

BREATHE SAFELY NEAR BUSY ROADS

Protect Your Family from Air Pollution



Why you should be concerned:

Living close to busy roads puts your health at risk.

Air pollution from vehicles and dust can harm everyone but especially:

- Babies and young children
- Pregnant women
- Elderly people
- Anyone with asthma, TB, heart or lung problems



Where is the road pollution coming from?

- Exhaust fumes from taxis, buses, and trucks
- Car exhaust fumes during traffic jams
- Dust from unpaved or damaged roads
- Burning of tyres, plastic, or waste near roadsides

You may not see it — but harmful particles and gases can stay in the air for hours.

FACT

Breathing dirty air every day can lead to coughing, chest pain, asthma attacks, high blood pressure, or even strokes.

How You Can Protect Yourself and Your Family

At Home:

- Keep windows and doors closed during peak traffic hours or when there is visible smoke/dust.
- Avoid outdoor activities during rush hour if you don't have to go out.
- Wet the ground outside your home to reduce dust, especially in dry areas.
- Plant trees or shrubs near your yard to help block dust (if space allows).
- Avoid burning rubbish or tyres near your home.

Outside:

- Avoid walking or waiting close to busy roads, especially with children or while pregnant.
- Cover your nose and mouth with a cloth mask or scarf if dust or smoke is visible.
- Walk on less busy side streets when possible.
- Encourage children to play away from the road.

Health Tips:

- Go to the clinic if you or your child has a persistent cough, chest pain, or struggles to breathe.
- Make sure children get all their vaccinations — they protect against lung infections.
- Use prescribed medications regularly and appropriately.
- Pregnant? Attend all antenatal visits and talk to a nurse about how air pollution affects your baby.
- Avoid areas where there is heavy smoke as much as possible.

Let's Take Action Together:

- **Report illegal burning or dumping** to your local ward councillor or municipality.
- **Work with your community health worker** to raise awareness about clean air.
- **Join or support local campaigns** for cleaner roads and safer transport.
- **Talk to taxi drivers** about turning off engines while parked at ranks or stops.
- **Educate your children** about road safety.
- **Familiarise yourself** with the Air Quality Index (AQI).
- **Check the SAAQIS website** (<http://saaqis.environment.gov.za>) and the mobile application called SAAQIS to get real time information on the state of air quality.

Clean Air = Healthy Lungs

**Protect your family,
protect your future.**



health

Department:
Health
REPUBLIC OF SOUTH AFRICA

