

# SMOG ALERT

**Smog is** combination of smoke and fog, a complex mixture formed by various pollutants, such as nitrogen oxides and dust particles, which interact with the sunlight to form ground-level ozone, leading to the build-up of haze that hangs in industrial cities.

## Effects of Smog on Human Health

Exposure can **cause or aggravate** certain health conditions:

**Eye Irritation**, burning, watering and or redness.

**Skin Irritation**, Itching.

**Upper Respiratory Tract Irritation / Chest infections** leading to running, burning or irritation of nose, throat etc., cough, pain in throat, difficulty in breathing, initiation or worsening of **asthma / bronchitis**. Prolonged exposure can cause lung infections.

**Increased Risk of Premature mortality.**

## Who are at a greater risk?

Depending on **lifestyle, health condition and age**, Smog affects everyone differently. The most susceptible groups are:

**Children** spend more time outdoors, and dose of contaminants for their body ratio being more as compare to adults.

**People with respiratory disorders**

**Adults who have high level of outdoor activity** like exercise, cycle or jog outdoors or job that requires them to stay outdoors.

**Elderly, pregnant women** specially with other predisposing health conditions (High Blood Pressure, Heart Disease, Diabetes etc.)

**Smokers**

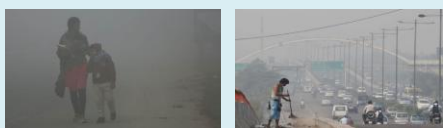
## What you can do

Limit outdoor activity, stay indoors as much as possible.

Avoid Morning walks, strenuous activities, sports

Don't ignore symptoms of illness - like breathing difficulty, persistent cough, palpitations - seek medical help at the earliest.

Continue taking regular medications for your pre-existing illness.



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