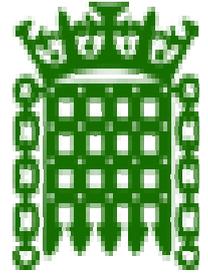




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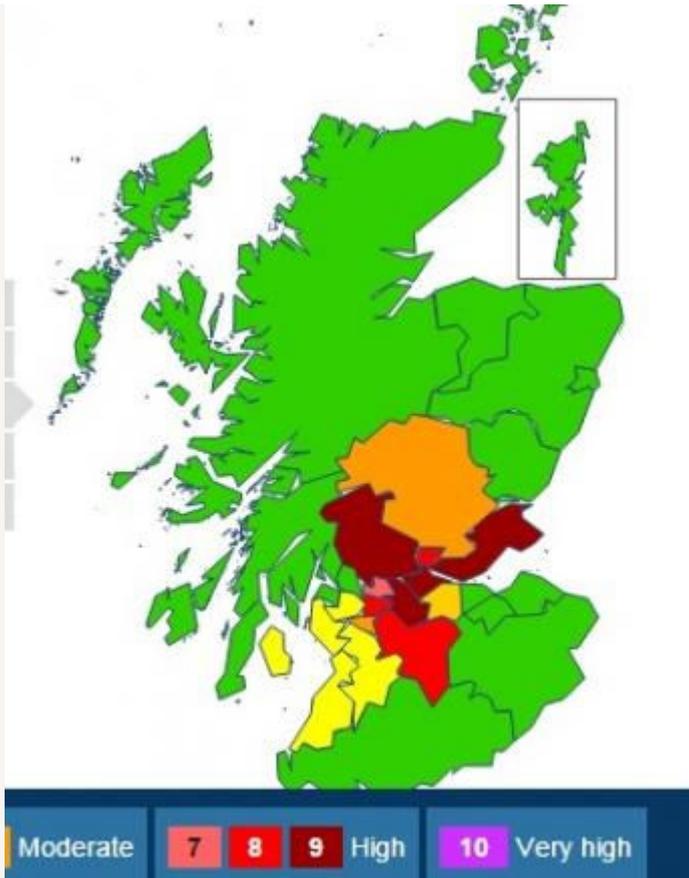
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# At-risk Scots warned to 'take it easy' as "dangerous air pollution" hits central belt



Courtesy Glasgow Herald

The Air Quality in Scotland forecast for Friday

ENVIRONMENTAL campaigners have issued warnings of a "dangerous air pollution episode" for much of the central belt on Thursday and Friday while official advice suggests some at-risk Scots should cut strenuous activity.

Official air pollution forecasts show that levels will be High in the Clackmannanshire, East Dunbartonshire, Falkirk, Fife, Glasgow City, North Lanarkshire, South Lanarkshire and Stirling council areas on Friday.

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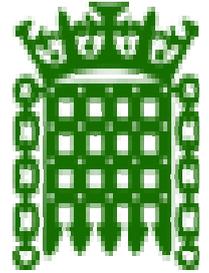
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Friends of the Earth Scotland say the toxic levels of "particulate matter" will be caused by a combination of pollution blowing in from industrial sources from Europe mixing with fumes generated on our streets from traffic.



The pollution is expected to breach World Health Organisation safety standards in the High pollution areas and seven other council areas in Scotland, where the pollution levels are predicted to be Moderate. According to the Scottish Government's Air Quality in Scotland monitor, the health message for adults and children with lung problems and adults with heart problems in areas where the air pollution banding is High is that they should "reduce strenuous physical exertion, particularly outdoors, and particularly if they experience symptoms".

It adds: "People with asthma may find they need to use their reliever inhaler more often. Older people should also reduce physical exertion."

East Ayrshire, East Renfrewshire, North Ayrshire, Perth and Kinross, Renfrewshire, South Ayrshire and West Lothian are all expected to get Moderate pollution.

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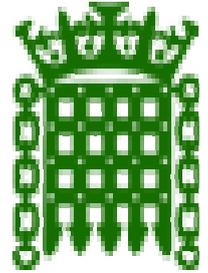
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The advice in these areas is that "adults and children with lung problems, and adults with heart problems, who experience symptoms, should consider reducing strenuous physical activity, particularly outdoors."

Emilia Hanna, air pollution campaigner for FoE Scotland said:

"Air pollution is expected to blow in from the East and combine with the heavy air pollution pouring out of car, bus and lorry exhausts on our streets.

"The weather is expected to be still and calm on Friday, which means that the air pollution will have nowhere to go, creating dangerous conditions with our air much more damaging than usual. People with lung or heart problems and older people will be especially vulnerable to this toxic stew.

"The expected pollution levels will be exceptionally high and in some places will be potentially dangerous for people who are otherwise healthy as well as at-risk individuals."

The map shows the air pollution forecast for each local authority in Scotland.

