

## Let's minimize the harm cause by polythene and plastic

### 1) R- REFUSE

- Let's refuse the usage of polythene and plastic
- Use the items produced with easily degradable, environmentally friendly material



### 2) R- REDUCE

- Minimize polythene & plastic usage as much as possible



### 3) R- REUSE

- Refrain from dumping after first use
- Use again and again and reduce the waste



### 4) R- RECYCLE

- Let us practice waste segregation
- Recycle whenever possible



**Do you want to be a victim of toxic polythene & plastic smoke?**



## Do you have the habit of burning polythene & plastic?

### 1. Inside houses during cooking

- Do you burn polythene bags, lunch sheets and yoghurt cups etc. to initiate fire in cook stoves using fire wood?
- Housewives as well as small children get exposed to the toxic smoke of polythene and plastic burning.



### 2. Open burning outside houses

- As an easy method of waste management people practise open burning of wastes.
- Sometimes people burn polythene and plastic at garbage dumping sites.
- This toxic smoke can easily spread by the wind.



## Reasons for toxicity of polythene and plastic burning

Following toxic chemicals are released due to burning of polythene & plastic

- Carbon Monoxide
- Dioxin and Furans
- Volatile carbonic compounds
- Polynuclear Aromatic Hydrocarbons
- Particulate matter

These chemicals are highly toxic to humans and can cause following diseases and health consequences.

- Lung cancers
- Stroke/ Paralysis
- Heart diseases
- Respiratory diseases
- Low birth weight and birth defects among children



High risk groups are...

- Children
- Pregnant mothers
- Patients with respiratory disorders
- Patients with heart diseases are mostly at risk