

Today

Low

Tomorrow

Low

Outlook

Moderate

Outlook

Air pollution for Friday and Saturday in Bolton-le-Sands is expected to be low. On Sunday the air pollution may be moderate.

UK forecast

Strong winds for many areas will help to keep air pollution levels low at the beginning of the period. Later on an influx of warm air from the continent may result in moderate air pollution.

Health advice for moderate air pollution

For most people, short term exposure to moderate levels of air pollution is not an issue.

Adults who have heart problems and feel unwell should consider doing less strenuous exercise, especially outside.

People with asthma should be prepared to use their reliever inhaler.

Older people should consider doing less strenuous activity, especially outside.