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## CLEAN AIR CURRICULUM AS A BASE FOR CLEAN ENVIRONMENT



Impact of air pollution on human health



What's something that you do all day, every day, every minute no matter where you are?

- a) Think about cartoons
- b) Blink
- c) Breath





What's something that you do all day, every day, every minute no matter where you are?

- a) Think about cartoons
- b) Blink
- c) Breath





- We need breathing air to be alive
- The air contains oxygen, and this is essential for our organism the way that the oxygen is introduced in the organism is through the lungs, through the respiratory system
- We breathe nearly 25,000 times per day, taking in nearly 10,000 liters of air





Apart from breathing, what's  
something that you do all day,  
every day, every minute no  
matter where you are?

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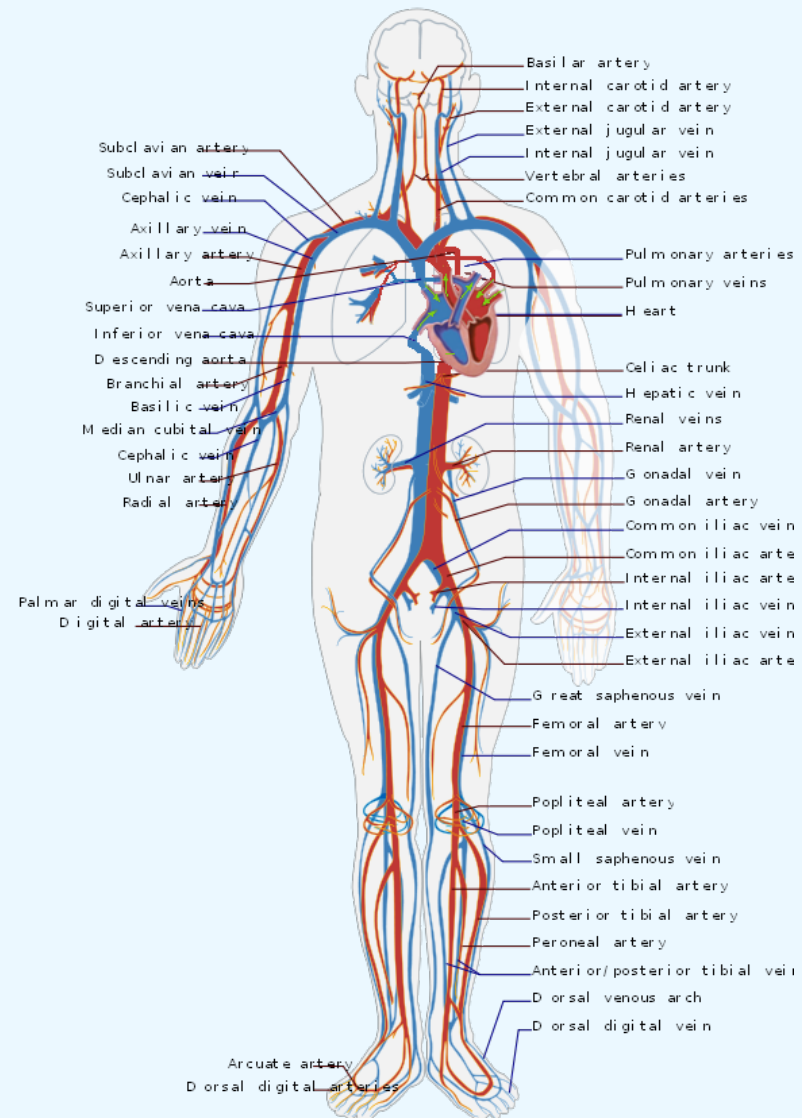
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Yes, it is pump blood all  
over your body thanks to  
a muscle which is called  
**HEART**



