



08/11/2017

Advisory on Air Pollution



Prepared By
Blue Circle Medi Services



BLUE CIRCLE MEDI SERVICES HEALTH CIRCULAR Advisory on “Air Pollution”

Common Sources of Air pollution

- Burning of farm residues
- Diesel motor vehicles emitting smoke
- Smoke from poorly maintained vehicles
- Continuous burning of garbage at landfills
- Industrial facilities
- Smoke from hotel/restaurant or households combustion devices
- Forest fires



Medical condition which are caused by Air Pollution

- Respiratory conditions (Asthma, Bronchitis, COPD)
- Heart problems
- Allergic skin condition
- Allergic eye condition
- Depressed immunity

Main Symptoms

- Throat irritation
- Coughing
- Shortness of breath
- Nausea
- Headaches
- Watery/teary eyes, irritation of eyes
- Skin allergies like itching , rashes

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Long term measures to tackle air pollution

- Segregation of waste
- Report cases of garbage burning in close vicinity to Municipal Corporation for stopping it
- Generating compost from waste
- Promote carpooling while travelling to same destination
- Use of masks while walking or travelling
- Plant more trees and NASA recommended plants.
- Proper and regular maintenance of vehicles
- Availability of masks in the medical room/Infirmary
- Avoid direct exposures outdoors for longer hours
- Use of vacuum cleaner for dust-free cleaning inside the campus.
- For ventilation open doors and windows only when sun is bright, better would be in the afternoon
- If required use anti-pollution masks while being outdoor walking on roads or riding a bike/bicycle or travelling.

Treatment

THUMB RULE: MOIST CLEARS DRYNESS

- Try to keep yourself moist by drinking water often and taking steam.
- Breathe from your MOUTH, as our nostrils have hair and particles stick to our base which can be cleared if you wash your nostrils/ take steam.
- Students with Asthma should take Nebulization, if uncomfortable.
- Students to use masks while travelling outside the campus/premises
- Increase intake of citrus fruits

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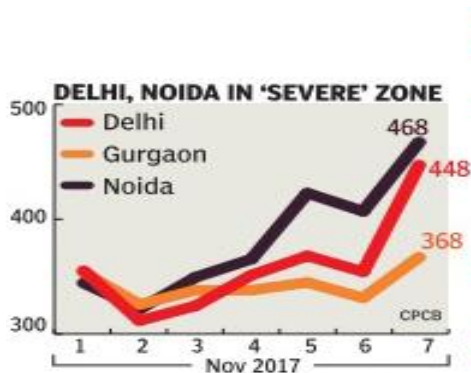
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- Avoid morning walks as pollution levels are highest during early mornings and evenings because of smog formation
- Do not get into heavy exercises in open areas
- Mask is a protection from polluted air as well as virus .
- Mask traps the particles in its core and the particles stay with you till the mask
- It becomes a hurdle for the clear pathway of air.

AIR QUALITY INDEX



GASPING FOR RELIEF

- Eateries asked to immediately **stop coal and wood fires**
- EPCA tells govt to take steps for 'severe' air under graded plan like **hiking parking** fees 4 times, increasing **Metro & bus** services, shutting **hot mix** plants, **stone crushers** and **brick kilns** in NCR
- EPCA says get ready for '**emergency**' measures if severe air pollution continues
- These include rolling out **odd-even** plan, **shutting schools**, halting all **construction** activity, stopping **trucks** entering Delhi (except for essential services)

Source: TOI New Delhi 08/11/2017

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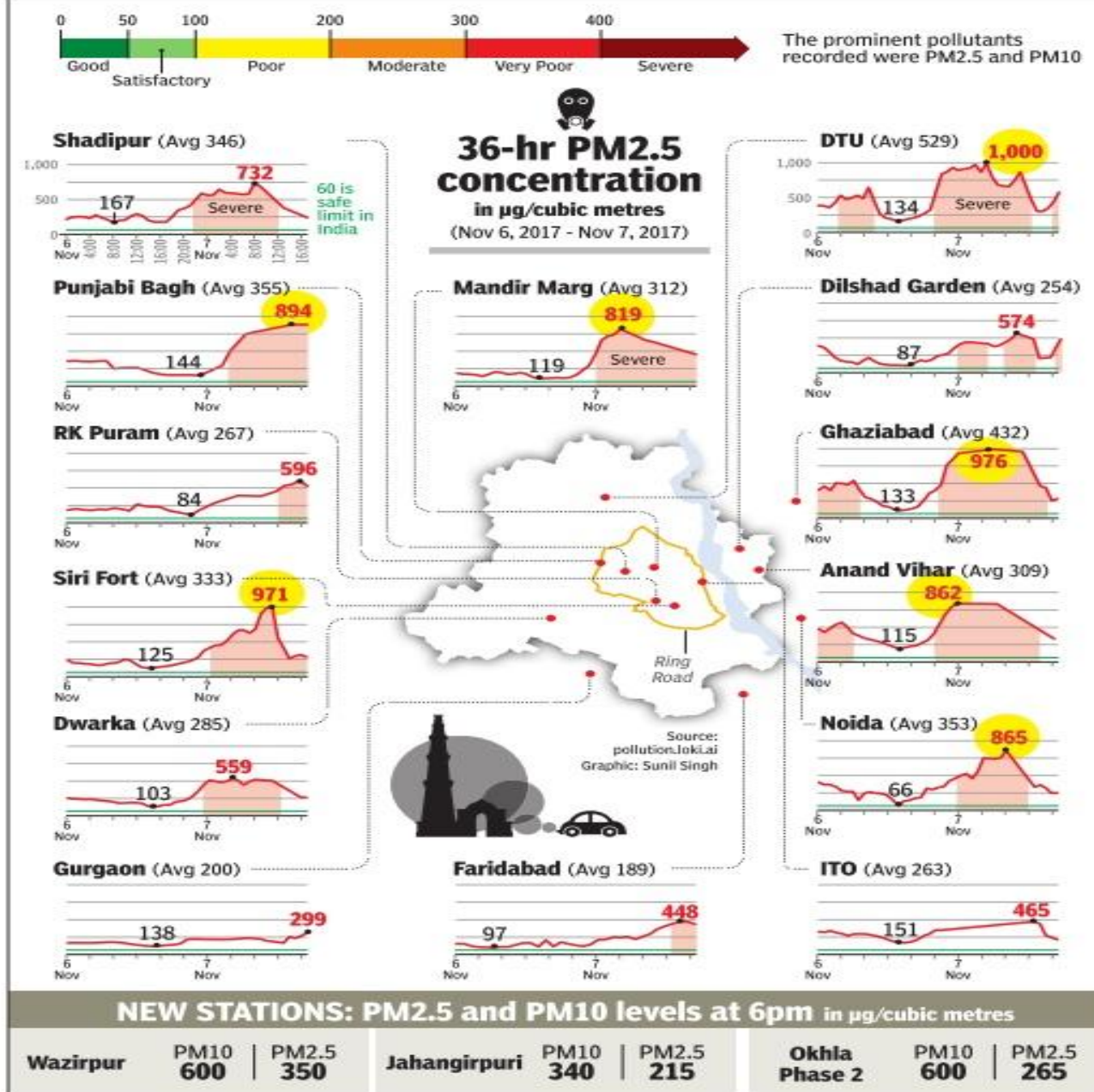
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Air 16 times above danger level at city spots