Friday (18th March 2016)

[» View a full forecast summary for each local authority](#)

The following days are available to view:

« Previous Day

Next Day »

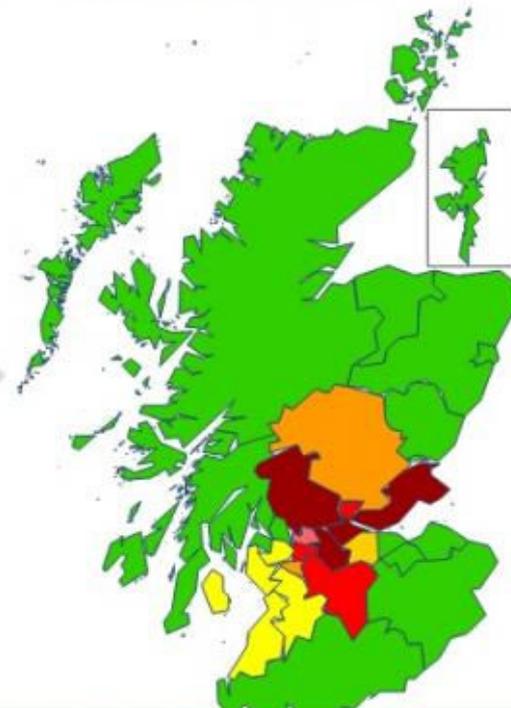
Today (16th March 2016)

Thursday (17th March 2016)

**Friday (18th March 2016)**

Saturday (19th March 2016)

Sunday (20th March 2016)



Index (1-10)

1

2

3

Low

4

5

6

Moderate

7

8

9

High

10

Very high

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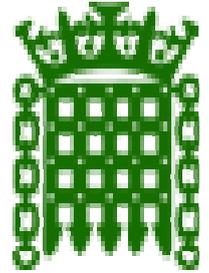
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FoE Scotland is calling on the Government to take concerted action to tackle this episode and what it describes as "Scotland's air pollution problem".

The alert begin on Thursday, when Moderate pollution levels are expected in Falkirk, Fife, Stirling and West Lothian.

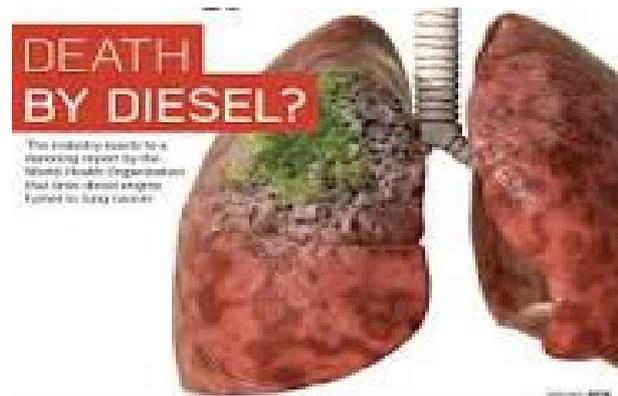
The pollution is expected to come in the form of soot from diesel and petrol engines. Common chemicals in particulate include sulphates, nitrates, ammonium, sodium, potassium, calcium, magnesium and chloride, carbon, metals and polycyclic aromatic hydrocarbons (PAH).

Ms Hanna said: "To tackle the worst of tomorrow and Friday's dangerous pollution impacts, the Government should advise people to avoid driving and adding to the problem.

"In the longer term, it must introduce measures to reduce traffic levels on our streets. Toxic air pollution episodes like this show that the Scottish Government is not doing enough to address the public health crisis of our dirty air."

FoE Scotland says this kind of air pollution causes over 2000 early deaths each year and costs the Scottish economy over £1.1 billion.

"The next Scottish Government needs to bring in measures to discourage people from using their car such as parking levies on large destinations like supermarkets, congestion charging and city-wide 20mph zones," added Ms Hanna.



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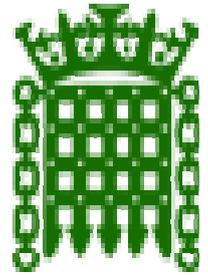




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**Step 1:** Determine whether you (or your children) are likely to be at risk from air pollution. Information on groups who may be affected is provided in the [Additional information on the short-term effects of air pollution](#) section below. Your doctor may also be able to give you advice.

**Step 2:** If you may be at-risk, and are planning strenuous activity outdoors, check the air pollution [Regional Forecasts](#) page.

