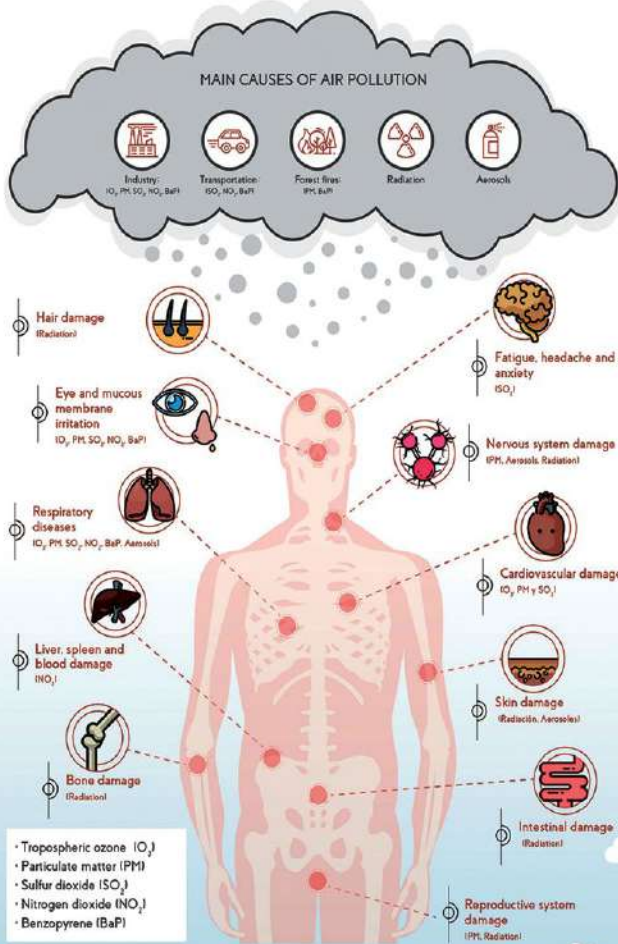


EFFECTS OF AIR POLLUTION ON HEALTH

7 million people die every year from air pollution



In order to avoid air pollution we need to reduce harmful emissions and promote the use of renewable energies

## Putting hands together

On a larger scale, governments at all levels are making commitments to limit emissions of carbon dioxide and other greenhouse gases. The Paris Agreement, ratified on November 4, 2016, is one effort to combat climate change on a global scale. And the Kigali Amendment seeks to further the progress made by the Montreal Protocol, banning heat-trapping hydrofluorocarbons (HFCs) in addition to CFCs.

In any home, people can safeguard against indoor air pollution by increasing ventilation, testing for radon gas, using air purifiers, running kitchen and bathroom exhaust fans, and avoiding smoking.

To reduce global warming, a variety of measures need to be taken, such as addition of more renewable energy and replacing of gasoline-fueled cars with zero-emissions vehicles such as electric ones.



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**“Air Pollution: Choking Future”**  
WORLD ENVIRONMENT DAY, JUNE 5<sup>TH</sup>, 2019



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## Air pollution

Air pollution is a mix of particles and gases that can reach harmful concentrations both outside and indoors. Its effects can range from higher disease risks to rising temperatures. Smoke, methane, CFCs and carbon dioxide are a just few examples of common pollutants. In most of the countries, one measure of outdoor air pollution is the Air Quality Index, or AQI which rates air conditions across the country based on concentrations of five major pollutants: ground-level ozone, particulate matter, carbon monoxide, sulfur dioxide, and nitrogen dioxide.



## A global review

Poor air quality kills people. World-wide, bad outdoor air caused an estimated 4.2 million premature deaths in 2016, about 90 percent of them in low- and middle-income countries like China and India, according to the World Health Organization. Indoor smoke is an ongoing health threat to the 3 billion people who cook and heat their homes by burning biomass, kerosene, and coal. Air pollution has been linked to higher rates of cancer, heart disease, stroke, and respiratory diseases such as asthma. On global level nearly 40% of the population is at risk of disease and premature death because of air pollution.

While those effects emerge from long-term exposure, air pollution can also cause short-term problems such as allergy, sneezing and coughing, eye irritation, headaches, and dizziness. Particulate matter smaller than 10 micrometers can be breathed deeply into the lungs and may cross into the bloodstream which is a great risk for humans.



## Environmental impacts

Humans have pumped enough carbon dioxide into the atmosphere over the past 150 years to raise its levels higher than they have been for hundreds of thousands of years.

Other greenhouse gases include methane - which comes from such sources as landfills, the natural gas industry, and gas emitted by livestock and chlorofluorocarbons (CFCs), which were used in refrigerants and aerosol propellants until they were banned in the late 1980s because of their deteriorating effect on Earth's ozone layer.

Another pollutant associated with climate change is sulfur dioxide, a component of smog. Sulfur dioxide and closely related chemicals are known primarily as a cause of acid rain. Volcanic eruptions can spew massive amounts of sulfur dioxide into the atmosphere.