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# Advisory on Air Pollution



**Prepared By**  
**Blue Circle Medi Services**



# BLUE CIRCLE MEDI SERVICES HEALTH CIRCULAR Advisory on “Air Pollution”

## Common Sources of Air pollution

- Burning of farm residues
- Diesel motor vehicles emitting smoke
- Smoke from poorly maintained vehicles
- Continuous burning of garbage at landfills
- Industrial facilities
- Smoke from hotel/restaurant or household's combustion devices
- Forest fires
- Dust due to construction



## Medical condition which are caused by Air Pollution

- Respiratory conditions (Asthma, Bronchitis, COPD)
- Allergic skin condition
- Allergic eye condition
- Depressed immunity
- Heart problems

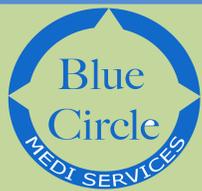
## Main Symptoms

- Throat irritation
- Coughing
- Shortness of breath
- Nausea
- Headaches
- Watery/teary eyes, irritation of eyes
- Skin allergies like itching, rashes

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## Long term measures to tackle air pollution

- Segregation of waste
- Report cases of garbage burning in close vicinity to Municipal Corporation
- Generating compost from waste
- Promote carpooling while travelling to same destination
- Plant more trees and plants (like aloe vera, snake plant, areca palm etc.)
- Proper and regular maintenance of vehicles.
- Avoid direct outdoor exposures.
- For ventilation open doors and windows only when sun is bright, afternoon would be better.
- Use mask while doing outdoor activities like, walking, or riding a bike/bicycle etc.



## Treatment THUMB RULE: MOIST CLEARS DRYNESS

- Try to keep yourself moist by drinking water often and taking steam.
- Intake of citrus fruits is beneficial and advisable.
- Breathing from nose is better, as our nostrils have hair and particles stick to the nose base which can be cleared if you wash your nostrils/ or take steam.
- Anybody having asthma is advised to take nebulization.
- Avoid morning walks as pollution levels are highest during early mornings and evenings because of smog formation.
- Do not get into heavy exercises in open areas
- Mask is a protection against pollution.

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