

# Surviving Deadly Delhi Smog



*Drink couple of litres of water to flush out the toxins and eat fruits and vegetables rich in antioxidants and Vitamin C and A.*



*Avoid going outside as much as possible or avoid going out during peak hours when the air pollution level is extremely high.*



*Wear good quality pollution masks like N95 and N99 every time you step out as it can reduce exposure to pollutants.*



*One of the easiest ways to naturally improve the air quality is to keep indoor plants in your house and workplaces or install air purifiers.*



*Do not go outside to exercise or jog as heavy breathing can lead to deeper penetration of harmful pollutants.*

To know your Area's Air Quality , download apps : SAFAR-AIR APP OR SAMEER APP