HEALTH EFFECTS OF AIR POLLUTION

WHO IS MORE AFFECTED

- People with chronic lung/heart disease, diabetes
- Seniors
- Children
- Pregnant women
- People who exercise outdoors

SHORT TERM EFFECTS

- Headache
- Nose, throat, eyes inflammation
- Coughing, painful breathing
- Pneumonia, bronchitis
- Skin irritation

LONG TERM EFFECTS

- Affects central nervous system (headache, anxiety)
- Cardiovascular diseases
- Respiratory diseases (asthma, cancer)
- Impacts on liver, spleen, blood
- Impacts on reproductive system

HOW TO PROTECT YOURSELF

- Check air quality index in your area
- Use a face mask
- Keep windows and doors closed
- Avoid congested areas