Air quality slipped into the 'severe' category on Tuesday—only the second time after Diwali—with Delhi's AQI at 448. Here is how the pollution hotspots fared



Source: TOI New Delhi 08/11/2017

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DEATH BY BREATH

Choosing the right mask: fit, filter and cost

SWAPNIL MATHUR
NEW DELHI, NOVEMBER 7

MASKS are a good way to ensure you inhale the least pollutants, but certain things must be kept in mind to ensure they offer the most protection. The right mask must have the right filter type, right filter rating and right fit.

What you're breathing

The smog over Delhi contains dust (dirt, cement, crushed brick/rock), pollen and sawdust, and noxious gases such as nitrous oxide, sulphur dioxide and carbon monoxide. Particulate pollutants can settle in the airways or make their way into the bloodstream, infusing it with carcinogens. Vapour pollutants can cause severe breathing problems by triggering inflammation of the air passage. Both types of pollutants must be taken into account while buying a filtration mask.

Filter type

Masks can have an 'N', 'R' or 'P' type of filter. N type filters are designed to prevent the inhalation of particulate matter and aerosols that are non-oily in nature. They can remove "dust" particles related to coal, iron ore, flour, metal, wood, pollen and non-oil based liquids.

R type filters are effective for regular particles as well as for oil-based aerosols, but are rated for a life of only up to 8 hours. P type filters are the most versatile, offering protection from oily and non-oily aerosols, and have a life of up to 40 hours, or 30 days' use.

The N type filter is sufficient for the current situation in Delhi.

Filter efficiency

Each of the three filter types has three efficiency ratings: 95, 99 and 100. For a given particle size (PM2.5 or PM10), a rating of 95 would mean that the filter is capable of trapping 95% of the pollutant particles. A filter with a rating of 100 offers the best protection — however, that does not mean that the filter rated 95 isn't doing a good job.

Vapour pollutants

They cannot be filtered out by a simple N, P or R type filter, and require an additional filter. Typically, this is a filter made of activated charcoal, which absorbs harmful organic vapours.

False comfort of ratings

Purchasing the best filter, with the highest efficiency rating does not mean that the air coming through is pure. What is never disclosed is that the efficiency ratings are derived when the level of particulate matter is within a few percentage points of the 'safe' limit. Delhi's current pollution levels far exceed 'safe' limits and hence, a filtration mask may not be as effective as you would think. However, something is better than nothing, especially over short periods of exposure to outside air.

Right fit

No matter how good the filter, its effectiveness will be negligible if it doesn't form a proper seal around your nose and mouth. This is one of the biggest reasons why surgical masks are useless.



Masks by 3M and Respro, which can be bought online. For the current situation in Delhi, an N type filter with an efficiency of 99 is a good option.

Choosing the right mask

Once you've found the right fit, it is essential to pick out the right filters. The R and P types may seem like the best option, but they're a bit of an overkill, not to mention expensive. An N type filter with an efficiency rating of 99 is a good balance of efficiency and cost. In addition to the N type particulate filter, it is essential to have an organic vapour cartridge to block out noxious fumes.

3M makes respiratory masks that can be fitted with both an organic vapour cartridge and an N99 filter; however, they tend to be bulky and can't be used over extended periods of time due to the buildup of heat around the mouth. A good alternative is offered by the UK-based company Respro, whose masks do the same job, but are more compact than the 3Ms. While 3M's filters are rated to last longer, Respro's masks are made of neoprene, making them far more comfortable to wear.

Finally, the cost

A 3M face respirator mask with one set of organic vapour cartridges and a set of 10 P95 filters costs roughly Rs 5,000 on Amazon US (yes, they do ship to India), excluding shipping and duty. Respro's Techno mask (ideal for Delhi's situation) will cost roughly Rs 3,000 (without any replacement filters); shipping is free worldwide.

The Indian EXPRESS Tue, 08 November 2016
epaper editions epaper.indianexpress.com/c/14492081



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http://www.kc.bluecircle.in/index.php/Welcome/topics_details/103

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