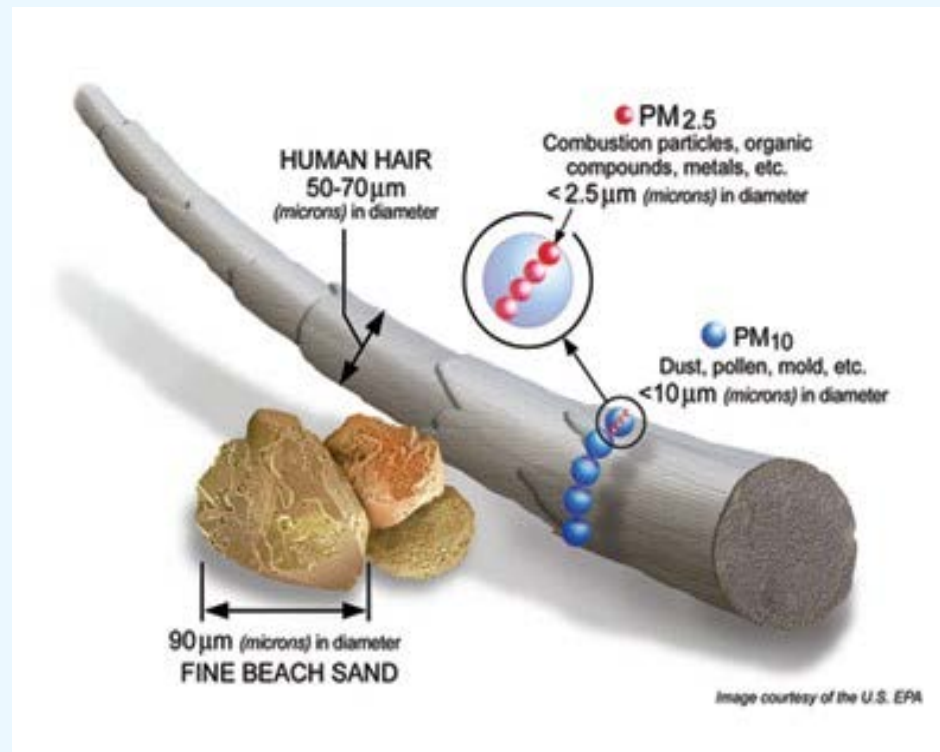


- The heart is responsible for pumping blood to the cells carrying oxygen and collecting waste through the arteries and veins
- The heart takes less than 60 seconds to pump blood to every cell in your body
- The heart beats about 3 billion times during an average lifetime.





