

**Table 1:** Non-pharmacological measures to reduce air pollution

## TO REDUCE INDOOR AIR POLLUTION

### **Minimize mold, dust, and pet dander from common sources:**

- Toys, such as stuffed animals
- Clothes left on the floor or kept for a substantial time in drawers
- Carpeting (preferred options include hard surface flooring and rugs provided they are frequently washed and vacuumed)
- Furniture and pressed wood (can emit high levels of volatile organic compounds and formaldehyde)
- Bedding: Wash on weekly intervals using hot water at 54 degrees °C and bleach to kill dust mites and mold spores, employ commercially available mite-proof bedding, renew mattresses every 8-10 years, restrict pets from bedroom areas, vacuum bedroom frequently, and refrain from eating in bedrooms

### **Good home ventilation (frequency at least daily, up to 10 minutes each time):**

- Especially with cooking (advisable to use an extractor hood and clean fuels) and showering
- Modern HVAC systems integrated with a HEPA filter (regularly cleaned) are optimal
- Opening windows periodically if outside weather conditions and pollen and pollutant levels permit
- Avoid burning incense and candles and smoking (active and passive).

### **Smart cleaning:**

- Avoid feather dusters that scatter dust.
- Use moist cloths to wipe dirt (avoid making it airborne).
- Seal vacuum cleaner containers tightly to avoid any dust leakage and empty them outside regularly.
- Avoid domestic spray and other cleaners (high levels of volatile organic compounds).

## TO REDUCE OUTDOOR AIR POLLUTION

- Minimize outdoor activities if air quality index is poor or pollen count is high.
- Use a face mask when air quality index score exceeds 200 or at particulate matter concentrations 150 mcg/m<sup>3</sup> and above.
- Use clean fuels for vehicles.

HAVE HOUSING/SCHOOL/WORK AT LEAST 100M AWAY FROM THE MAIN ROAD