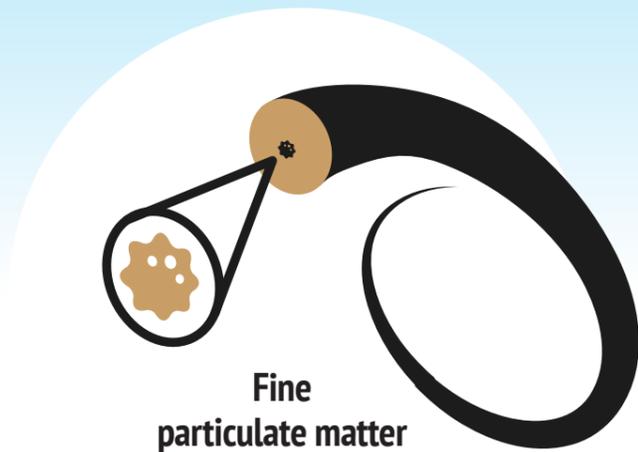


Household Air Pollution

What is air pollution?

Air pollution is how impure the air around us is. Some of the dirty air we can see with our naked eyes, some of the dirty air we can smell with our nose, and some of the dirty air we cannot see or smell it. We can see dirty air as black smoke that occurs when people smoke cigarette, burn coal, burn wood, burn grass, or car exhaust (ok'zozo). We can also see dirty air when there is dust.

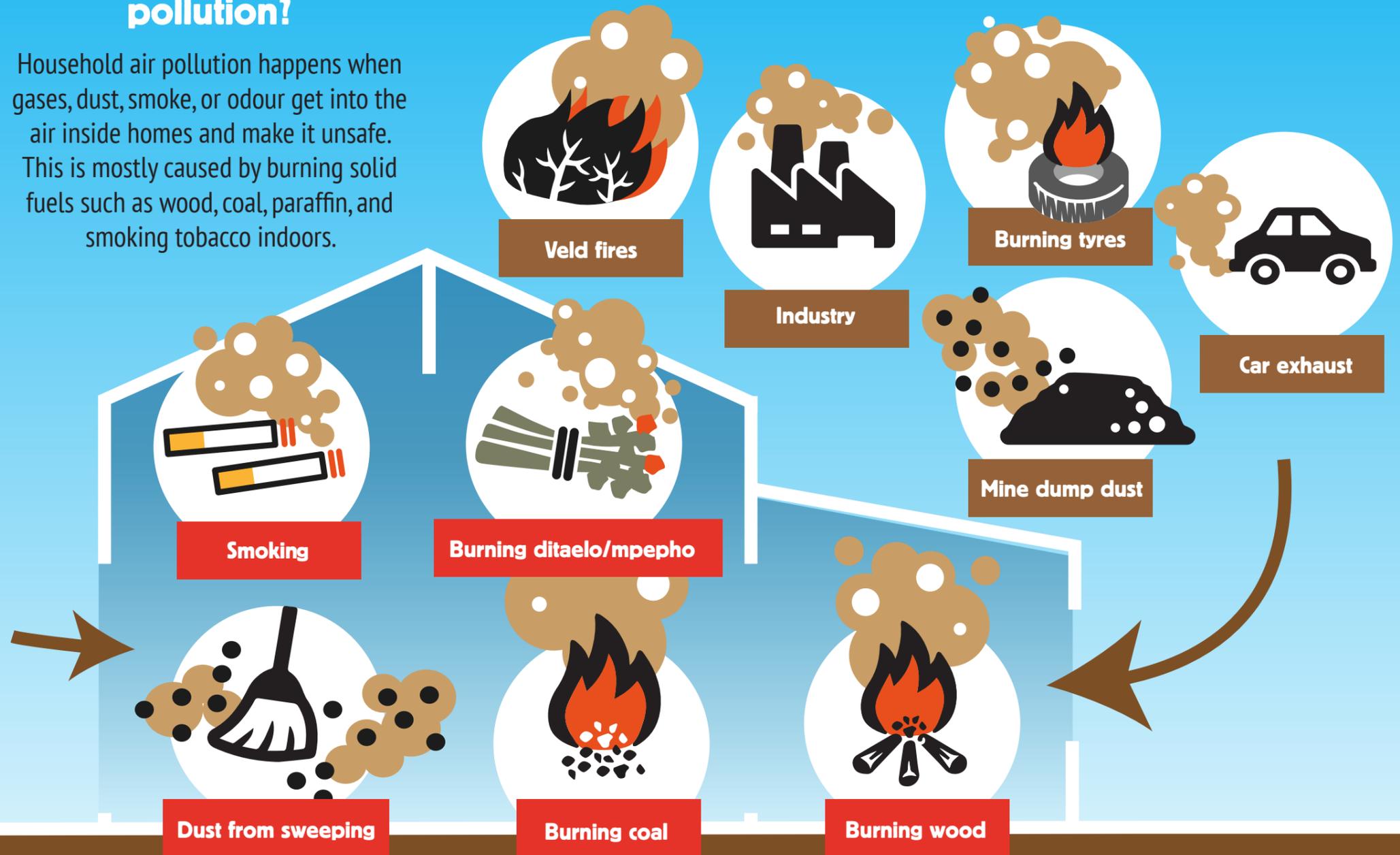
Air pollution is measured in **fine particulate matter**, which is 20 times smaller in diameter than a strand of hair. Fine particulate matter can travel deep into our lungs.



