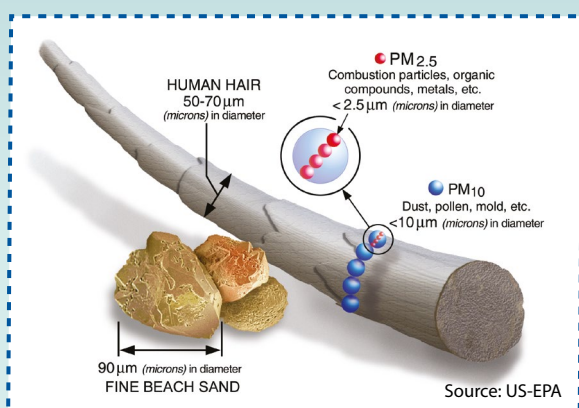


**What is AQI:** Air quality index (AQI) is a number used to report the quality of the air on any given day, it basically tells you how polluted or clean the air is.

### What is Particulate Matter (PM)?

PM is a mixture of solid or liquid particles suspended in the air. PM10 primarily comprises dust, while PM2.5 is the byproduct of combustion, natural (e.g. forest fires) or man-made (e.g. vehicles, industrial emissions, biomass burning)



### Who is Vulnerable?



Child



Elderly



Pregnant Women



People with Existing Lung and Heart Related Illness

### What can you do to Protect Yourself?



Check air quality before stepping out

[https://app.cpcbcr.com/AQI\\_India/](https://app.cpcbcr.com/AQI_India/)



Use anti-pollution face masks if the AQI is poor



If you have respiratory ailment such as asthma and bronchitis, keep your medication handy



If you or your family member experience any discomfort while breathing consult a doctor

### What can we do to help?



Use public transport, carpool, walk, cycle to conserve energy



Stop burning wood and coal



Urge for stronger public policies around cleaner air, including strict regulations for polluting industries, vehicles etc



Plant trees



Avoid Burning Garbage/Trash

