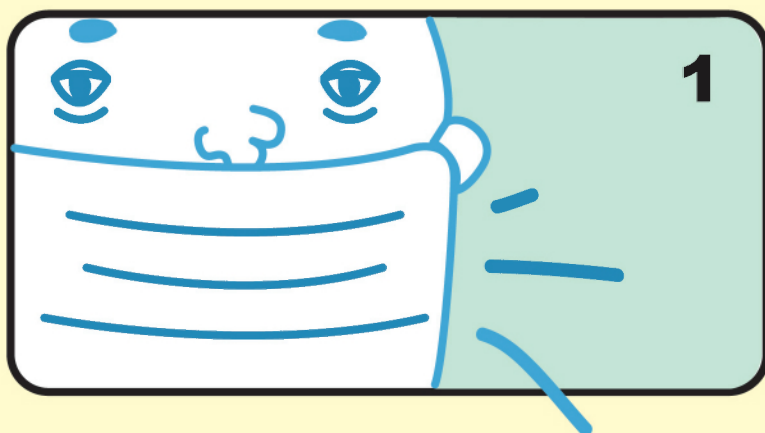


空氣污染 自我保護3策略

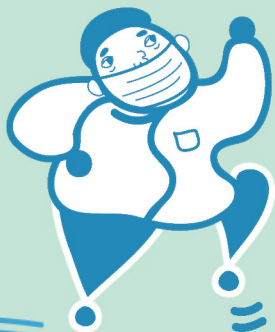
3 methods to protect yourself from air pollution

外出可戴口罩

Wear a mask
when you go outside



2



減少在戶外活動時間

Reduce outdoor time

生活作息規律

Keep a regular daily routine

3

