

CITIZENS' ACTION FOR COMBATING AIR POLLUTION IN DELHI & NCR

Poor air quality during winters poses significant health risks including heart, lung and other respiratory diseases.



YOU
TAKE
ACTION TO
PROTECT YOURSELF
FROM THESE
RISKS

General Do's and Don'ts

- Check out CPCB's APP 'Sameer' for knowing Air Quality Index in your area.
- Be vigilant of surroundings. Stop/report illegal burning activities through APPs such as Sameer and Swachh Delhi
- Use good quality air mask like N99 that filters PM 2.5 with nearly 99% efficiency.
- Switch off your vehicle engines at long traffic signals
- Use plants such as money plant and areca palm to improve indoor air quality
- Plant trees in community spaces
- Clean filters and ducts of air conditioning systems
- Use public transport and non-motorized options wherever feasible

YOU CAN TAKE ACTION TO PROTECT YOURSELF AGAINST AIR POLLUTION

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- Use good quality air masks like N99 that filters PM 2.5 with nearly 99% efficiency
- Switch off your vehicle engines at long traffic signals
- If convenient, use plants like money plant and areca palm to improve indoor air quality
- Plant trees in community spaces
- Clean filters and ducts of air conditioning systems
- Do not overload vehicles; overloaded vehicles emit more
- Do not drive at very high speeds, which lead to high emissions
- Use public transport and non-motorized options wherever feasible
- Inform and request your political representatives to ensure appropriate cleaning of roads, waste management and control of refuse burning
- Ask your friends and families to join you in taking these actions