



**DAV PUBLIC SCHOOL SECTOR-14 GURUGRAM**  
**“DAV WELLNESS”**  
**Monthly News letter (November 2019)**

**“AIR POLLUTION”**

Dear Students,

Air pollution occurs when harmful or excessive quantities of substances including the gases, particles and biological molecules are introduced into the atmosphere.

Many of us live in cities which are full of pollutants whether it is in the form of polluted air, polluted water or polluted food.

**How Pollutants Affect Your Health:--**

**Children:--**

- Those with underlying asthma or chronic conditions find it difficult to breath children are vulnerable to pneumonia and chest infection, cold and cough is also common.

**Elderly:--**

- Cold air causes constriction of the airways, leading to aggravation of asthma, chronic obstructive pulmonary disease and bronchitis. Pollutants add to woes by causing inflammations.
- Risk of pneumonia and chest infection goes up in winter. Exposure to pollutants affects recovery.
- Ultrafine particulate matters can trigger stroke in high- risk patients.

**Suggested measures to survive the pollution--**

**DOs**

1. Stop outdoor activities-- When you look out of the window you can really see the damage that has happened to the environment. Avoid any outdoor activities when the AQI is so high. The best time for a child to go out would be in the afternoon when you can go to the park. We need to encourage activities within the house. If you have a history of respiratory problems or you feel uncomfortable going out, stepping outside is not recommended.
2. Wear Protective Clothing, Take Care of Your Skin -- With increased level of air pollution, problems like dryness, premature ageing, flare up conditions like allergic- contact dermatitis, irritant- contact dermatitis, acne, psoriasis and eczema. So it is advisable to take care of the skin and shield it. It is recommended that people should avoid going out, and if you do, wash your face with soap once you come back. You should frequently re- apply moisturizer and sunscreen. Wash your face each time before applying sunscreen. When going out cover your face, wear sunglasses, hand gloves and focus on protective clothing.
3. Increase intake of citrus fruits-- In your diet, you should increase the intake of citrus fruits, and consume apples and cranberries.

4. Avoid morning walks, and crowded vehicular areas.
5. Drink plenty of warm water.
6. In case of unusual cough or breathing difficulty, contact a doctor.
7. Take medicines on time.
8. Elderly people should take influenza vaccination to reduce the risk of viral infection.

### **Don'ts--**

Avoid using agarbathis, mosquito sprays and camphor. We need to decide on our outdoor activities depending on the AQI level. When the AQI is more than 400, then people should avoid going outdoors and keep the indoor environment as clean as possible.

### **Air Purifiers and Face Mask**

We should use an air purifier to maintain adequate indoor air quality. Kids above three years of age, who go to school, should go out wearing a mask. Cut down on sports and games for kids as doing any physical activity makes your heart beat go up and you tend to inhale more pollutants. So that should be avoided.

### **All You Need to Know About Pollution Masks--**

N99 air mask - Can filter airborne particulate matter with up to 99% efficiency. Not resistant against oil-based Pollutants

N95 mask -N95 mask filters up to 95% of particulate matter from 0.3to 2.5PM. It's the most common and reusable mask.

### **Detox Your Body -- Simple Steps to Detoxify Your Body**

- Fasting
- Detox with vegetable juices.
- Eat fibre rich whole grains and legumes.
- Say no to processed foods.
- Opt for yoga asanas, mudras and pranayama.
- Drink lots of warm water.
- Exercise
- Meditation.

**TAKE ONE OR TWO SMALL STEPS EVERYDAY,  
AND EVENTUALLY, THE BENEFITS WILL ADD UP.**