


AIR NUTRITION INDOORS

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

PM 10  9 $\mu\text{g}/\text{m}^3$

NITROGEN DIOXIDE  2.1PPM

OZONE 0.1PPM



WARNING:
THESE POLLUTANTS CAN BE
DANGEROUS FOR YOUR LUNGS



YOU ARE WHAT YOU BREATHE.

Make sure you're breathing healthy air when indoors. Harmful air pollution is caused by gas cooktops, chemicals and woodfire smoke. Scan to learn more Air Nutrition tips.



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