

What is the airTEXT daily health bulletin?

Forecasts of today's 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 is it 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.

Is it created every day?

The bulletin is generated every day for the duration of this trial service, which lasts for 2 months starting on 14th June 2011.

Why is it only available for Islington?

This is a trial service, supported by EU project PASODOBLE, with support from Islington Borough Council. If successful it may be extended to other regions of London in the future.

How do I get it?

The free bulletin is emailed out daily to subscribed users. To subscribe, email forecast@cerc.co.uk. Emails are sent out in the evening with the bulletin for the following day as a PDF attachment.

Useful links

Air pollution: airTEXT health and advice webpage:
<http://www.airtext.info/healthadvice/index.php>

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.



ISLINGTON Supporter of the trial service.



Provider of meteorological, UV and pollen forecasts.



The web site for the EU's PASODOBLE project which is funding the trial.

Contact

Email: forecast@cerc.co.uk
Phone: 01223 357773



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
Supported by
ISLINGTON
www.airtext.info

Daily Health Bulletin for Islington
Wednesday 22nd June 2011

Air pollution MODERATE Action may be required. Health effects are unlikely to require action. If unwell, contact GP. <small>This is a daily air pollution forecast and may be LOW, MODERATE, HIGH or VERY HIGH.</small>	UV Index 6 (HIGH) Protection required. Seek shade during midday hours, cover up and wear sunscreen. <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, 8+ is VERY HIGH</small>
Pollen MODERATE <small>This is a daily grass pollen forecast and may be LOW, MODERATE, HIGH or VERY HIGH.</small>	Temperature Max. Day 26°C/79°F Min. Night 15°C/59°F <small>These are the minimum and maximum hourly temperatures predicted over a 24-hour period.</small>

Forecasts produced under EU FP7 project PASODOBLE: <http://www.mvair-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/healthadvice/index.php>

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 2011:
<http://www.nhs.uk/Livewell/Summerhealth/Pages/Heatwave.aspx>