

DECALOGUE FOR OVERCOME THE AIR POLLUTION

1. Protect you, your Family, your children and your old parents
2. Protect the whole body, always, 24/24 h, 7/7 days, each month, each year, life along
3. Follow instructions from your Government and health Authorities
4. Remember that when the AQI is very high (>>250) you're risking an acute intoxication (even fatal) or severe symptoms
5. Remember that Air Pollution many time is INVISIBLE and ODOURLESS

6. Know all deathly enemies, visible, like smog, and invisible

WE INFORM YOU about effect of different pollutants on you body

WARNING: In every family, at least one person should be familiar with the pollutants most popular (example PM2.5, PM10, carbon monoxide, ozone, and others). This person should choose the means of defence.

7. Choose only effective tools and learn how to use well the masks and the air purifiers
8. Communicates to your family and to the neighbours of house rules to defend themselves well from Pollution
9. Spreads the culture of prevention of all diseases and of personal defence against pollution
10. BEIJING AIR CARE CAN HELP YOU AND YOUR FAMILY

AIR QUALITY INDEX AQI, what is it?

The AQI (Air Quality Index) tells you how clean or polluted your air is, and what associated health effects might be a concern for you. The AQI focuses on health effects you may experience within a few hours or days after breathing polluted air.

AQI	Health effects
0-50	Good
51-100	Moderate
101-150	Unhealthy for Sensitive Groups
151-200	Unhealthy
200-300	Very Unhealthy
300+	Hazardous



For more info:

[HTTP://AQICN.ORG/CITY/BEIJING](http://aqicn.org/city/beijing)



WARNING This assessment of the state of health and risk of cardio-pulmonary disease is experimental and aimed at education. It is based on the major cardiovascular and cancer risk factors, and on the statistic, and deliberately not take into account possible multiplicative effects of individual risk factors, which can lead to severe consequences, nor complex formulas.

Specific risk calculators for Miocardial Infarction are available online. It is always advised to take preventive measures, for example to follow the diet and take measures against pollution (personal, and in the house), to measure the risk factors and the pollution, and consult your doctor to be more precise.

北京爱尔凯尔健康管理有限公司

Beijing Air Care Health and Management Co.,Ltd



STATEMENT 6

AIR POLLUTION ON THE BODY: what effect?



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BRAIN



EYE



NOISE AND MOUTH



LUNG



HEARTH



STOMACH AND
INTESTINE



KIDNEY



GENITAL ORGANS,
REPRODUCTIVE SYSTEM



SKIN



AIR POLLUTION EFFECTS ON WOMEN & CHILD

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