Have you ever had a thought about air quality of the city you are living in today. We never get time for think about it for our very busy life.

Ever heard of IQAir and environmental technology company. According to IQAir the Dhaka (the city I’m currently living in) have index of 159 US AQI today and the main pollutant PM 2.5 is 192, so the level of air is unhealthy.

Now you may ask what is 159 AQI and what is PM 2.5

Think the AQI as a yardstick that runs from 0 to 500. The higher the AQI value, the greater the level of air pollution and greater the health concern. Here range of AQI

Good – 0 to 50

Moderate – 51 to 100

Unhealthy for sensitive group – 101 to 150

Unhealthy – 151 to 200

Very unhealthy – 201 to 300

Hazardous – 301 to higher

I have checked the last 1-month index AQI of Dhaka best score is 152 and worst is 263. Source will be provided in comment.

Now what is PM 2.5.

PM stands for particulate matter and 2.5 refers to size in micrometers that can enter the lungs and bloodstream and it can result in coughing or difficulty berating, aggravated asthma so on…

Levels of PM average over 1 hours

less than 25= good

25 – 50 = fair

50 - 100 = poor

100 - 300 = very poor

More than 300 = extremely poor

And last 1 month’s index of PM2.5 of Dhaka is max 212.9 and best is 56.8.

Now this for a minute how polluted the air is in the city I and maybe you are living in.

Now how we can fight it.

I would suggest you use mask. Not those are sold in Newmarket low graded build. You must find mask that are PM 2.5 and PM 0.3 protected and have at least 3 layers. Also, comfortable while berating.

Thank you for your time.