



London high air pollution alert for today Thursday 20 March 2025

20 Mar 2025

Air quality alert provided by the Mayor of London.

The air pollution in London is forecast to be higher than normal and could reach “high” status Thursday 20 March.

Reduce exposure and contribution to air pollution

Consider the following to reduce exposure and contribution to air pollution

- Walk, cycle and scoot more, and avoid the busiest roads and times when you can.
- Use public transport where you can, but if you do have to drive, switch your engine off when you're stationary.
- Avoid unnecessary burning at home (e.g. in a wood burning stove or open fire) unless it is your only source of heat.
- Defra advises that children need not be kept from school or prevented from taking part in games.

Background information

- Air pollution can affect everyone, but people with cardiac or respiratory disease, older people, children and pregnant people are at greater risk of health impacts.
- There is no safe level of air pollution. The Chief Medical Officer' annual report 2022 highlights that long-term exposure to low levels of pollution are harmful to health.

Further information

Visit [Global Action Plan's Clean Air Hub](#) for more information.

Further information on air pollution in London and what the Mayor is doing to improve air quality: [Pollution and air quality | London City Hall](#)

If you have questions concerning this pollution alert, please contact: airqualitylondon@london.gov.uk.

Was this page useful?

- [Yes](#)
- [Neutral](#)
- [No](#)

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