

#SmogSafetyTips

People

Use surgical or other face masks

Remove contact lenses and use regular reading glasses

Don't smoke and if not possible reduce intake

Drink extra Water and Hot Tea

Blow nose regularly to clean out contaminants

Wash hands, face and any exposed body part every time you come indoors after having gone outside

Avoid going out unnecessarily

Indoors

Seal vents, windows & other outlets of the house with masking tape or place moist towels/cloth under doors/windows

Use air purifiers

Outdoors

Do NOT stop on the road even if you can't see. Pull over to the side of the road away from traffic.

Slow down when driving

Use fog lights

Do NOT use high beams

Avoid going to crowded areas especially those prone to traffic jams

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