



# Air Pollution and Health

## How to reduce your carbon footprint Clean Air at Home: Protecting Families from Cooking Smoke

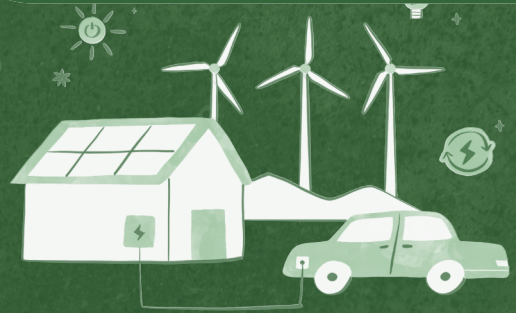


### Preventing health impacts of indoor air pollution from cooking smoke

- **Purpose:** Prevention (reducing exposure + protecting health)
- **Population:** Rural households in South Asia using solid fuels (wood, dung, coal), especially women and young children

### Section 1: Why This Matters

Indoor air pollution is dangerous  
Smoke from cooking fires fills homes with harmful particles  
Breathing this smoke daily is like smoking many cigarettes  
Health risks:  
Coughing and breathing problems  
Lung infections in children  
Chronic lung disease in adults  
Increased risk during pregnancy  
Children under 5 and women are most affected



### Section 2: What Causes the Problem?

#### Common sources of indoor smoke:

- Wood
- Animal dung
- Coal
- Crop waste

#### Risk factors:

- Cooking inside without ventilation
- No chimney or smoke outlet
- Carrying babies while cooking

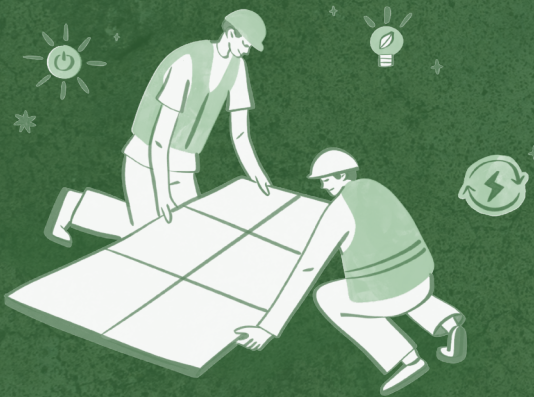
### Section 3: Signs of Harm

Teach CHWs to look for:  
Frequent coughing  
Eye irritation or tearing  
Shortness of breath  
Children with repeated chest infections



### Section 4: Simple Ways to Reduce Smoke Exposure

- Improve Ventilation
  - Open windows and doors while cooking
  - Cook near a window or outside if possible
  - Use Improved Cookstoves (if available)
- Produce less smoke
  - Use less fuel
  - Keep Children Away from Smoke
  - Do not carry babies while cooking
  - Create a safe play area away from the kitchen
- Dry Fuel Before Burning
  - Wet fuel makes more smoke



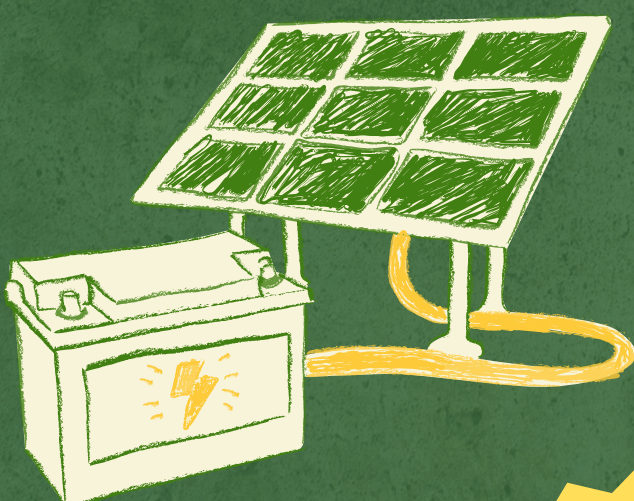
### Section 5: Long-Term Solutions

Switch to cleaner fuels (LPG, biogas) if available  
Install chimneys or smoke hoods  
Community awareness programs



### Section 6: What CHWs Can Do

- Educate families during home visits
- Demonstrate safer cooking practices
- Identify high-risk households
- Encourage behavior change step-by-step



“Cleaner air in the home means healthier mothers and stronger children.”