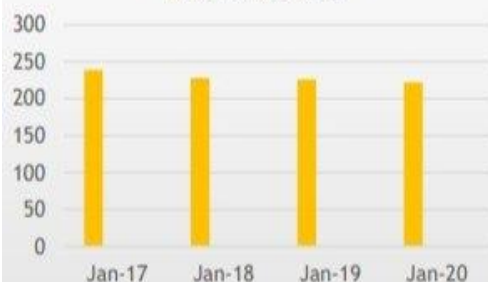




Islamabad AQI



AQI	Air pollution level
0-50	Good
51-100	Moderate
101-150	Unhealthy for sensitive groups
151-200	Unhealthy
201-300	Very unhealthy
300+	Hazardous



Precautionary Measures

- ❑ Sensitive individuals (children, elderly, individuals with respiratory or heart conditions) should limit prolonged outdoor exertion.
- ❑ Limit outdoor activities, especially if you fall under sensitive groups.
- ❑ Wear masks in crowded or polluted areas.
- ❑ Wear sunglasses to protect your eyes from pollutants and reduce irritation.
- ❑ Use public transportation or carpool to reduce emissions.
- ❑ Keep windows and doors closed to reduce indoor exposure
- ❑ Drink plenty of water to help flush out toxins from the body.
- ❑ Be vigilant for symptoms such as coughing, shortness of breath, or chest discomfort. Seek medical attention if symptoms worsen.
- ❑ Follow proper waste disposal practices to prevent outdoor burning.
- ❑ Stay informed about air quality forecasts and plan activities accordingly.
- ❑ Support and participate in local initiatives aimed at improving air quality.

Air pollution is one of the greatest environmental risk to health. By reducing air pollution levels, countries can reduce the burden of disease from stroke, heart disease, lung cancer, and both chronic and acute respiratory diseases, including asthma.

