

# AVOID AIR POLLUTION AVOID ASTHMA

Pollution (dirty air) is a big trigger for asthma as it makes it difficult to breathe and affects the health of humans, animals, and plants. Avoiding pollution helps prevent asthma symptoms!

## How to avoid pollution



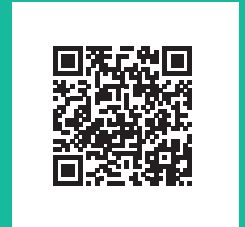
### Avoid walking along busy roads

Cars and trucks release fumes that are harmful to us



### Avoid burn sites and factories

The smoke from these sites contain chemicals that irritate your lungs



### Cook with alternatives to paraffin, coal, or wood to reduce smoke inhalation

Cooking with an oven, hob or microwave is better



### Stay away from cigarette, vape, or hubbly smoke

All these products contain chemicals that weaken the lungs. If your friends or family smoke, rather visit outside