



TARANG Health Newsletter

We are allowing our children to smoke cigarettes during the “pollution season”! What should we do?

Why is everyone talking about air pollution nowadays?

You can see it as haze in the air, it makes breathing difficult, hospitals are packed with children with respiratory issues and its effect on our health are being reported in newspapers.

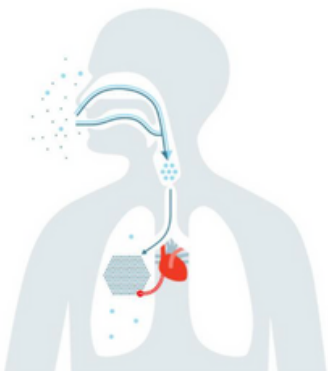


What is air pollution?

It's the presence of harmful particles in the air. These particles are very small. There are particles smaller than 2.5 micrometers in diameter ...thirty times smaller than diameter of your hair. They are called PM 2.5. The level of “health concern” due to these particles is measured by Air Quality Index or AQI.

Why should you be concerned when AQI is high ?

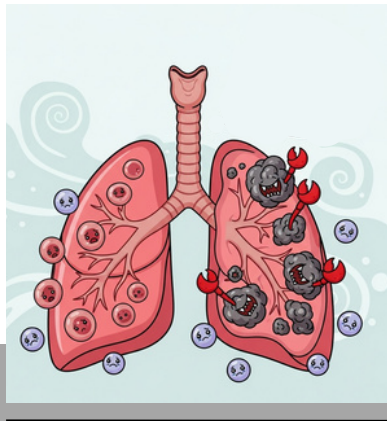
Breathing polluted air harms your body. These harmful particles get into your lungs and damage them . Then these particles get into our blood and circulate throughout our body. They damage the blood vessels and every organ of our body.



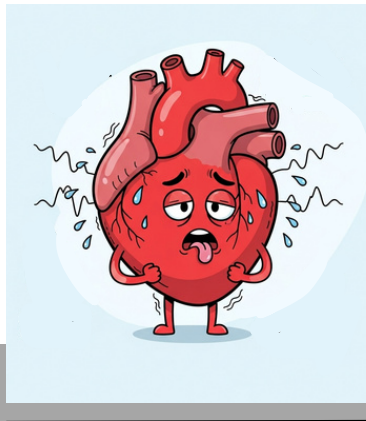
Air Quality Index (AQI) Values Levels of Health Concern

0 to 50	Good
51-100	Moderate
101-150	Unhealthy for Sensitive Groups
151-200	Unhealthy
201-300	Very Unhealthy
301 to 500	Hazardous

Pollution can cause following diseases: lung infections like pneumonia, lung cancer, heart disease, fertility issues and depression.



LUNG CANCER



HEART FAILURE



HIGH BP



DEPRESSION

How does it impact children?

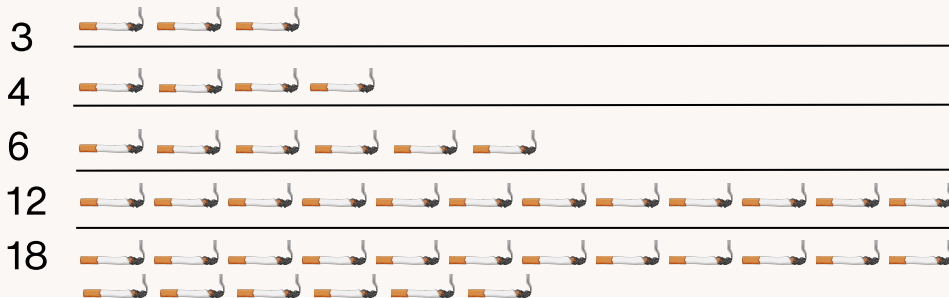
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AQI (24 HR. AVERAGE)

100
200
300
400
500



CIGARETTES/DAY



What can you do to protect your health and those of your children?

- Wear an N95 mask when AQI is above 100. Individual N95 masks cost Rs. 40–100. Cloth and surgical (blue) masks do not protect from pollution.
- Use an air purifier at home, especially in the bedroom where you and your children sleep. Prices range from Rs. 3,000–60,000, depending on room size.
- Limit outdoor activities when AQI is high. Stay in rooms with air purifiers and conduct physical activities such as yoga.



Fact - Air pollution causes more than 4,000 deaths every day in India .

let us know what you would like us to address in this newsletter by writing to us at taranghealthalliance@gmail.com