

One Person at A Time

Making the world a better place and stopping pollution;

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Pollution is a big killer, bigger than a lot of diseases, addictions, and war. Not only have you been tolerating pollution, but you're also more than likely contributing to it. We need to stop contributing to it. Today, I'm gonna tell you how. Carpooling or driving less, vehicle exhaust is a big contributor to air pollution. Conserving energy is a great way to help prevent pollution, it reduces air and water pollution and saves natural resources. Use environmentally safe products, you can never go wrong with buying products that are better for the environment. Those are just a few, but there's so many more ways to help. Nowadays, there is no question that air pollution poses a serious threat to everyone's health. Everyone is in danger, including you. Asthma, other respiratory conditions, and heart disease are just a few of the

harmful health effects that have been linked to breathing in polluted air, regardless of where the sources of the pollution are: on the street or within the home. Over 7 million premature deaths per year, or 800 per hour, or 13 per minute, are attributed to air pollution (according to the World Health Organization). In general, air pollution causes more deaths than a number of other risk factors, such as smoking, tuberculosis, and war. The entire community suffers when people are ill. People who are ill need medical attention and medication, kids miss school, and adults who work take time off when they are sick or are caring for a loved one. The World Bank estimates that the annual welfare costs associated with air pollution cost the global economy more than \$5 trillion, in addition to the \$225 billion in lost productivity. Since we now understand the harm caused by air pollution, ignoring it is not an option. Act now to stop pollution and you will make the world a better place for everyone!

Five reasons you should care about air pollution (2019)

<https://www.unep.org/news-and-stories/story/five-reasons-you-should-care-about-air-pollution>

Actions you can take to fight pollution

<https://www3.epa.gov/region1/airquality/reducepollution.html>