

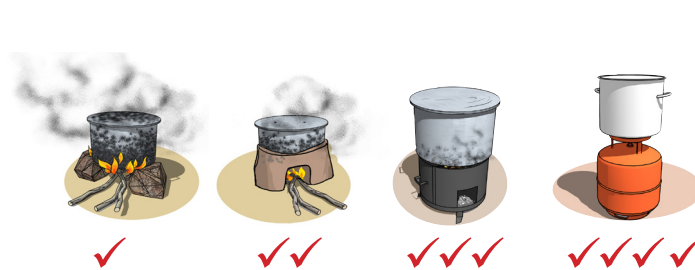
HOW TO PREVENT EXPOSURE TO BIOMASS SMOKE

- Reduce the amount of time spent by the fire especially mothers and young children.
- Keep children out of the kitchen especially when the fire is producing smoke
- Do not put young babies in smoky places
- Avoid burning rubbish and leaves, recycle or dispose off plastic, leaves and other organic matter should be dug into the soil.



HOW TO PREVENT EXPOSURE TO HOUSEHOLD AIR POLLUTION

- Kitchen ventilation requires good air flow
- 2 windows
- Eaves spaces
- A hood to collect smoke from fire
- A stove with a chimney
- Alternatively build a new cooking hut with good ventilation
- Avoid burning kerosene lamps, but if they are used do not let them burn all night



COMMON TYPES OF COOKING METHODS, FUEL AND ALTERNATIVES THAT REDUCE SMOKE.

Fuel.

- Dry wood is better than wet wood,
- charcoal is better than dry wood
- Gas is better than charcoal

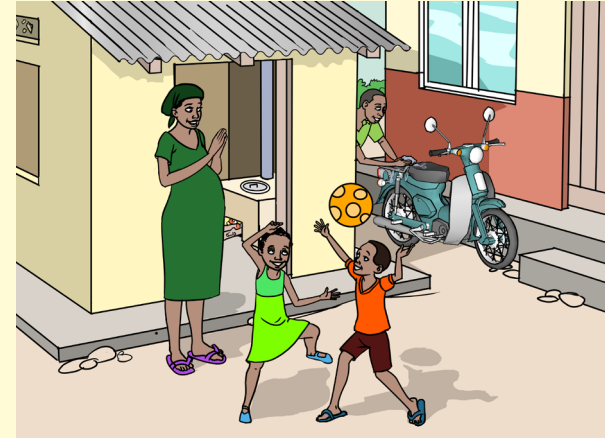
Cookers and cooking.

- Cooking with lids on pans reduces the time to boil
- Retained heat cooking – the boiling pot is put into a box and packed around with suitable materials to keep it hot for a long time.
- There are many types of new cook stoves which;
 - Burn more cleanly (more heat less smoke)
 - Use much less wood
 - Reduce burns

BENEFITS OF REDUCING EXPOSURE TO BIOMASS SMOKE/HOUSEHOLD AIR POLLUTION.

Keeping your unborn and young children away from smoke has lifelong benefits. These are:

- Healthy pregnancy
- Healthy baby
- Healthy child
- Healthy adult



KEY POINTS TO NOTE.

- Always attend ANC appointments for monitoring of your pregnancy.
- Avoid staying in the kitchen for long hours while cooking
- Keep babies and young children away from the smoke/kitchen
- The effects of the smoke may not be immediately visible but are very dangerous/harmful to the baby's/mother's health.



FRESH AIR
U G A N D A

INTRODUCTION

An estimated 3 billion people (about half the world's population) burn biomass fuel (wood, crop residues, animal dung and coal) for cooking and heating purposes exposing a large population, especially women and children, to high levels of indoor air pollution.

Recent findings indicate that exposure to biomass smoke is a major contributor to illness and death among the population. Children, women and the elderly are most affected. The risk of developing respiratory tract infections (pneumonia) is greatly increasing in children living in homes using biomass. Women who spend many hours cooking food in poorly ventilated homes develop Chronic Obstructive lung Disease (COPD), asthma, including tuberculosis and lung cancer.

Studies done in Uganda have shown that the population is widely exposed to biomass smoke, from conception to adulthood with an associated high burden of respiratory symptoms and impaired lung function, especially in younger women.

The purpose of this information leaflet is to provide you with information on how to prevent/reduce exposure to biomass smoke.

WHAT IS HOUSEHOLD AIR POLLUTION?

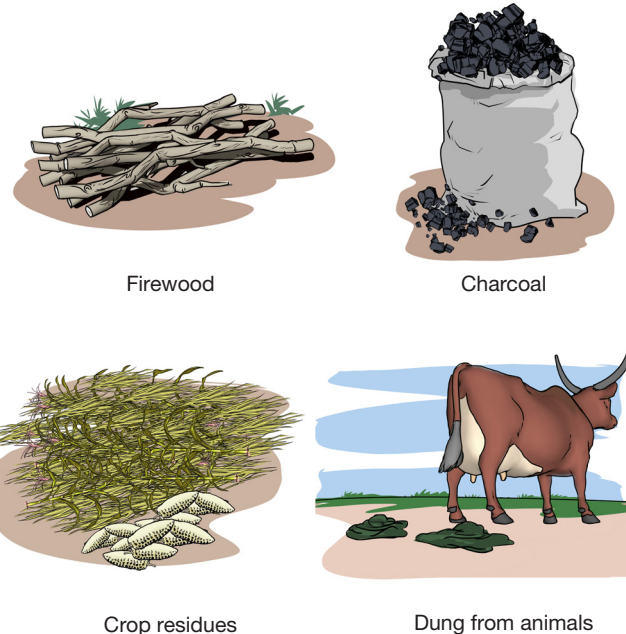
Household Air Pollution refers to chemical, biological and physical contamination of indoor air. It may result in adverse health effects.

WHAT IS BIOMASS SMOKE?

Biomass is any organic matter- wood, crops, seaweed, animal waste that can be used as a source of energy.

SOURCES OF BIOMASS SMOKE

In low-income countries over 90% of the households use biomass for cooking, heating and lighting. The major sources of biomass smoke are;



OTHER SOURCES OF HOUSEHOLD AIR POLLUTION

Apart from the mentioned sources of household air pollution, there are other sources of biomass smoke like;



WHO IS MOST AFFECTED BY BIOMASS SMOKE?

Women and girls are most affected because of the traditions and cultures in many settings that require them to cook. The long period spent cooking exposes them to biomass smoke. In addition, young children are affected by biomass smoke because of their close contact with their mothers and young girls throughout the day.

WHAT ARE THE EFFECTS OF HOUSEHOLD AIR POLLUTION/BIOMASS SMOKE?

In pregnancy

Increased risk of:

- Slowed growth of baby leading to small babies at birth.
- Giving birth to a baby not yet due (premature).
- Giving birth to baby who is already dead (still birth).
- Bleeding.
- High blood pressure.

In children

Increased risk of:

- Acute respiratory tract infections
- Pneumonia
- Asthma
- TB

In adults

Increased risk of:

- Asthma
- Chronic Obstructive Pulmonary Diseases (COPD)
- Heart disease
- Cancer (especially Lung and the throat)