## How small is PM?



Source: <https://www.epa.gov/pmcourse/what-particle-pollution>



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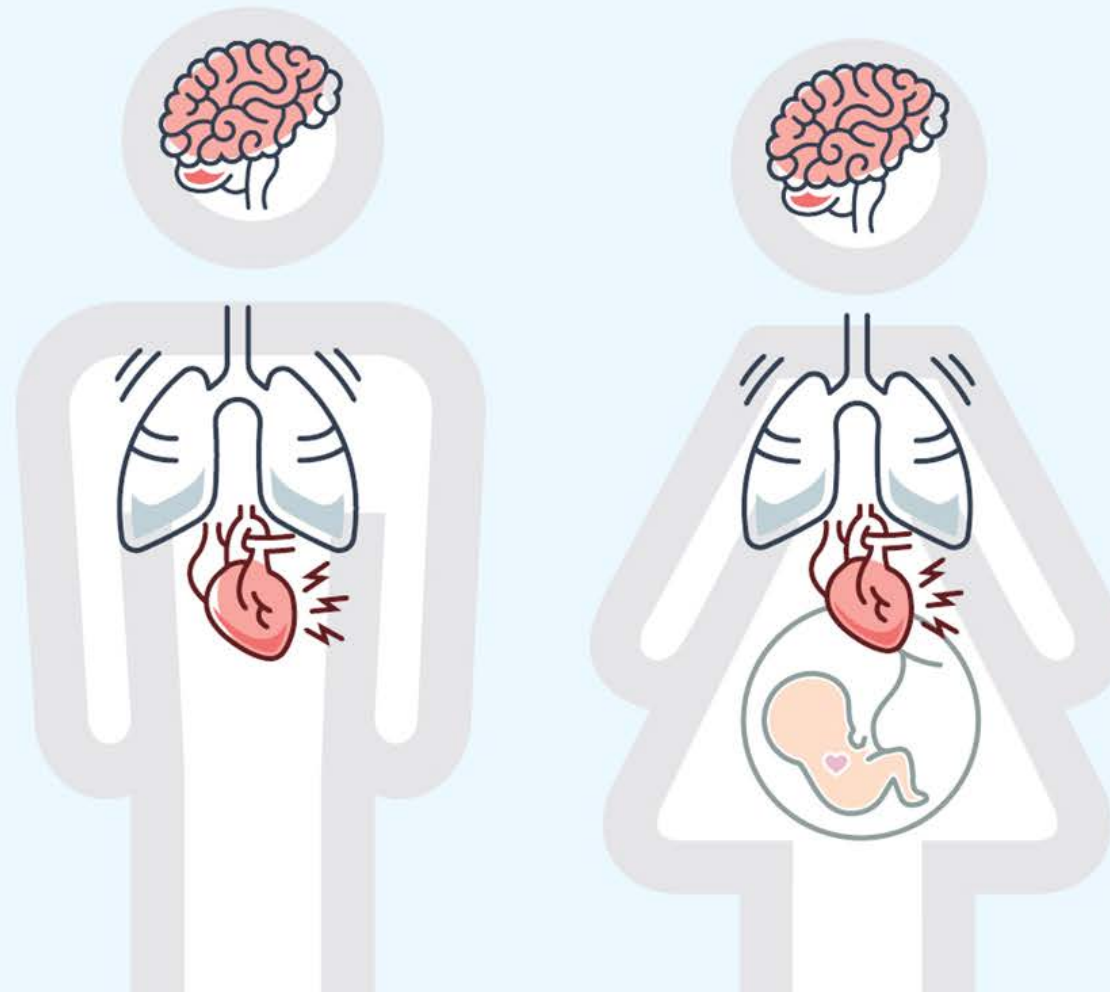


# Health effects of air pollution

<https://www.youtube.com/watch?v=GVBey1jSG9Y&t=17s>



# Health effects of air pollution





When we breathe polluted , dangerous substances,

for example: particulate matter enter our .

Then goes into the  and  !



**lungs**



**air**



**heart**



**brain**



When we breathe polluted air, dangerous substances,




for example: particulate matter enter our lungs .

Then goes into the heart and brain !



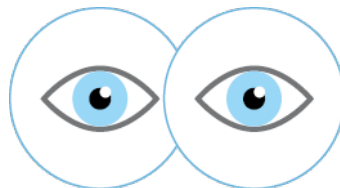
WELL DONE!



After getting into the  it may cause many serious diseases: for example, cancer! In addition to serious diseases, when the  is polluted, we cough, we have a runny nose and our  hurt.



body



eyes



air



After getting into the body it may cause many serious diseases: for example, cancer! In addition to serious diseases, when the air is polluted, we cough, we have a runny nose and our eyes hurt.

