

AIR NUTRITION

YOUR COMMUNITY

PM 2.5  5 $\mu\text{g}/\text{m}^3$

PM 10  4 $\mu\text{g}/\text{m}^3$

NITROGEN DIOXIDE  2.3PPM

OZONE 0.1PPM



WARNING:
THESE POLLUTANTS CAN BE
DANGEROUS FOR YOUR LUNGS



YOU ARE WHAT YOU BREATHE.

At school time, protect kids from breathing in harmful levels of car exhaust. Park your car and walk to the gate, or ride a bike to collect your children. Avoid car idling where possible. Scan to learn more Air Nutrition tips.



ASTHMA WEEK
1-7 SEPTEMBER
 **ASTHMA AUSTRALIA**