GOVERNMENT OF PAKISTAN
MINISTRY OF NATIONAL HEALTH SERVICES REGULATIONS & COORDINATION
DISTRICT HEALTH OFFICE
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Islamabad the 27th November 2025

Subject: **ADVISORY FOR PREVENTION AND SAFETY MEASURES DURING SMOG**

It is intimated that air pollution levels in Islamabad may fluctuate, the threat of health hazards due to smog. During periods of heavy smog, particulate matter and harmful pollutants in the air can affect citizens respiratory, cardiovascular, and eye-related complications health. Children, the elderly, and individuals with chronic illnesses are particularly vulnerable.

In view of this, all citizens are advised to remain vigilant and continue implementing the following preventive measures to minimize the health risks of smog exposure.

Reduce Exposure indoors and outdoors

- Limit outdoor activities, especially for children, elderly, and individuals with respiratory or heart conditions.
- Keep windows and doors closed during peak smog periods.
- Avoid burning waste, smoking, or using wood-burning stoves indoors.
- Use air purifiers at home if available.

Protection of Children and Elderly

- Keep children and elderly indoors during heavy smog.
- Encourage rest and avoid strenuous activities outdoors.
- Ensure proper hydration.

Personal Protection

- Wear protective masks when going outside.
- Avoid exposure to smoke, dust, and vehicle emissions.
- Cover nose and mouth with a damp cloth if a mask is not available.
- Protect eyes from irritation by wearing sunglasses or protective eyewear.
- Wash eyes with clean water if irritation occurs.

Health Advice

- If you experience coughing, difficulty in breathing, chest pain, dizziness, persistent eye irritation, or other symptoms aggravated by smog
- Seek immediate medical attention at the nearest government or private hospital, Basic Health Unit (BHU), or healthcare facility.
- People with respiratory problems, asthma, or heart conditions should follow medical advice and keep essential medications at hand.
- Only take medications under the supervision of a healthcare provider.
- Stay well-hydrated and avoid strenuous outdoor activities.

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Environmental and Public Health Measures

- Reduce outdoor traffic and limit the use of vehicles during peak smog hours.
- Support government and community initiatives to reduce air pollution.
- Avoid visiting highly polluted areas if possible.
- Fully cooperate with health authorities during field awareness campaigns or inspections.

Important Reminder

The health risks associated with smog remain significant during periods of poor air quality. All residents are strongly advised to continue following recommended preventive measures throughout the season. Early protective actions can reduce the risk of severe respiratory, cardiovascular, and ocular complications. Seek prompt medical attention without delay if serious symptoms arise.

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