

प्रो.(डॉ.) अतुल गोयल

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स्वास्थ्य सेवा महानिदेशालय

Government of India
Ministry of Health & Family Welfare
Directorate General of Health Services

No. 61/NCDC/NPCCHH/2024-25

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Dear Colleagues,

As you may be aware, air pollution has recently become a serious health challenge, with the Air Quality Index (AQI) in certain State/UTs reaching moderate to poor levels. This may even worsen considering the upcoming festive season and onset of winter.

2. Air pollution is a significant contributor to acute health conditions and exacerbates the progression of chronic diseases affecting the respiratory, cardiovascular, and cerebrovascular systems. These chronic illnesses, attributed to prolonged exposure to air pollution, often lead to an increase in premature mortality. The adverse effects are particularly severe for vulnerable groups such as children, pregnant women, the elderly, individuals with pre-existing health conditions, and those who face higher exposure risks due to their occupations, such as traffic police officers and municipal workers.
3. In light of this, I urge the State Health Departments and healthcare facilities to enhance their preparedness. This should include intensifying public awareness campaigns, disseminating targeted messaging through designated mass media channels in regional languages, strengthening the capacity of the healthcare workforce, and scaling up participation in sentinel surveillance systems for air pollution-related diseases under the National Program on Climate Change and Human Health.
4. At this critical time, raising public awareness about actions to prevent further degradation of air quality is vital. These include discouraging stubble and waste burning, reducing firecrackers during festivities, promoting public transportation over personal diesel- or petrol-powered vehicles, limiting reliance on diesel-based generators, and curbing smoking. Additionally, individuals should be advised to minimize their exposure to polluted air by monitoring air quality indices through government mobile applications before venturing outdoors, avoiding heavily congested areas, and opting for cleaner fuels at home for cooking, heating, and lighting. Outdoor activities such as sports and exercise should be restricted, especially for vulnerable populations like the elderly, pregnant women, and those with pre-existing conditions such as respiratory and cardiovascular diseases. Those experiencing worsening symptoms or discomfort due to poor air quality should seek immediate medical attention.

With regards,

Yours sincerely,

(Atul Goel)

To

The Principal Secretary of all States and UTs.

Copy for information to:-

- MD NHM (All States/UTs).
- State Nodal Officers NPCCHH (All States/UTs).
- RDs RoHFW (All States/UTs).