

REDUCE THE EXPOSURE TO HOUSEHOLD AIR POLLUTION BY MAKING SMART PERSONAL CHOICES



USE CLEANER COOKING FUELS

- Replace biomass fuels with cleaner cooking fuels (LPG or electricity).



IMPROVE VENTILATION MAINLY IN THE COOKING AREAS

- Keep windows and doors open in cooking areas.
- Use chimneys, hoods or exhaust fans in kitchen.



USE PORTABLE AIR CLEANERS INSIDE THE HOUSE

- Use portable HEPA-fitted air cleaners in the most frequented rooms of the home.
- Avoid air-cleaning technologies that may emit harmful byproducts.

KEEP A WATCH ON INDIVIDUAL RISK FACTORS

Individuals with asthma and chronic obstructive pulmonary disease (COPD) are more susceptible to the adverse health effects associated with exposure to air pollution.



FOLLOW YOUR DOCTORS RECOMMENDATIONS ON AVOIDING EXPOSURE TO AIR POLLUTION



ADHERE TO THE MEDICATION SCHEDULE AS SUGGESTED BY YOUR DOCTOR



CURB THE RISK FACTORS THAT CAN HAVE AN ADVERSE IMPACT ON YOUR RESPIRATORY HEALTH

- Control obesity
- Ensure physical activity
- Quit Smoking
- Avoid second-hand smoke



DIETARY RECOMMENDATIONS

- A healthy, balanced diet is mandatory for overall well-being and to reduce the risk of chronic lung diseases.
- Do not take any dietary supplement specifically to counteract the detrimental effects of air pollution on respiratory health as none have shown benefits.

Data adapted from:

Carlsten C, Salvi S, Wong GWK, Chung KF. Personal strategies to minimise effects of air pollution on respiratory health: advice for providers, patients and the public. Eur Respir J. 2020;55(6):1902056.

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AIR POLLUTION IS DESTROYING OUR HEALTH...

THE IMPACT OF AIR POLLUTION CAN BE
REDUCED BY PERSONAL CHOICES

An initiative funded by
GSK Consumer Healthcare

KNOW THE EFFECTS OF AIR POLLUTION ON RESPIRATORY HEALTH



CAN AGGRAVATE ASTHMA AND CAN LEAD TO CHRONIC OBSTRUCTIVE PULMONARY DISEASE



ADDS STRESS ON RESPIRATORY SYSTEM AND DAMAGES THE AIRWAYS



INCREASES SUSCEPTIBILITY TO RESPIRATORY INFECTIONS



REDUCES LUNG FUNCTION

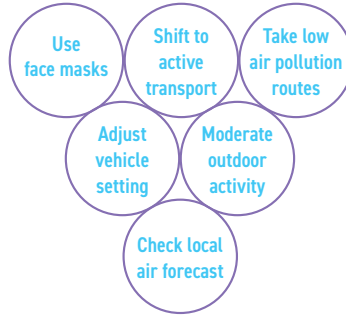


CAN CAUSE DEATH DUE TO RESPIRATORY COLLAPSE (LONG TERM EXPOSURE)



INCREASES THE RISK OF LUNG CANCER (LONG TERM EXPOSURE)

LEARN WAYS TO MINIMIZE YOUR PERSONAL EXPOSURE TO AIR POLLUTION



USE FACEMASKS

- Use close fitting N-95* masks when exposure to ambient air pollution is high.
- People with chronic respiratory and cardiac conditions should use it only under strict supervision of a healthcare provider.
- Cloth masks remove only 15% of particles of size typical of diesel engine emissions.



SHIFT FROM MOTORIZED TO ACTIVE TRANSPORT LIKE CYCLING AND WALKING (IF INFRASTRUCTURE PERMITS)

- Helps to reduce traffic volume and related air pollution emissions.
- Has multiple overall health benefits.

* N-95 masks = Filter ≥95% of 0.3 µm particles under test conditions)



CHOOSE LOW AIR POLLUTION ROUTES

- Minimize exposure to traffic-related air pollution (TRAP) by prioritizing low air pollution routes.



OPTIMIZE DRIVING STYLE AND VEHICLE SETTINGS

- Optimize and maintain vehicle filtration/ventilation.
- Drive with windows closed in conditions of high air pollution and keep the air on internal circulation.
- Avoid rapid accelerations and decelerations, restrict engine idling, and correctly maintain vehicles.



MODERATE OUTDOOR PHYSICAL ACTIVITY WHERE POLLUTION LEVELS ARE HIGH

- High risk individuals should stay indoors in high pollution areas.
- Decrease or stop exercising if concerning symptoms such as coughing, chest tightness or wheezing are noticed.



CHECK LOCAL AIR FORECAST

- Be aware of air quality alerts.