

So too are the levels of greenhouse gases, airborne allergens and outdoor air pollution. The result? Indoor air quality, which already is more polluted than the air outdoors, is getting worse. Scientific evidence points to an increase in the number of cases of infectious, respiratory, and cardiovascular diseases resulting from climate change. Will climate change affect you? And what can you do to stay healthy?

The United Nations Framework Convention on Climate Change calls for emissions reduction in order to protect public health and welfare. Despite the U.N.'s ongoing negotiations to cut emissions, the effect of climate change on people's health has largely been overlooked. The good news is that global health alliances are now stepping up the call to action.

### Big benefits from low-carbon living

A report in the British medical journal *The Lancet* states that: "Tackling climate change could be the greatest global health opportunity of the 21st century." The report, penned by the 2015 *Lancet* Commission on Health and Climate Change, makes recommendations for policy makers to develop an effective response to climate change that protects and promote human health. The Commission consists of some 45 European and Chinese experts within the fields of public health, public policy and climate science.

"The health community has responded to many grave threats to health in the past. It took on entrenched interests such as the tobacco industry, and led the fight against HIV/AIDS," says Commission co-Chair Professor Peng Gong, from Tsinghua University in Beijing, China. "Now is the time for us to lead the way in responding to another great threat to human and environmental health of our generation."

While there is much to be done, there is also hope. The 2015 *Lancet* Commission report is optimistic about "major health benefits from low-carbon living with potential reductions in obesity, heart disease, diabetes and respiratory illnesses." These diseases have been intrinsically linked through scientific research to the effects of climate change.

### Indoor air quality matters more

The relationships between climate change and air pollution including greenhouse gases and particulate matter are "complex and highly variable, depending on local conditions"

#### Higher atmospheric pressure

High pressure concentrates pollutants close to the ground, which increases the risk of an irregular heartbeat and heart attack.

#### Hotter temperatures

The combination of heat, sunlight and pollutants produces ground-level ozone, which can cause shortness of breath, wheezing, coughing, lower respiratory tract infection, decreased lung function, airway injury and inflammation, and even premature death.

#### More rain

Rising temperatures mean that ambient air can hold more moisture. This can lead to severe storms, which in turn can cause flooding. This increases the risk of mold indoors as well as respiratory illnesses related to mold. Increased rainfall also increases the risk of the infectious diseases, such as malaria and dengue fever.

#### Wildfires

Hotter temperatures and drought increase the risk of wildfires. Wildfire smoke contains thousands of substances that affect large populations due to the fact that the smoke travels great distances.

#### Increased humidity

More water in the air mixed with pollutants increases eye, nose and throat irritation, making breathing difficult for people with respiratory diseases, such as asthma and chronic obstructive pulmonary disease.

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# Blueair Publishes New White Paper Helping Consumers Stay Healthy As Climate Change Impacts Indoor Air Quality

Stockholm, Sweden, April 8, 2016 – A new White Paper from [Blueair](#) is geared to help consumers stay healthy when climate change makes their indoor air quality worse.

The White Paper notes how climate change isn't just bad for the planet, it's bad for our health too. Pointing to how extreme weather events resulting from climate change – from heat waves, drought and wildfires – are on the rise, the paper says so too are the levels of greenhouse gases, airborne

allergens and outdoor air pollution.

The result? Indoor air quality, which already is more polluted than the air outdoors, is getting worse. Scientific evidence points to an increase in the number of cases of infectious, respiratory, and cardiovascular diseases resulting from climate change. Will climate change affect you? And what can you do to stay healthy?

The White Paper does not just outline the problems but also proactively provides concrete advice about what people should try in order to counter the health impact of indoor air pollution, including:

- If possible, wait with your outdoor activity until the air is cleaner.
- Reduce your activity level (for example, go for a walk instead of a jog).
- Breathe through your nose, not through your mouth. Breathing through your nose uses your body's four-stage filtration system.
- Move your exercise inside.
- Use air purifiers to reduce indoor air pollutants.

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Blueair is a world leading producer of air purification solutions for home and professional use. Founded in Sweden, Blueair delivers innovative, best-in-class, energy efficient products and services sold in over 60 countries around the world. Blueair is part of the Unilever family of brands.

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