

1. Children

Vulnerabilities: Developing lungs, higher breathing rate, and prolonged outdoor exposure.

Short-Term Measures:

- ✓ **Air Purifiers in Schools & Homes:** Install HEPA filters in classrooms and daycare centers.
- ✓ **Outdoor Activity Scheduling:** Restrict outdoor playtime during peak pollution hours (morning/evening).
- ✓ **N95 Masks & Awareness:** Encourage mask usage and teach children about pollution's effects.
- ✓ **School-Based Alerts:** Implement SMS/online alerts to inform parents about high pollution days.
- ✓ **Hydration & Nutrition:** Promote antioxidant-rich diets (e.g., vitamin C, Omega-3) to counteract pollution effects.

Long-Term Measures:

- ✓ **Green Buffer Zones:** Increase tree plantations around schools and playgrounds.
- ✓ **Indoor Air Quality Regulations:** Enforce clean air standards in childcare facilities.
- ✓ **Public Transport Access:** Improve school bus services to reduce private vehicle congestion.
- ✓ **Legislation for Safe Air:** Advocate for stricter pollution control laws to protect children's health.

2. Women

Vulnerabilities: Higher indoor exposure due to cooking smoke and household pollutants.

Short-Term Measures:

- ✓ **Clean Cooking Fuels:** Promote LPG/induction stoves instead of biomass-based cooking.
- ✓ **Indoor Air Purification:** Encourage ventilation, exhaust fans, and indoor plants to reduce indoor pollutants.

- ✓ Flexible Work Options: Support remote work to minimize exposure to outdoor pollution.
- ✓ Health Awareness Programs: Educate women on pollution risks, respiratory issues, and mitigation strategies.

Long-Term Measures:

- ✓ Green Housing Policies: Promote eco-friendly buildings with improved ventilation.
- ✓ Access to Healthcare: Expand specialized health checkups for pollution-related diseases.
- ✓ Workplace Standards: Implement workplace air quality monitoring in offices.
- ✓ Research & Advocacy: Fund research on gender-specific pollution effects and solutions.

3. Pregnant Women 🙋👉

Vulnerabilities: Air pollution increases risks of preterm birth, low birth weight, and respiratory diseases.

Short-Term Measures:

- ✓ Stay Indoors on High AQI Days: Encourage expecting mothers to avoid polluted areas.
- ✓ Air Purification at Home: Use HEPA air purifiers and ensure clean indoor environments.
- ✓ Medical Checkups: Increase screenings for pollution-related pregnancy complications.
- ✓ Nutritional Support: Recommend folic acid, Omega-3, and antioxidant-rich foods to reduce inflammation.
- ✓ Protective Masks: Provide N95 masks during travel or unavoidable exposure.

Long-Term Measures:

- ✓ Maternity Care Policies: Ensure maternal hospitals maintain high air quality standards.
- ✓ Urban Planning for Clean Air: Develop pollution-free zones near maternity hospitals.
- ✓ Advocacy for Clean Air Laws: Push for pollution reduction policies protecting pregnant women.

✓ **Research on Prenatal Pollution Effects:** Fund studies on the long-term impacts of air pollution on fetal health.

4. Elderly □

Vulnerabilities: Weakened immune system, higher risk of COPD, asthma, and cardiovascular diseases.

Short-Term Measures:

✓ **Avoid Outdoor Exposure:** Recommend staying indoors during peak pollution hours.

✓ **Home-Based Healthcare:** Offer telemedicine and home visits for air pollution-related health issues.

✓ **Medication & Oxygen Therapy:** Ensure timely access to inhalers, oxygen support, and medication.

✓ **Hydration & Diet:** Encourage a diet rich in anti-inflammatory foods to reduce respiratory stress.

✓ **Community Air Quality Monitoring:** Set up AQI monitors in senior citizen communities.

Long-Term Measures:

✓ **Senior-Friendly Urban Design:** Develop green spaces and walking tracks in low-pollution areas.

✓ **Indoor Air Quality Regulations for Nursing Homes:** Enforce clean air policies in elder care facilities.

✓ **Subsidized Air Purifiers & Medical Aid:** Offer financial assistance for pollution protection tools.

✓ **Dedicated Geriatric Healthcare Centers:** Establish specialized hospitals focusing on pollution-related illnesses in the elderly.