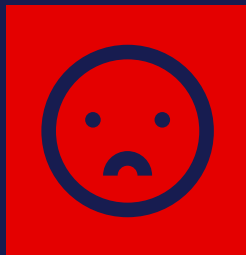


# Cleaner air for safer health!



Check on the level of air pollution  
by visiting [airqualitykosova.rks-gov.net](http://airqualitykosova.rks-gov.net)  
and [ihmk-rks.net/ajri](http://ihmk-rks.net/ajri) and for health related  
recommendations visit [ajri.niph-rks.org](http://ajri.niph-rks.org)

## **What air quality means?**

Air quality is a measure of how clean or polluted the air is. Good air quality refers to air which is clean, clear and free from pollutants such as smoke, dust and smog among other gaseous impurities. Air quality is determined by assessing a variety of pollution indicators.

## **What is air pollution?**

Air pollution is a complex mix of tiny particles and gases of both natural and human origin. It refers to the release of substances in the atmosphere that are harmful to humans, wildlife, vegetation, water and soil.

## Sources of air pollution

The main sources of air pollution in Kosovo are caused by human activities such as domestic heating, road transport, combustion of fuels in power generation, industrial processes and municipal and agricultural waste.

Particulate matter (PM) and nitrogen dioxide (NO<sub>2</sub>) are both major components of urban air pollution. Particulate matter levels vary over short distances; in general, the closer you are to the sources, the more you breathe in.

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## How does air pollution affect our health?

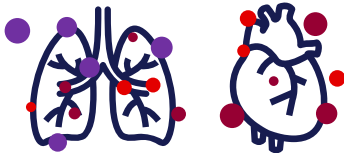
Microscopic air pollutants enter your body, finding their way deep into the lungs and bloodstream, affecting your respiratory and cardiovascular systems.

- Exposure to air pollution can increase the risk of:
  - **Respiratory infections** and lung conditions that cause breathing difficulties such as chronic bronchitis and asthma.
  - **Cardiovascular diseases** such as heart attacks and strokes, contributing risk factors such as high blood pressure.

Every year in Kosovo, thousands of people are admitted to hospital suffering from the effects of air pollution and several hundred people die prematurely due to exposure to air pollution.

## Which groups of people are more sensitive to air pollution?

- **People with existing** health conditions such as lung disease, asthma, heart disease and diabetes.
- **Older people** are at higher risk because of weakening of the heart and lungs and an increased likelihood of health problems such as heart and lung disease.
- 5 — **Children** are more vulnerable to air pollution because they have a less-developed respiratory system and children inhale more air per kilogram of body weight than adults.
- **Pregnant women** as exposure to air pollution during pregnancy can increase the risk of premature birth and low birthweight.



## **How can you protect your health from air pollution?**

You can protect your health from the negative health effects of air pollution by changing your behavior to reduce your exposure to air pollutants when air quality deteriorates.

Checking the Air Quality Index (AQI) on a regular basis is the first step to understanding exposure to air pollution.

The Air Quality Index helps you to understand what the quality of the air around you means for your health, enabling you to change your behaviour to reduce your exposure to poor air quality.

## **Where can you find information on the level of air pollution in your area?**

- Check the daily AQI in your area by visiting **[airqualitykosova.rks-gov.net](http://airqualitykosova.rks-gov.net)** and **[ihmk-rks.net](http://ihmk-rks.net)**, and for health related recommendations visit **[ajri.niph-rks.org](http://ajri.niph-rks.org)** or **[facebook/IKSHPK](https://www.facebook.com/IKSHPK)**
- Download the free smartphone app for real-time information on air pollution. App Store and Google Play:  
**Air Quality in Kosovo**
- Look for the Air Quality icons, they will inform you of the actual level of air pollution and offer you related health advice targeted at the general population and sensitive groups. Your physician should be able to advise which group you belong to.





**Health  
Advisory for  
General  
Population and  
Sensitive  
Groups**

## **Behaviour Advisory for General population**

The air quality is good.  
Enjoy your usual outdoor  
activities.

## **Behaviour Advisory for Sensitive groups**

The air quality is good.  
Enjoy your usual outdoor  
activities.



**Good**

## **Behaviour Advisory for General population**

Enjoy your usual outdoor activities.

## **Behaviour Advisory for Sensitive groups**

Enjoy your usual outdoor activities.

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**Fair**

## **Behaviour Advisory for General population**

No need to modify your usual outdoor activities unless you experience symptoms such as coughing and throat irritation.

## **Behaviour Advisory for Sensitive groups**

Consider reducing strenuous physical activity, particularly outdoors. Consult your physician.



# **Moderate**

## **Behaviour Advisory for General population**

Anyone experiencing discomfort such as sore eyes, cough or sore throat should consider reducing activity, particularly outdoors.

## **Behaviour Advisory for Sensitive groups**

Reduce strenuous physical activity, particularly outdoors, and particularly if experiencing symptoms. Consult your physician. Stay at home if you do not need to go out.



**Poor**

## **Behaviour Advisory for General population**

Reduce physical exertion, particularly outdoors, especially if you experience symptoms such as cough or sore throat. Stay at home if you do not need to go out.

## **Behaviour Advisory for Sensitive groups**

Avoid strenuous physical activity. Consult your physician. Stay at home if you do not need to go out.



**Very Poor**

## **Behaviour Advisory for General population**

Reduce physical exertion, particularly outdoors, especially if you experience symptoms such as cough or sore throat. Stay at home if you do not need to go out.

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## **Behaviour Advisory for Sensitive groups**

Avoid strenuous physical activity. Consult your physician. Stay at home if you do not need to go out.

**Extremely  
Poor**

## How can you help to reduce air pollution?

Reduce your personal contribution to air pollution whenever you can.

- **Heating:** Try to avoid using coal or wood for heating. Where solid fuel—burners are used, we recommend low emission or energy efficient models. Think about what you burn and if you use a wood stove make sure you are burning dry untreated wood.
- **Transport:** Try to reduce the number of car trips and consider cycling or walking as alternatives for short trips, away from busy roads. Take opportunities to turn off the car engine while you are waiting at traffic lights or for someone to join you in the car.



- **Behavior:** Dispose of waste through regulated waste collection services or at official disposal sites. Avoid burning waste.
- **Conversations:** Discuss air pollution with your friends and neighbours and share your knowledge and ideas on how to reduce air pollution in your daily activities.

## Design

Studio Permanent



Instituti Kombëtar i  
Shëndetësisë Publike  
të Kosovës



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I KOSOVËS**



**MILLENNIUM  
FOUNDATION  
KOSOVO**

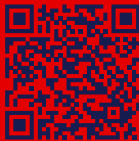


**MILLENNIUM  
CHALLENGE CORPORATION**  
UNITED STATES OF AMERICA

**NIRAS**



Information on air quality  
can be found by visiting  
**[airqualitykosova.rks-gov.net](http://airqualitykosova.rks-gov.net)**  
and **[ihmk-rks.net/ajri](http://ihmk-rks.net/ajri)**  
with health related advices at  
**[ajri.niph-rks.org](http://ajri.niph-rks.org)**



iOS



Android

**Download the free  
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information on  
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