D.A.V. PUBLIC SCHOOL, SECTOR 49, GURUGRAM

HEALTH BULLETIN - October

FROM

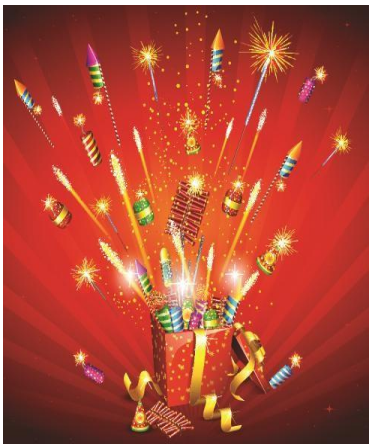
THE DOCTOR'S DESK

Dear students,

Diwali is round the corner. It is one of the biggest festivals of India. Along with festivities it brings with it a lot of health and environmental hazards due to burning of crackers. Environmental problems are related to **Air** and **Noise** pollution. In this health bulletin we will learn **HEALTH PROBLEMS CAUSED BY BURNING OF CRACKERS.**

- **Effect of crackers on our body-**

Crackers can prove fatal because of thermal (heat), chemical or aerosol component.



- **Eyes**- eyes can get damaged both due to chemical and heat component leading to redness, watering, pain, itching or even loss of vision.
- **Skin**- the chemical contents in the crackers can cause dermatitis, hyper pigmentation or hypo pigmentation of skin. The heat component of crackers can cause burns (severity varies).
- **Respiratory**- fireworks emit harmful gases and aerosols like sulphur dioxide which can cause respiratory infections and increase the chances of bronchial asthama and bronchitis.
- **Cardiovascular** – high blood pressure, palpitation, cardiac arrest.
- **ENT** – temporary or permanent deafness.
- **Mental** – irritability, sleep disturbance, nausea.

- **Precautions to be taken-**

Despite all the safety measures, accidents can occur without giving a warning sign. Hence, appropriate knowledge is required to provide immediate first aid and thus prevent complications.

❖ **Eyes-**

- If any eye injury occurs don't press the eye with the palm or tie a cloth around it.
- Hold the palm in a cup shape or cover the eye with an ice cream cup.
- In case of chemical injury, wash the eye with clean water.
- Always remove contact lenses before wash
- Don't neglect an eye injury, visit an ophthalmologist immediately.

❖ **Respiratory-**

- Stay away from cracker fumes
- Use masks or handkerchiefs to protect yourself from fumes
- Carry medication(inhalers) for emergency
- Consult doctor immediately if symptoms aggravate.

❖ **Skin-**

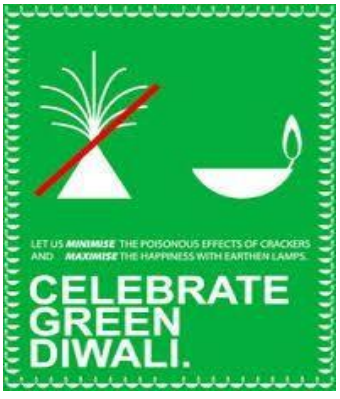
- Wash hands after touching or bursting crackers.
- Have bath after coming home from pollution caused by burning crackers.

❖ **In case of burns-**

- Immediately remove source of fire.
- Do not try to remove the clothes stuck on the wound.
- Remove rings, watch or accessories worn by the victim as the area could swell.
- Hold the wound under running water or dip it in a bucket full of water, till the burning sensation reduces.
- Apply Burnol or Silverex Ointment.
- Never break the blisters caused due to burns

After knowing the ill effects, it's better to avoid crackers on Diwali.

Let each one of us take a pledge to say <u>NO TO FIRE CRACKERS</u> and invest in a safer, healthier and greener future.



WISHING YOU A HAPPY AND SAFE DIWALI