

Food safety; pests and vectors; air quality

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Food Safety; Pests and Vectors; Air Quality Air Quality The common health problems associated with indoor and outdoor air pollution in urban settings are as a result of the adverse effects of sulphur dioxide, carbon monoxide, ozone, nitrogen dioxide and other particulate matter. The common problems include:

Acute respiratory infections; this class includes infections from a range of bacteria and viruses.

Chronic obstructive pulmonary disease; like chronic bronchitis

Lung cancer, cataracts , tuberculosis and asthma attacks (Brebbia & International Conference on Air Pollution 2010)

Children are more vulnerable to the effects of the air pollutants because of their immature immune system, involvement in vigorous activities, high minute ventilation, continual lung development during the early post neonatal period and the long periods of time they spend outdoors. Baklanov (2009) says that new born children breathe through their mouths which increase their risk of pulmonary exposure to fiber and particulates that the nose might have filtered out. Additionally, the children's breathing zones are much closer to the ground compared to the adults which makes them vulnerable to breathing in heavier air born chemicals that pose more risk to their health.

Several measures can be taken to protect the children from the deleterious effects of air pollution. These measures include primary prevention that includes improving the environment around home and school (Krzyzanowski, & Kuna-Dibbert, 2005). The children should not be allowed to spend a lot of time outside during certain times of the day when the ozone levels are high

because of sunshine. The parents and teachers should be informed on what things they should not use like some pesticides that endanger the lives of the children.

References

Baklanov, A. (2009). Meteorological and air quality models for urban areas. Berlin: Springer.

Brebbia, C. A., & International Conference on Air Pollution. (2010). Air pollution XVIII. Southampton: WIT Press.

Krzyzanowski, M., & Kuna-Dibbert, B. (2005). Health effects of transport-related air pollution. Geneva: World Health Organization.