

An aerial photograph of a city skyline, likely Los Angeles, with a hazy, smoggy atmosphere. The text is overlaid in the center of the image.

REFLECTION OF LIFESTYLE WHAT  
CAN WE DO TO PROVENT SMOG

# *What is smog???*

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- **Smog** – any combination of air pollutants, which, according to the definition of the World Health Organization, are all chemical, physical or biological factors that change the natural composition of the atmosphere. The most common pollutants are particulate matter containing various chemical compounds



# *Causes of smog*

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- Coal
- Exhaust fumes from industrial plants and factories
- Construction and agricultural activities
- **NATURAL CAUSES**
- Volcanoes, forest fires and sandstorms are natural phenomena that spew huge amounts of air pollution into the environment.



# Effects of smog

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- Health problems (smog irritates the eyes, nose and throat. It can cause inflammation in the lungs. In addition, smog causes breathing problems and exacerbates existing conditions such as asthma. In the case of continuous exposure to air pollution, the risk of cardiovascular disease increases)
- Effects on plants and animals (smog inhibits plant growth and leads to significant damage to crops, trees and vegetation)
- Acid rain (they harm people and animals, and even destroy crops)



# How to deal with smog?

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- Try to drive less often.
- Take care of your car
- Try to refuel when it's colder.  
Thanks to this, you will prevent gas vapors from heating up and ozone production.
- Avoid products that release large amounts of VOCs (volatile organic compounds).

