

ADVISORY : AIR POLLUTION

SMOKE THAT CHOKES YOU

The polluted air of the capital is taking a heavy toll on our health

What Happened in Delhi since last few days ?

- Smoggy mornings due to high moisture content, particulate matter, pollution, lack of winds.
- Smog is a mixture of Carbon Monoxide, Particulate Matter, Ground level Ozone and Oxides of Nitrogen and Sulfur Dioxide
- It is a man – made situation, as we only have created such high levels of pollution
- The haziness witnessed in morning hours is usually just smog, obstructing visibility.
- Smog is poisonous and may create many health hazards like it may trigger asthmatic attacks and other breathing complication.

Common Sources for air Pollution in Delhi in the last few days

- Motor Vehicles emissions particularly Diesel Vehicles.
- Industrial pollution , construction activities and road side dust
- Household combustion Devices like wood, coal and Gobar Upla etc.
- Could be result of bursting of firecrackers.
- Burning of Agricultural residue in Punjab, Uttar Pradesh, and Haryana

Pollutants Affecting Health

- Particulate Matter
- Carbon Monoxide
- Ozone
- Oxides of Nitrogen and Sulfur Dioxide
- Volatile Organic Compounds

Air Pollution is causing Health Problems

A few minutes in polluted air can cause:

- Allergy, eye irritation , runny nose, sore throat, cough, shortness of breath & difficulty in breathing
- Headache, sleepiness, lowered alertness
- Nausea ,vomiting , abdominal pain

Over a period of time, it may lead to

- Respiratory problems like Asthma, Bronchitis, Emphysema, damages lung tissue, poor lung function and Lung cancer
- Heart disease, stroke, high blood pressure, palpitation, diabetes.
- Anxiety, depression, stress, shortened lifespan

High Risk Groups

- Small Children
- Children with More Outdoor Activities
- Elderly
- Pregnant Women
- Asthma Patients
- Patients with COPD (Chronic Obstructive Pulmonary Diseases)
- Patients of heart Disease and stroke.
- Diabetics
- Person with low immunity

How to protect yourself

- Observe environment friendly behavior. Keep the environment healthy, not only by words, but also by your actions
- Do not burn dry leaves, crops residue, wood, coal, Gobar Upla etc. plant more trees to make your city green. Trees like Neem, Sheesham, Peepal, Keekar , Gulmohar etc. make the air clean and healthy , create green belt in and around the capital
- Use carpooling and public transport, as much as possible. Walk or use nonpolluting mode of transport for short distance
- Avoid going outdoor during early morning and late evening for walk or outdoor physical activity as the pollution levels are maximum during this time
- Avoid going to high pollution areas during peak hours. Stay indoor as much as possible
- Schools may avoid outdoor assembly, sports activities and other physical activities in the early morning
- Take extra precautions for high risk group as mentioned above, use N95 mask if going outdoor during the peak pollution hours
- Do not smoke, as it harms not only you but others also.
- If you feel irritation in the throat and nose, take steam and do salt water gargles. Drink plenty of warm water and maintain good hydration.
- If any time you are feeling breathless or palpitation, immediately go to nearest medical facility. Treatment is absolutely free in all the government Health facilities.

Warm regards

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AIR POLLUTION

- The polluted air of the capital is taking a heavy toll on our Health,
- Mornings are smoggy, due to high moisture content, particulate matter, pollution, lack of winds.
- It is a man – made situation, common sources could be direct result of, burning of Agricultural residue in neighboring states, motor vehicles emissions, industrial pollution, construction work, bursting of firecrackers, household combustion Devices ,burning of wood, coal, Gobar Upla etc.

APPEAL TO CITIZENS OF DELHI

**Let's join hands together to have a pollution free Delhi
Together we can do it**

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