





## **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**





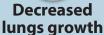




**Increased** Increased used of hospital visits medicines/inhalers

## **Long Term Impacts**







**Premature** death

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

