

AIR POLLUTION

Air gets polluted when too much **dirt or chemicals or gasses** are mixed in it. Breathing such air is unhealthy.

99% of the world's population breathes polluted air.*

Outdoor air pollution causes at least 4.2 million premature deaths globally each year.



AIR POLLUTION AFFECTS EVERYONE.

Some people have higher chances of suffering adverse health effects:



Infants and children



The elderly



People with underlying respiratory and heart disease



Unborn babies and pregnant women

Adverse health effects can develop within a short duration of exposure. Higher the concentration of pollutants in the air, greater will be the effects on health.

Effects include:



Wheezing



Coughing



Shortness of breath



Chest tightness



Pain during deep breathing



Irritation of eyes and nose



Respiratory infections, especially influenza

Long-term exposure hampers normal functions of the lungs, particularly in children. Acute respiratory infections increase in the younger age group.

Other effects include:

- Development or worsening of **respiratory diseases** as asthma
- Aggravation of **cardiovascular and illnesses**
- Chronic **eye, lung or skin** irritation
- Increased susceptibility to **allergies**
- Higher risk of some **cancers**
- **Neurological** and **reproductive** disorders
- Type 2 **diabetes**
- **Premature** death



PROTECT YOURSELF DURING TIMES OF HEAVY AIR POLLUTION



Check air quality measurements, if possible. Follow advice of local authorities.



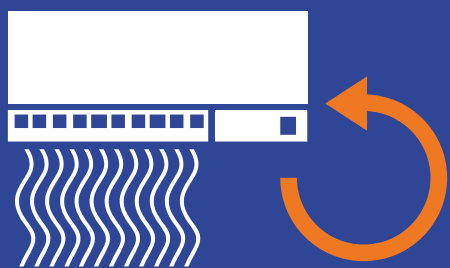
Reduce or avoid outdoor physical activities. People in the high-risk groups should take extra precautions.



Avoid heavy traffic areas.



Keep doors and windows **closed**.



Use an air conditioner on 'recirculate' if possible.



Consider using an **air cleaner**.

When going outdoors consider wearing a **particulate respirator (N95 mask)**. Consult your doctor before using a N95 respirator, particularly if you have an underlying health condition.



If high levels of air pollution are likely to persist for some time, consider **temporarily relocating**.



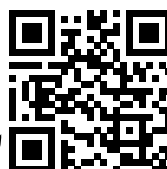
Consult your doctor if you experience symptoms. Visit the Global Health Threats Website <https://pandemic.internationalalsos.com/Diseases/Air-Pollution> for more information.

Source: *World Health Organization, Air Pollution Fact Sheet, updated December 2022

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