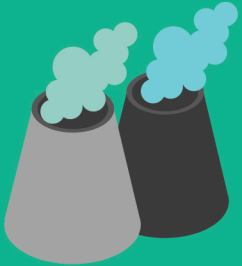


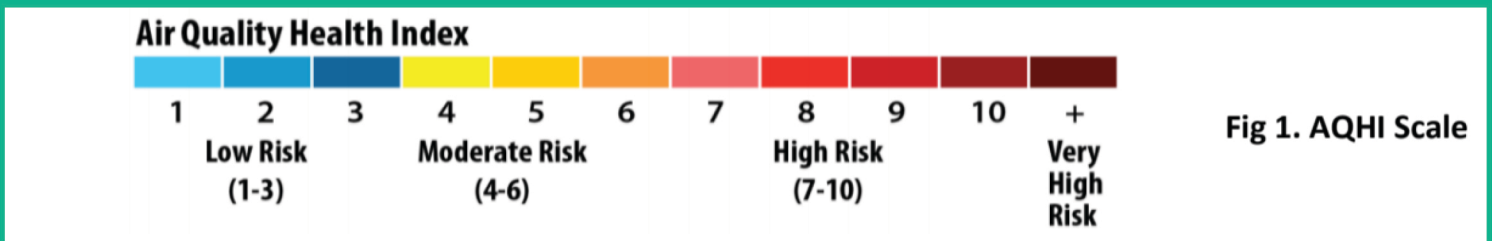
Outdoor Air Pollution

And Child Health

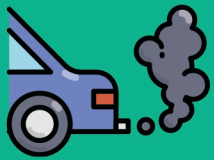
What is Air Pollution?



- Air containing harmful impurities or increased amounts of normal air components which is harmful.
- On Canada's online Air Quality Health Index, some air pollutants are measured to provide information about the air quality in your community and the potential risk of suffering health impacts.



Sources of Outdoor Air Pollution?



Burning of fossil fuels in vehicles, homes or industrial activities



Living in an urban or rural polluted community



Forest fires



Living near traffic and industries can lead to higher exposure levels.



Volcanic eruptions

Is My Child's Health at Risk?



• People that have lung or heart conditions or are elderly are more likely to be impacted by air pollutants.



• Children are vulnerable since their bodies (including their lungs) are quickly growing and developing and they breathe faster than adults causing them to inhale more contaminants.

Short term symptoms from air pollution exposure may include:



- Irritation of the eyes, nose & throat



- Headache or dizziness



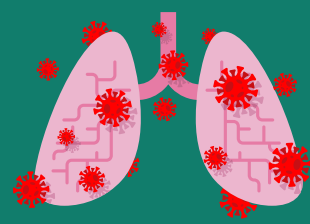
- Coughing
- Difficulty breathing



- Tiredness

Long-term exposures may lead to more serious effects:

- Respiratory infections
- Weakened lung function
- Development or worsening of asthma
- Ear infections
- Interference with child's development



• Exposure to air pollution during pregnancy may impact birth outcome (length of pregnancy, size of baby), and may impact the early health and development of newborns.

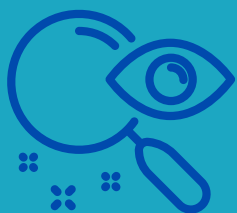


How Can I Protect My Child?



1. Know your child's health

- Children with respiratory conditions, like asthma, are more vulnerable to outdoor air pollution.
- Visit your doctor if you think air quality is impacting your child's health.



2. Monitor the air quality

- Consider limiting outdoor activities for children (especially those with respiratory conditions) based on the Air Quality Health Index recommendations.



3. Stay informed

- Learn more about how you can protect your family at ChEHC.ca, Health Canada, and the World Health Organization (WHO).

Sources/For More Information:

- Health Canada, "Air Quality Health Index"
https://weather.gc.ca/airquality/pages/index_e.html
- Health Canada, "Air quality and children's health"
<https://www.canada.ca/en/environment-climate-change/services/air-quality-health-index/children-health.html>
- Health Canada, "Health effects of air pollution"
<https://www.canada.ca/en/health-canada/services/air-quality/health-effects-indoor-air-pollution.html>
- WHO, "Air pollution and child health: prescribing clean air" 2018.
https://www.who.int/ceh/publications/Advance-copy-Oct24_18150_Air-Pollution-and-Child-Health-merged-compressed.pdf?ua=1