

Advisory on Air pollution

Air quality index is used by government agencies to communicate to the public how polluted the air currently is or how polluted it is forecast to become. Public health risks increase as the AQI rises.

Air Quality Index (AQI) Values	Levels of Health Concern
<i>When the AQI is in this range:</i>	
0 to 50	Good
51 to 100	Moderate
101 to 150	Unhealthy for Sensitive Groups
151 to 200	Unhealthy
201 to 300	Very Unhealthy
301 to 500	Hazardous

Following Diwali, the air quality index (AQI) in the national capital has been worsening from “very unhealthy” to “hazardous category”.

So as to minimize the hazardous effects of air pollution on our students:

Measures taken by our school to fight air pollution include:

1. The school is keeping track of air quality index and has suspended all outdoor activities for the days to come, until air quality in Delhi improves.
2. Students are encouraged to bring anti air pollution masks and wear them during school hours.
3. School has planted and encouraged students to plant air purifying plants in the school premises. Also, Air quality live monitor is installed in the school reception.

Measures to be taken by parents and children include:

1. Drink more water to flush toxins from the body.
2. Use nasal filters/ masks on stepping out of house and turn on air purifiers inside home.
3. Regular intake of fruits rich in vitamin C, magnesium and omega fatty acids will boost immunity.
4. Keep some air purifying plants in homes such as tulsi, money plant, peace lily, bamboo palm, etc.
5. Children less than 8 years should not be allowed to play outside. Older children should also minimize outdoor activities and completely avoid strenuous activities like running and other sports.
6. Watch for symptoms: watch for symptoms like cough, wheeze, chest tightness and difficulty in breathing in not only asthmatics but also in children without any prior history of bronchial asthma. Students with asthma should follow their asthma action plans and keep their quick-relief medicine handy.

Kind Regards,
Dr. Annapurna K, MBBS, MD
Sanskriti Infirmary