



MANAGEMENT AND RELIEF OF THE EFFECTS OF AIR POLLUTION



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HOW CAN THE EFFECTS OF AIR POLLUTION BE MANAGED?

Avoiding exposure to air pollution is most effective in minimising its respiratory effects, however this can be **challenging in many regions**.¹ The goal of management should be to **protect against and minimise exposure to air pollution**, rather than simply treating the resultant symptoms. Measures to potentially reduce exposure to air pollution include nasal filters, masks and air purifiers.

Nasal filters can reduce symptoms of allergic rhinitis by filtering pollen, and may be able to filter air pollutants in a similar way, however, more research in this area is needed.² **Masks and respirators** can reduce exposure to larger sizes of particulate matter but must be fully sealed around the face to be effective.³ **Air purifiers and filters** can improve indoor air quality and reduce exposure to particulate matter and allergens.⁴



NASAL FILTERS



MASKS AND RESPIRATORS



AIR PURIFIERS AND FILTERS

HOW CAN SYMPTOMS ASSOCIATED WITH AIR POLLUTION EXPOSURE BE RELIEVED?

There are currently **no specific treatments for relieving air pollution-related symptoms**. Symptomatic treatments such as nasal irrigation and sprays, decongestants, antihistamines, cough suppressants, expectorants and throat sprays and lozenges may help relieve individual symptoms.⁵⁻⁷ Certain dietary supplements may also work to enhance the body's antioxidant defences.⁸

KEY REFERENCES

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