



ข่าวสิ่งแวดล้อม ประจำ **วันศุกร์ที่ 9 กุมภาพันธ์ พ.ศ. 2561**

หนังสือพิมพ์ **Bangkok Post** ปีที่ - ฉบับที่ - หน้า 1

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CITY POLLUTION

Smog level soars, health alert sounded

APINYA WIPATAYOTIN

Bangkok's air pollution has soared above the "safe limit" and poses serious health hazards, according to the Department of Disease Control (DDC).

People suffering from respiratory and heart ailments should therefore avoid outdoor activities, the department said yesterday.

The DDC cited a dust safety report by the Pollution Control Department that stated the levels of particulate matter 2.5 microns or less in diameter (PM 2.5) ranged between 69 and 94 microgrammes per cubic metre

of air yesterday. The so-called safe level is no more than 50µcg.

The information was obtained from air quality readings in the city's Bang Na and Wang Thonglang districts as well as Lat Phrao, Intharaphithak and Rama IV roads.

DDC director-general Suwanchai Wattanaying said no reports have been obtained about people becoming ill from the dust, but he said people should keep tabs on information provided by state agencies. This would ensure people would understand and know how to take care of their health appropriately, he said.

Particular groups subject to health



กรมควบคุมมลพิษ
POLLUTION CONTROL DEPARTMENT

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risks from air pollution are those suffering from respiratory ailments, asthma, allergies, emphysema as well as heart and vascular diseases and they need to take particular care of themselves, Dr Suwan-chai said.

The elderly, young children and pregnant women as well as those battling chronic diseases, conjunctivitis and skin diseases are also groups that could develop health problems from breathing in small dust particles, he said.

These people should stay home and prepare medicine and other medical supplies in case of need, Dr Suwan-chai said, adding

they should see a doctor immediately if their health problems worsen.

If they need to go outside, they should use damp cloths to cover their noses and mouths, he said.

Exercising or working outdoors should be avoided as this would make people breathe in more small particles, Dr Suwan-chai said.

People should also drink a lot of water and avoid smoking, he said.

The public has also been urged to help ease factors which contribute to pollution, such as avoiding burning rubbish, particularly plastic and tyres, he said.