Fine particulate matter is 2,5 microns in diameter

What are the sources of household air pollution?

Household air pollution happens when gases, dust, smoke, or odour get into the air inside homes and make it unsafe. This is mostly caused by burning solid fuels such as wood, coal, paraffin, and smoking tobacco indoors.



Sources of outdoor air pollution

Sources of household air pollution

Household Air Pollution

Health implications of household air pollution

Household air pollution affects all parts of the human body.

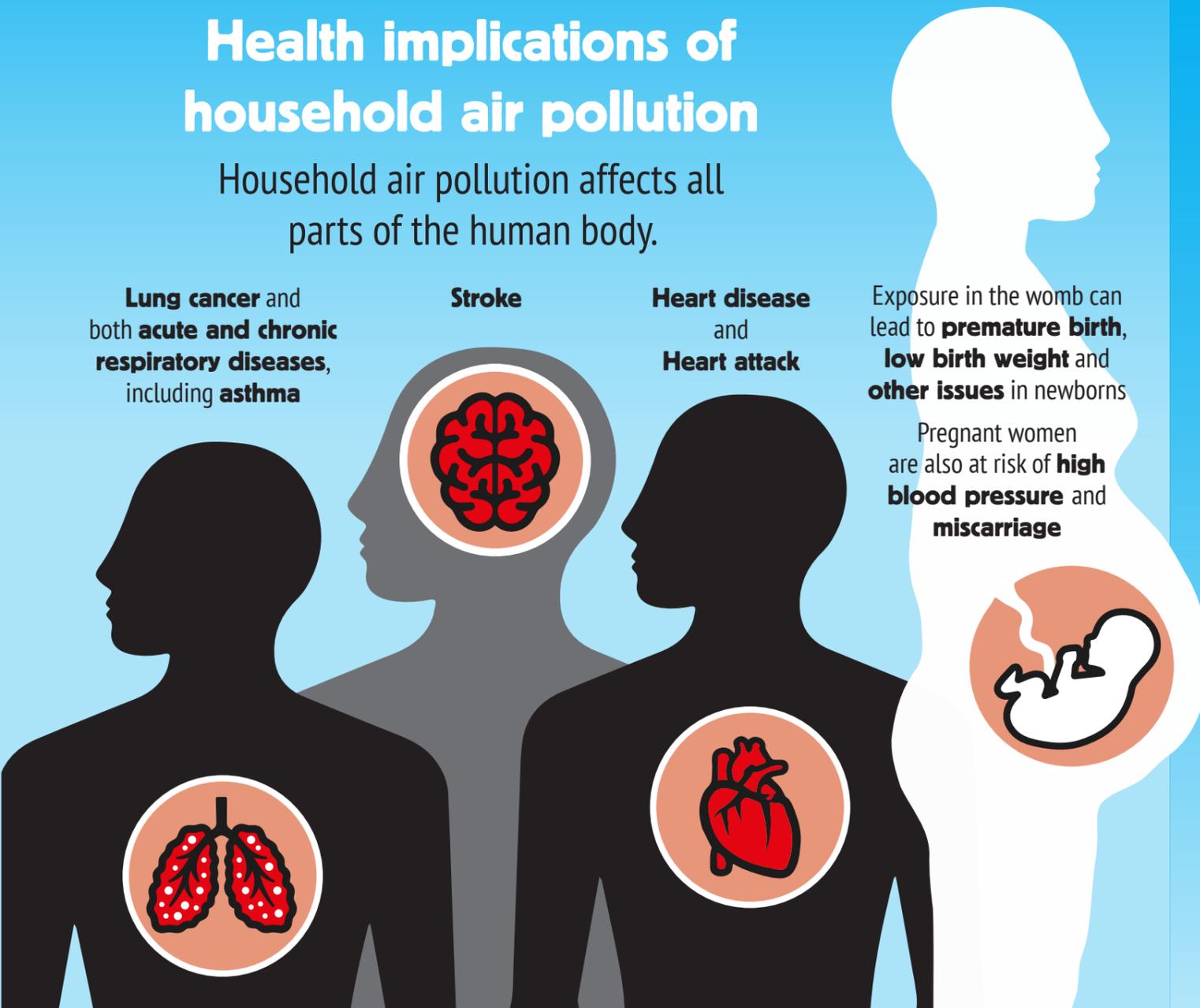
Lung cancer and both **acute and chronic respiratory diseases**, including **asthma**

Stroke

Heart disease and **Heart attack**

Exposure in the womb can lead to **premature birth**, **low birth weight** and **other issues** in newborns

Pregnant women are also at risk of **high blood pressure** and **miscarriage**



What can you do to protect yourself and family from household air pollution?

Avoid



Avoid burning of dirty fuels (wood, coal etc.) in homes, rather start fires outside and let smoke die off before bringing them indoors



Open windows and doors while cooking to increase ventilation



Avoid open burning of waste, rather reduce, reuse or recycle your waste

Better



What is LEAP-Epi about?

LEAP-EPI Project is developing new ways to understand household air pollution to guide future health research. This is a collaboration between the University of the Witwatersrand, University of Leicester, and the South African Medical Research Council.



Further information

For more information on household air pollution and what you can do about it, follow this link

