

# Outdoor Air Pollution and Childhood Asthma

Outdoor Air pollution is the contamination of the outdoor air by a range of gases (carbon monoxides, oxides of nitrogen and sulfur, ground level ozone, volatile organic compounds etc.) and solids (PM 2.5 & PM 10) that modify its natural characteristics. Outdoor air pollution adversely affects human health, causes respiratory problems and aggravates asthma in children.

## Short Term Impacts



Coughing



Wheezing



Increased hospital visits



Increased used of medicines/inhalers

## Long Term Impacts



Decreased lungs growth



Premature death

AQI	Recommendations for Asthmatic Children
 <b>1 to 50</b> (Good)	No restriction on outdoor activities
 <b>51-100</b> (Moderate)	Reduce outdoor activities. If asthmatic play indoors
 <b>101-200</b> (Unhealthy)	Play indoors, plan outdoors activities only when pollution levels are low.
 <b>201-300</b> (Very Unhealthy)	Keep medication and inhaler ready. Be in consultation with your doctor.

