don't forget your inhaler or medication.

- If symptoms worsen or for specialist advice on your specific condition always contact your health professional.
- At risk individuals should refer to the airAlert information table inside this leaflet for guidance.

## Understanding the airAlert messages

Each time you receive an airAlert we provide the location, time and period of the alert. In addition we also specify the pollutant type, here's what it means:

**NO<sub>2</sub>** is a noxious invisible gas, sourced from traffic (nitrogen dioxide).

**PM<sub>10</sub>** is very fine dust which can be inhaled (particulate matter less than 10 microns).

**O<sub>3</sub>** is a noxious invisible gas, which is most common in the summer (ozone).

For more information go to: [www.sussex-air.net/PollutionEffects/AQHealth/](http://www.sussex-air.net/PollutionEffects/AQHealth/)

# Who should register for airAlert?

We recommend that you register for airAlert if you have COPD or your asthma is triggered by air pollution or you are the parent or carer of someone who suffers with either of the above.

## How can I register?

You can register online at [www.airalert.info](http://www.airalert.info) or by calling **01273 484 337**.

## Can I register on someone else's behalf?

Yes you can register if you are a parent or carer for someone who is adversely affected by high levels of pollution.

## Contacting us

The Sussex Air Quality Partnership (sussex-air) provides airAlert in Sussex and can be contacted via:

### E-mail:

[registration@airAlert.info](mailto:registration@airAlert.info)

**Telephone:** 01273 484 337

**Twitter:** @airalertsussex

**App:** iPhone and android app available to download from [www.airalert.info/sussex](http://www.airalert.info/sussex)

**To unsubscribe** from this service please e-mail or call us using the details above.

If you need this leaflet in large print please call 01273 484 337.



For more information or to register online now visit [www.airalert.info](http://www.airalert.info)



# Helping you breathe more easily

- ✧ Advance air pollution warning service
- ✧ Direct to you
- ✧ Allowing you to manage your respiratory condition effectively

Air quality airAlert service for Sussex

Register online now [www.airalert.info](http://www.airalert.info)

# How does air pollution affect people's lives?

It is estimated that in the UK each year nearly 29,000\* deaths are associated with high air pollution levels.

Air pollution impacts on people's health especially those with heart or respiratory conditions such as asthma and COPD.

Air Pollution can cause short term (acute) and long term (chronic) health problems.

The most sensitive groups are Adults and young children with respiratory conditions and adults with heart conditions.

Early intervention may help prevent hospitalisation and worrying side effects

## What is the impact of high pollution levels?

The number of deaths and hospital admissions seem to go up when air pollution levels are high particularly those with cardiovascular and lung disorders and especially amongst the elderly.

High levels of Air pollution can aggravate asthma



# airAlert information for *at risk* individuals



## Low air pollution levels

Enjoy your usual outdoor activities



## Moderate air pollution levels

Adults and children with lung problems, and adults with heart problems, who experience symptoms should consider reducing strenuous physical activity, particularly outdoors.



## High air pollution levels

Adults and children with lung problems and adults with heart problems should reduce strenuous physical exertion, particularly outdoors and particularly if they experience symptoms. People with Asthma may find they need to use their reliever inhaler more often. Older people should also reduce physical exertion.



## Very high air pollution levels

Adults and children with lung problems, adults with heart problems, and older people, should avoid strenuous physical activity. People with Asthma may find they need to use their reliever inhaler more often.

\*Adults and children with heart or lung problems are at greater risk of symptoms. Follow your doctor's usual advice about exercising and managing your condition. The airAlert levels relate to the UK Daily Air Quality Index for air pollution (<http://uk-air.defra.gov.uk/air-pollution/daq1>)

\*source Committee on the Medical Effects of Air Pollutants (COMEAP)

For more information or to register online now visit  
[www.airalert.info](http://www.airalert.info)