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Things You Can Do To Prevent Air Pollution

Everything here is amplified if it is part of a community or an institution.

1

Do not pay for, sanction or encourage the purchase of diesel vehicles, even if they are much cheaper, because they pollute much more.

2

Walk around your community-not only colony but the wider neighbourhood-and see if someone is burning wood, leaves or waste to cook or keep warm. How can you help them? For example, if your neighbourhood security guard has to burn waste on a winter night, help get a better watch booth, warm clothes and an electric 'hot water bottle.'

3

Ensure all gardens and parks compost leaves. It's easy and doesn't smell.

4

Get travel conscious.

- If you are meeting someone, try and see if only one of you has to travel, and if the other can simply walk to the meeting point.
- Travel only if you have to-do all your shopping, lunching, meeting friends and errands along one route on a single trip by planning better.
- Try and work out of home when possible, and if you are a manager, help your colleagues do the same, if their work profile allows them to.
- Try to use shared or public transportation to the extent it is available and safe.
- Get out of your comfort zone with your favorite stores and markets that are far away. Look at local options for tailors, general practitioners, etc.
- Think before you order online, because someone travels to deliver. Ask if you can add this errand to your shopping route

- If you use a car, let your neighbourhood know which direction and when you travel, so they can hitch a ride one way. They can always share an cab on the way back.
- If you are hosting a party or dinner, let the guests know who is invited from their neighbourhood, so they can all pool cars. Proactively encourage them to.
- Don't idle the engine on a red light. Switch off the car and stop polluting.
- Teach yourself to walk again. Dress to walk, use a mask if you need, and plan your route. Carry a shopping bag, in-case.

5

Educate yourself about construction norms related to air pollution. In a nutshell, these include covering the materials being used, keeping the area misty or moist and ensuring workers wear protective gear. Ensure this is being followed in your neighbourhood, including for government infrastructure.

6

Waste adds to air pollution. Handle it well. At the very least, compost wet waste at home or the neighbourhood. Give the recyclable fraction of your waste to the local waste collector or a wastepicker. And minimize your waste. (See the appropriate Chintan handbook). You must convince your neighbours to ensure most waste does not leave the neighbourhood, or land up in either a landfill or a waste-to-energy plant, both of which are polluters.

But also remember that much of your air pollution is outsourced. Mining for the objects you use, coal plants for the electricity you need and diesel trucks carrying the vegetables you eat-all these pollute someone else's home and hometown.



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