

## **Announcement:**

In case of exceedances of the daily limit value for PM10 ( $50 \mu\text{g}/\text{m}^3$ ) see **daily reports** ([http://airquality.moepp.gov.mk/?page\\_id=3067](http://airquality.moepp.gov.mk/?page_id=3067)), please follow the recommendations given below:

- Use public transportation;
- Do not use your vehicles if not necessary;
- Use carpooling;
- Do not use the following materials for heating: waste oil, colored pieces of wood and furniture, PET, pieces of tires or any other synthetic material.
- Use and maintain the heating oven properly see **Wood heating** ([http://airquality.moepp.gov.mk/?page\\_id=473&lang=en](http://airquality.moepp.gov.mk/?page_id=473&lang=en))

In these cases **the Ministry of health and the Institute of public health** issue the following recommendations:

The most vulnerable population (kids, older people, the chronically ill people with lung or heart diseases, with high risk for people with asthma), but also people working outdoors in the polluted zones of the cities should limit their outdoor activities.