

Air Pollution and Asthma

Indoor Air pollution is the contamination of the indoor air by a range of gases (carbon monoxide, radon, oxides of nitrogen, environmental tobacco smoke, etc.) and solids (PM 10, PM 2.5,) that modify its natural characteristics. Indoor air pollution is known to have adverse human health impacts, cause respiratory problems and aggravate asthma.

Immediate impacts of Indoor Air Pollution



Coughing



Wheezing



Increased hospital visits



Chest congestion



Shortness of breath

Long term impacts of Indoor Air Pollution



Decrease in Lung capacity/size



Cancer



Under-developed Lungs



Heart problems

Action points to reduce impacts of air pollution on health:



Make your home a smoke free zone
(Don't burn wood, incense, and don't let anyone smoke)



Use clean cooking fuels



Vacuum, dust and wash bed sheets and do laundry often



If outdoor air quality is poor, shut doors and windows



Keep prescribed medicines handy

