

Air Pollution and Children

This Health Advisory was ratified by a panel of esteemed Doctors and Health Professionals from West Bengal and Jharkhand, and released on 2nd December 2021 at a Press Conference marking National Pollution Control Day, an annual reminder of the horrific 1984 Bhopal Gas Tragedy.

Newborns - more susceptible to air pollution

Polluted air affects unborn children in the mothers' wombs - can cause premature birth.

Children can develop following health issues due to alarming air pollution

Common respiratory problems in children:

Difficulty in breathing

Pneumonia

Infection & burning Sensation in the eyes

Main Pollutants



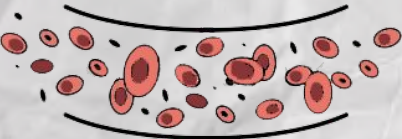
Ultrafine particles (PM2.5)

Fine dust (PM10)

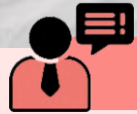
Ultrafine particles, particulate matter measuring as small as

0.003 microns

After inhalation and entering the lungs, they can pass into the bloodstream affecting organs of the body



Advice



Wear N95 Mask and ensure a snug fit

Avoid using vehicles and Telecommute, carpool, Bicycle

Keep indoor plants that reduce pollution, and air purifiers

Stay aware about air pollution and take necessary precaution

Keep children, elders indoors as much as possible

Don't burn trash, wood

Food & Nutrition to Tackle Air Pollution

Nutrient rich diet & food items that detoxify, are anti-inflammatory and improve immunity

Dietary antioxidants provide protection by controlling free radical damage leading to inflammation

Advice

Vitamin C- lemon, mosambi, oranges, etc

Vitamin E - avocados, peanuts etc

Natural bronchodilators

Drink liquids- Water and turmeric milk