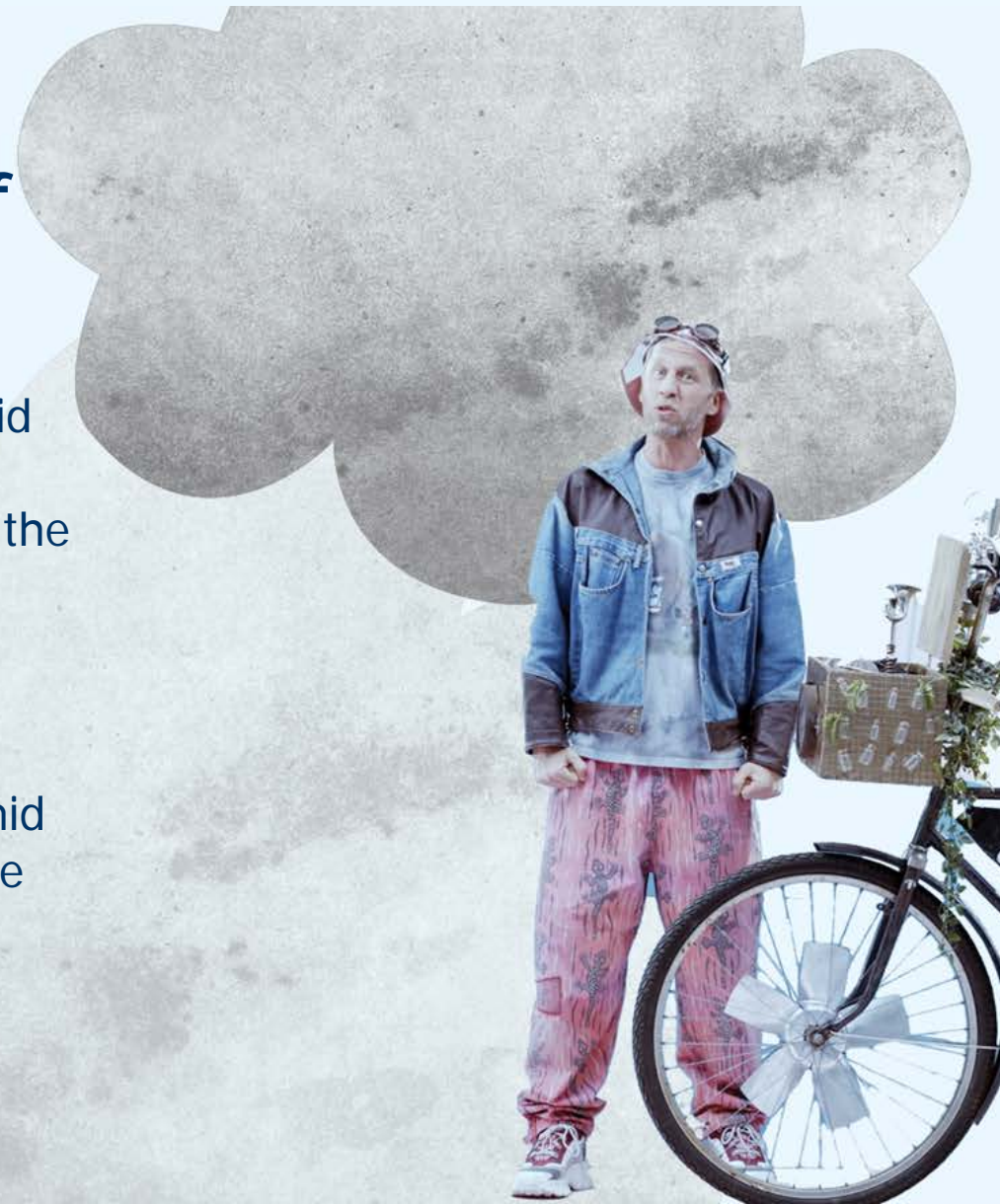


**WELL DONE!**



## 5 Tips to Protect Yourself from Unhealthy Air

1. Limit the exposure to smog trying to avoid the most air polluted areas.
2. Stay in the house and do ventilate when the air is very polluted.
3. Consider buying an air cleaner.
4. Have a supply of professional dust proof masks on hand.
5. Don't burn trash, bad quality coal or humid wood. These are major sources of particle pollution in many parts of the countries.



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THANK YOU FOR  
COOPERATION!

NOW YOU KNOW HOW AIR  
POLLUTION AFFECTS YOUR  
BODY AND YOU CAN  
PROTECT YOURSELF!

