

Ambient Air Pollution Precaution for Vulnerable Population

Individual health risk from Air Pollution varies widely depending on age, where they live, their underlying health, and other factors

Vulnerable Population



Infants and young children



People who smoke or are exposed to second hand smoke



People with heart diseases



People who are exposed to busy roadways and heavy traffic for long durations



Adults over 65



People employed in hazardous air quality occupational settings



Pregnant women



People with Asthma, Chronic Obstructive Pulmonary Disease (COPD) chronic bronchitis etc

How to Protect Yourself



Time your outdoor activities according to your local AQI



Avoid outdoor physical activity as much as possible if AQI is poor or unhealthy



Use good quality mask while stepping out



People with heart and respiratory ailment must keep prescribed medicines handy



Hydrate yourself properly



Standard occupational health and safety guidelines must be strictly implemented and followed in hazardous environments

