

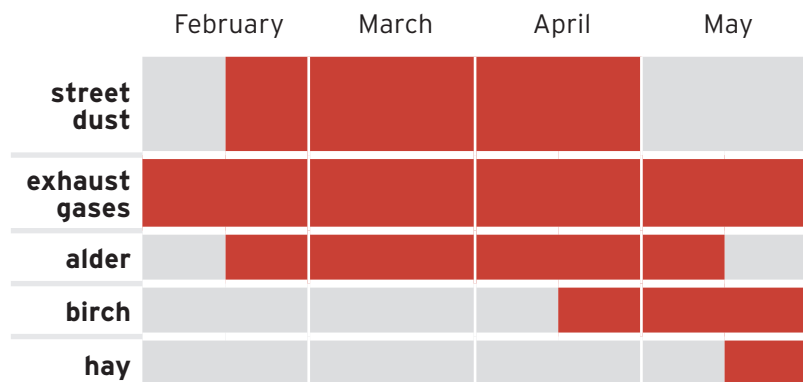
40 %
of people get
symptoms from
street dust in the
Helsinki Metropol-
itan Area.

See what kind of air you are breathing **right now**

Air quality in the Helsinki Metropolitan Area and Uusimaa:
hsy.fi/en/airquality

Pollen situation:
norkko.fi

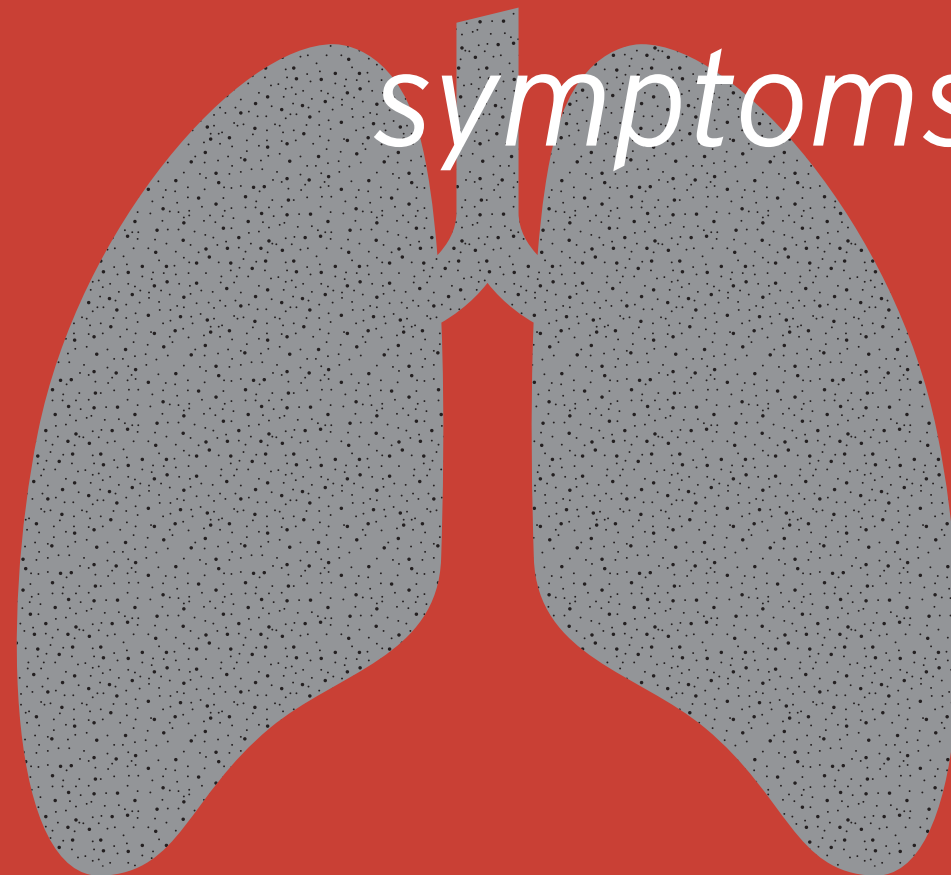
Spring air quality calendar



HSY 4/2021

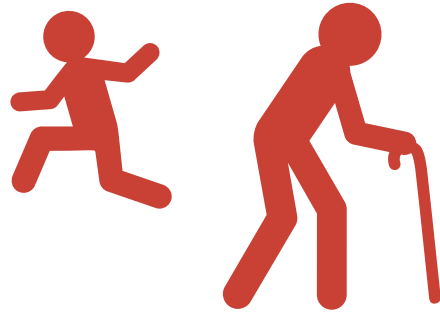
When the
air quality is poor,
avoid busy streets
and **treat** your
symptoms.

Help for **street dust** symptoms



Many of us show symptoms in the spring when there is a lot of street dust in the air: usually in March and April.

Street dust can be a health risk



Street dust causes for many people symptoms such as a runny nose, cough and itchy throat and eyes. Street dust can worsen the symptoms of those who have heart or respiratory diseases. Street dust is especially harmful for risk groups.

Risk groups include:

- People of all ages with asthma
- Young children
- The elderly
- People who have coronary artery disease or chronic obstructive pulmonary disease (COPD)

How to ease the symptoms:

- **Move to** cleaner air, indoors or further away from traffic.
- **Avoid** heavy exercise along busy roads.
- **Treat** and medicate your symptoms.
- **If you are in a risk group**, avoid outdoor activities when the air quality is poor. You can follow the air quality at hsy.fi/en/airquality
- **Keep** windows closed.
- **Get** effective air filters in your apartment and maintain them. It is advisable to change the filters in the spring and autumn.
- **Dry** your laundry indoors.



Advice on how to reduce the amount of street dust: hsy.fi/en/streetdust

What is street dust?

Street dust is **asphalt** and **ground grit** that has been crushed under the tyres of cars. Especially studded tyres wear out asphalt. Tyre and brake wear as well as particles from construction sites also create dust.



Is it street dust or pollen?

The alder and birch pollen season occurs at the same time as the street dust season. Allergy medications usually ease pollen allergy symptoms, but only avoiding dusty areas works on street dust.

Do you have any questions about the maintenance of streets and roads?

Check the street cleaning schedules in Helsinki and sign up for an SMS about the schedules for your local streets: puhdistussuunnitelmat.fi/helsinki
Feedback: hel.fi/feedback

Customer Service of the Technical and Environment Services of Espoo:
+358 (0)9 8162 5100
Feedback on the maintenance of streets: espoo.fi/feedback

Customer Service of the Land Use, Building and Environmental Department of Vantaa +358 (0)9 8392 2242
Feedback on the maintenance of streets:
asiointi.vantaa.fi/palaute#/form/60000

Feedback on the maintenance of streets in Kauniainen:
kunnossapito@kauniainen.fi

You can notify the Road User's Hotline (Tienkäyttäjän linja) about the condition of arterial roads: +358 (0)200 2100 (24h/day)