

HEALTH ADVISORY

As air pollution breached severe levels in Delhi, it is imperative to take certain measures to minimize its adverse effect on the health of children.

So here are some tips and precautions to cope with the current scenario.

- Restrict outdoor activities of children and keep them indoors as much as possible.
- Avoid morning and evening walks and try to exercise only at home till the situation gets better.
- Before heading out of your houses, cover your face with a pollution mask to minimize the effects of pollution.
- Drink plenty of water and fluids rich in Vitamin C.
- Avoid going near construction sites
- Keep washing your hands and eyes with running water at regular intervals.
- Eat good, stay fit, and keep your immune system healthy
- In case of any difficulty in breathing, increase in breathing rate, palpitations or severe bout of coughing or sneezing, seek medical assistance immediately.

Each little step or precaution taken can lead to a bigger change in the society. Environmental pollution is an incurable disease. It can only be prevented.