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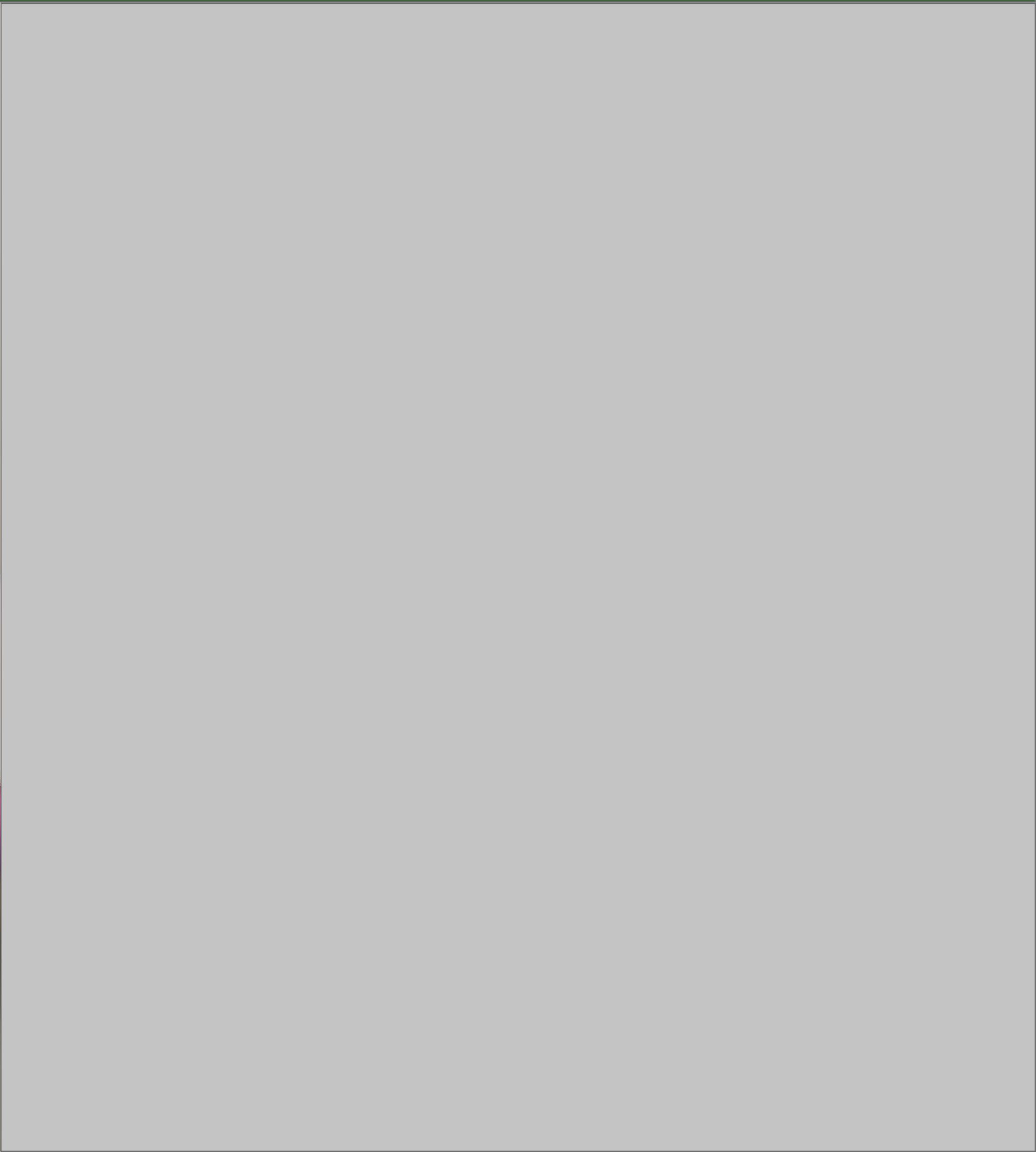
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WYMONDHAM

05/02	06/02	07/02
		
08/02	09/02	10/02
		



Asthma

Common Lung condition that causes breathing problems.

Symptoms

Wheezing
Breathlessness
A tight chest
Coughing

Living-With

Use your Inhaler
No smoking
Eat Healthy

Causes

Genetic
Allergies
Working with dust that can get into your lungs



Hay fever

At its peak between late March and September..

Symptoms

Sneezing
Runny nose
Itchy eyes
Itchy throat

Living-With

This will nomally go away within a few withs or months.

Causes

An allergic reaction to pollen



SAD (Seasonal affective disorder)

Also known as winter depression



Common Cold

A common cold over cold months.



#	Hazard	Possible effects	Risk Rating	Detail exisiting controls	Detail futher action to reduce risk	New Rating



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Air Quality For:

Today's Conditions: Fair

Fine Particulate Matter: $10 \mu\text{g}/\text{m}^3$

Particulate Matter: $26 \mu\text{g}/\text{m}^3$

Ozone: $67 \mu\text{g}/\text{m}^3$

Nitrogen Dioxide: $6 \mu\text{g}/\text{m}^3$



Sam Diamond
Lives in Wymondham

Has:
Common Cold
Clumsy

Health Advice based on Location:
Wymondham
AWFUL AIR!
Stay inside
Common cold will mean you are more likely to get ill.