**Step 3:** Use the health messages corresponding to the highest forecast level of pollution as a guide.

Air Pollution Banding	Value	Accompanying health messages for at-risk individuals*	Accompanying health messages for the general population
Low	1-3	Enjoy your usual outdoor activities.	Enjoy your usual outdoor activities.
Moderate	4-6	Adults and children with lung problems, and adults with heart problems, <b>who experience symptoms</b> , should <b>consider reducing</b> strenuous physical activity, particularly outdoors.	Enjoy your usual outdoor activities.
High	7-9	Adults and children with lung problems, and adults with heart problems, should <b>reduce</b> strenuous physical exertion, particularly outdoors, and particularly if they experience symptoms. People with asthma may find they need to use their reliever inhaler more often. Older people should also <b>reduce</b> physical exertion.	Anyone experiencing discomfort such as sore eyes, cough or sore throat should <b>consider reducing</b> activity, particularly outdoors.
Very High	10	Adults and children with lung problems, adults with heart problems, and older people, should <b>avoid</b> strenuous physical activity. People with asthma may find they need to use their reliever inhaler more often.	<b>Reduce</b> physical exertion, particularly outdoors, especially if you experience symptoms such as cough or sore throat.

FoE Scotland also said the Scottish Government should commit to bringing in Low Emission Zones in key cities by 2018, so that the most polluting vehicles are kept out of our city centres.

They say by investing 10% of the transport budget on walking and cycling would give sustainable transport "a chance to really thrive" in Scotland.

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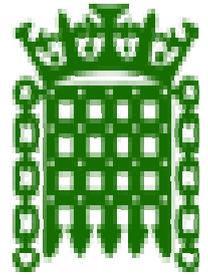
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A Scottish Government spokeswoman said: "Much progress has been made over recent years in improving air quality, and Scotland is pressing ahead with world-leading climate change targets.

"However, areas of poorer air quality related to emissions from transport remain in many of our urban areas and we continue to work closely with local authorities and other partners to improve air quality and the lives and well-being of communities and individuals across the country."

Local Authority	Today 16th Mar	Thu 17th Mar	Fri 18th Mar	Sat 19th Mar	Sun 20th Mar
Aberdeen City	Low (3)	Low (3)	Low (3)	Low (3)	Low (3)
Aberdeenshire	Low (3)	Low (3)	Low (3)	Low (3)	Low (3)
Angus	Low (3)	Low (3)	Low (3)	Low (3)	Low (3)
Argyll and Bute	Low (3)	Low (3)	Low (3)	Low (3)	Low (3)
Clackmannanshire	Low (3)	Moderate (4)	High (8)	Moderate (5)	Low (2)
Dumfries and Galloway	Low (3)	Low (3)	Low (3)	Low (3)	Low (3)
Dundee City	Low (3)	Low (3)	Low (2)	Low (2)	Low (2)
East Ayrshire	Low (3)	Low (2)	Moderate (4)	Low (2)	Low (3)
East Dunbartonshire	Low (2)	Low (3)	High (7)	Low (2)	Low (2)
East Lothian	Low (3)	Low (3)	Low (3)	Moderate (5)	Low (3)
East Renfrewshire	Low (2)	Low (2)	Moderate (6)	Low (2)	Low (2)
Edinburgh, City of	Low (3)	Low (3)	Low (3)	Moderate (6)	Low (2)
Eilean Siar	Low (3)	Low (3)	Low (3)	Low (3)	Low (3)
Falkirk	Low (3)	Moderate (5)	High (9)	Moderate (5)	Low (2)
Fife	Low (3)	Moderate (5)	High (9)	High (7)	Low (2)
Glasgow City	Low (2)	Low (3)	High (8)	Low (2)	Low (2)

Highland	Low (3)	Low (3)	Low (3)	Low (3)	Low (3)
Inverclyde	Low (2)	Low (2)	Low (3)	Low (2)	Low (3)
Midlothian	Low (3)	Low (2)	Low (3)	Moderate (4)	Low (2)
Moray	Low (3)	Low (3)	Low (3)	Low (3)	Low (3)
North Ayrshire	Low (3)	Low (3)	Moderate (4)	Low (2)	Low (3)
North Lanarkshire	Low (3)	Low (3)	High (9)	Low (3)	Low (2)
Orkney Islands	Low (3)	Low (3)	Low (3)	Low (3)	Low (3)
Perth and Kinross	Low (3)	Low (3)	Moderate (6)	Moderate (4)	Low (3)
Renfrewshire	Low (2)	Low (2)	Moderate (4)	Low (2)	Low (3)
Scottish Borders	Low (3)	Low (3)	Low (3)	Low (3)	Low (3)
Shetland Islands	Low (3)	Low (3)	Low (3)	Low (3)	Low (3)
South Ayrshire	Low (3)	Low (3)	Moderate (4)	Low (2)	Low (3)
South Lanarkshire	Low (3)	Low (3)	High (8)	Low (2)	Low (2)
Stirling	Low (2)	Moderate (5)	High (9)	Low (3)	Low (3)
West Dunbartonshire	Low (2)	Low (2)	Low (3)	Low (2)	Low (3)
West Lothian	Low (3)	Moderate (5)	Moderate (5)	Moderate (5)	Low (2)



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