

BORUAK BAWLHHLAWH LAKA INVEN DAN TUR THUCHHUAH **Public Health Advisory: Air Pollution**

Health & Family Welfare Department hnuiaia National Programme on Climate Change and Human Health (NPCCHH), National Health Mission chuan boruak bawlhhlawh (Air Pollution) zual lai a mipuite kan inven dan tur leh zawm tur a hnuiaia mi ang hian thuchhuah a siam.

Mipuite tâna hriat tur pawimawh: Boruak bawlhhlawh zual laiin

Boruak bawlhhlawh nasat zual laiin heng motor tamna hmun leh kawngpui, traffic tawtna hmun, thil siam chhuahna hmunpui leh in sakna hmunah te kalloh tur.

- Zing hma lutukah emaw tlai tawh lutukah emaw tlan leh walk tur emaw, exercise la tur a chhuah loh tur. Boruak bawlhhlawh zual laiin pawn kawngkhar emaw tukverh emaw hawn loh tur. (Inchhungah boruak luh theih nan chhun dar 12 leh tlai dar 4 inkarah kawngkhar leh tukverh te hawn thawt tur).
- Eirawngbawl nan leh thil tih lum nan heng thingtuah, tuialhthei, bawngkek leh khawnvartui te hi hman uar loh tur. Boruak khu pe chhuak tam lo chi gas emaw electric hmang thuk emaw hman tur. Loh theih loh ah chauh stove hman tur.
- Room Freshner lam chi kah uar loh tur hriselna kawngah harsatna a thlen thei.
- Halmawi leh halpuah hal loh tur.
- Pawnah thingro, thing hnah, thlawhhma zawhna hnu leh bawlhhlawh te hal loh tur.
- Meizial (cigarette), bidis leh vaihlo lam chi zuk loh tur.
- Thosi hlo leh rannung hlahu hal chi te hman uar loh tur.
- Pawna chhuah dawn in ruahman lawk thin tur. Pawn chhuah hma in AQI (boruak bawlhhlawh tehna) san lam en hmasak thin tur.
- Inchhung tihfai leh phiah dawn in boruak bawlhhlawh leng tam lo thei ang ber a nawhfai emaw phiah leh tihfai thin tur. Puan huh/hnawm in emaw nawhfai hmasak thin tur.
- Mit men nuam lo emaw neih chuan ngaihthah loh tur. Tui thianghlim in tihfai thin tur. Tuilum thianghlim in emaw gargle tha tak a tih thin tur.
- Thawk tha lo leh thawk rang, luhai, khuh, leh awmbawr vel nuam lo neih chuan doctor emaw hospital hnai ber pan vat tur.
- Chaw tha leh taksa tan a hrisel tur chi, thlai leh thei lam chi ei thin tur. Taksa in a mamawh tawh leh khamkhawp tui thianghlim in uar tur.

Issued by

Health and Family Welfare Department

Prepared by *National Programme on Climate Change and Human Health (NPCCHH), NHM, Mizoram*

18/12/2025

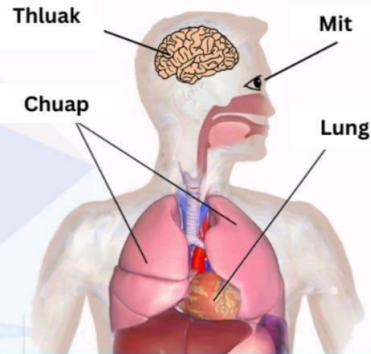




National Programme
on Climate Change
and Human Health



Ministry of Health
and Family Welfare
Government of India



Air Pollution

I hriselna véng tha
rawh

Boruak thianglim lo hip luh hian
taksa ah natna a thlen thei

Tih loh tur te

- x Halmawi, thing ro, thing hnah, thlawhhma zawh na hnu leh bawlhhlawh te hal loh tur.
- x Motor tam na hmun leh thil siam chhuah na hmunpui ah te kal loh tur.
- x Zing hma tak leh zan tlai tawh ah exercise la tur a kal chhuah loh tur.
- x Zing hma tak leh zan tlai tawh ah tukverh leh kawngkhar hawn loh tur, chhun ah ventilation hawn thawt tur (12 to 4 PM).
- x Cigarette, bidis leh vaihlo zuk loh tur.

Tih tur te

- ✓ Inchung ah awm tam tur. Pawn chhuah dawn in ruahman lawk thin tur.
- ✓ Thawknaw daw, chuap leh lungtha lo nei tan damdawi ei tur kaw! sa neih tur.
- ✓ Thawk lam a harsatna, luha, khuh, thawk nuam lo leh na, mit men nuam lo neih in Doctor rawn vat tur.
- ✓ Boruak khu pe chhuak tam lo chi gas emaw electric hmang thuk hman uar tur.

www.mohfw.nic.in
www.mygov.in
www.pmindia.gov.in

YouTube: [mohfwindia](https://www.youtube.com/mohfwindia)
@MoHFW_INDIA

<http://ncdc.gov.in/>
@director_NCDC



National Programme
on Climate Change
and Human Health



Ministry of Health and Family Welfare
Government of India



National Programme
on Climate Change
and Human Health



Air
Pollution
lak atang
in i
hriselna
venghim
rawh

Doctor

rawn hun turte



Luhai



Thawchham



Khuh nasa



Awmbawr na



Mit men nuam lo

www.mohfw.gov.in



National Programme
on Climate Change
and Human Health