

## Preventing the harmful effects of air pollution

### Firstly take all available measures to minimize your exposure to air pollution

- Find out the nearest pollution monitoring station in your neighbourhood and websites where the levels of air pollution are published and follow any advice from local authorities to guide your planned activities.
- Keep rooms inside homes clean. Wet mopping and dusting is preferable to sweeping or vacuuming (unless your vacuum has a High-efficiency particulate arrestance (HEPA) filter) as these can stir up additional dusts and particles.
- Create a clean room for sleeping. A good choice would be one with few windows and doors.
- If the room has windows, keep them closed.
- Run an air conditioner or air purifier or central air conditioning system if you are certain your air conditioner does not draw air from outdoors and has an appropriate filter.

### Secondly – avoid adding to air pollution levels

- Do not use wood burning stoves, candles, and incense as these will all add to air pollution levels by producing particulate matter.
- Stop use of cigarettes and other tobacco products as these will also add to air pollution as well as other adverse health effects
- Reduce unnecessary travel by cars, scooters and other motorized vehicles. This will not only prevent additional personal exposure but it will prevent adding to already high pollution levels for others.
- Do not burn leaves, garbage, crop residue, plastic or other materials. Burning these materials adds greatly to local pollution levels. In residential areas this is particularly hazardous.

**Finally and most importantly visit your family doctor or health clinic if you are feeling unwell.**