

## What are *airTEXT* daily health bulletins?

Forecasts of air pollution, UV index, pollen and temperature in a one-page format suitable for display in public spaces. Just print out in colour or greyscale and pin up.

## What are they for?

Moderate and high air pollution, UV, pollen and air temperature can all adversely affect health. Knowing what to expect helps people to prepare and if necessary to take action to reduce harmful effects.

## Are they created every day?

The bulletins for today, tomorrow and the day after tomorrow are generated early in the morning every day.

## Which boroughs are included?

Bulletins are currently available for each London Borough. The service started as a trial in Islington during the summer of 2011 and was rolled out to all London boroughs in July 2012 thanks to a Defra grant.

## How do I get it?

The free bulletins are emailed out daily to local authorities. Emails are sent out in the evening with the bulletins for the following three days as PDF attachments. You can also get them from the *airTEXT* website.

## Useful links

Air pollution: *airTEXT* health and advice webpage:  
<http://airtext.info/health>

UV: Cancer Research UK's Sunsmart webpage:  
<http://www.sunsmart.org.uk/advice-and-prevention/>

Pollen: NHS hay fever advice  
<http://www.nhs.uk/Conditions/Hay-fever/Pages/Introduction.aspx>

Temperature: NHS heatwave advice:  
<http://www.nhs.uk/Livewell/Summerhealth/Pages/Heatwave.aspx>

EU FP7 PASODOBLE project:  
<http://www.myair-eu.org/>

## Partners



Provider of air pollution forecasts and developers of the system that produces the daily health bulletin.



Supporter of the trial service.



Provider of meteorological, UV and pollen forecasts.



The web site for the EU's PASODOBLE project which funded the development of the service and the Islington trial.

## Contact

Email: [forecast@cerc.co.uk](mailto:forecast@cerc.co.uk)  
Phone: 01223 357773



Free air pollution, UV, pollen and temperature forecasts for Greater London

# Your Guide to the Daily Health Bulletin



Daily forecasts of pollution, UV, pollen and temperature for display in public spaces.

# Sample daily health bulletin

**airTEXT**  
www.airtext.info

**Daily Health Bulletin for Islington**  
Wednesday 25th July 2012

<p><b>Air pollution</b></p> <p><b>MODERATE</b></p> <p>Action may be required. Health effects are unlikely to require action. If unwell, contact GP.</p> <p><small>This is a daily air pollution forecast and may be LOW, MODERATE, HIGH or VERY HIGH.</small></p>	<p><b>UV Index</b></p> <p><b>7 (HIGH)</b></p> <p>Protection required. Seek shade during midday hours, cover up and wear sunscreen.</p> <p><small>This is a forecast of maximum hourly cloud-adjusted solar UV index over a 24-hr period. 1 to 2 is LOW, 3 to 5 is MODERATE, 6 to 7 is HIGH or 8+ is VERY HIGH</small></p>
<p><b>Pollen</b></p> <p><b>LOW</b></p> <p><small>This is a daily grass pollen forecast and may be LOW, MODERATE, HIGH or VERY HIGH.</small></p>	<p><b>Temperature</b></p> <p><b>Max. Day 29°C/84°F</b></p> <p><b>Min. Night 17°C/62°F</b></p> <p><small>These are the minimum and maximum hourly temperatures predicted over a 24-hour period.</small></p>

Forecasts supported by funding from defra ([www.defra.gov.uk](http://www.defra.gov.uk)) and EU FP7 PASODOBLE ([www.myair-eu.org](http://www.myair-eu.org))

## What is it?

Air pollution forecast for today.

## What does it mean?

Air pollution can make breathing difficult for sensitive people, such as the very young, the very old, or those with existing lung or heart problems. The panel contains some advice on whether or not you might need to take any action today.

## Where can I get more information?

The *airTEXT* health and advice webpage has information about what to do if the forecast is moderate, high or very high:  
<http://www.airtext.info/health>

## What is it?

Grass pollen forecast for today.

## What does it mean?

In the late spring and summer months, high levels of pollen in the air can cause 'hay fever' symptoms: itchy eyes, sneezing and other effects.

## Where can I get more information?

The NHS hay fever webpage has advice on prevention and treatment of hay fever:  
<http://www.nhs.uk/Conditions/Hay-fever/Pages/Introduction.aspx>

## What is it?

Maximum daytime UV index forecast, including the effect of clouds.

## What does it mean?

The UV index measures the strength of the sun. The higher the UV index, the more likely your skin is to burn. The panel gives some general advice on protection required today.

## Where can I get more information?

Cancer Research UK's SunSmart campaign has a webpage with advice on staying safe in the sun:  
<http://www.sunsmart.org.uk/advice-and-prevention/>

## What is it?

Maximum daytime temperature and minimum nighttime temperature forecast in degrees Celsius and degrees Fahrenheit.

## What does it mean?

A prolonged period of high daytime maximum and high nighttime minimum temperatures can cause problems for vulnerable people, such as the very old and the very young.

## Where can I get more information?

The NHS heatwave webpage has advice about how to keep cool in hot weather and a link to the Department of Health's heatwave plan for 2012:  
<http://www.nhs.uk/Livewell/Summerhealth/Pages/Heatwave.aspx>