



COVID-19

ADVISORY No. 49

April 30, 2020



ANVAYA COVE

Seaside Leisure Community

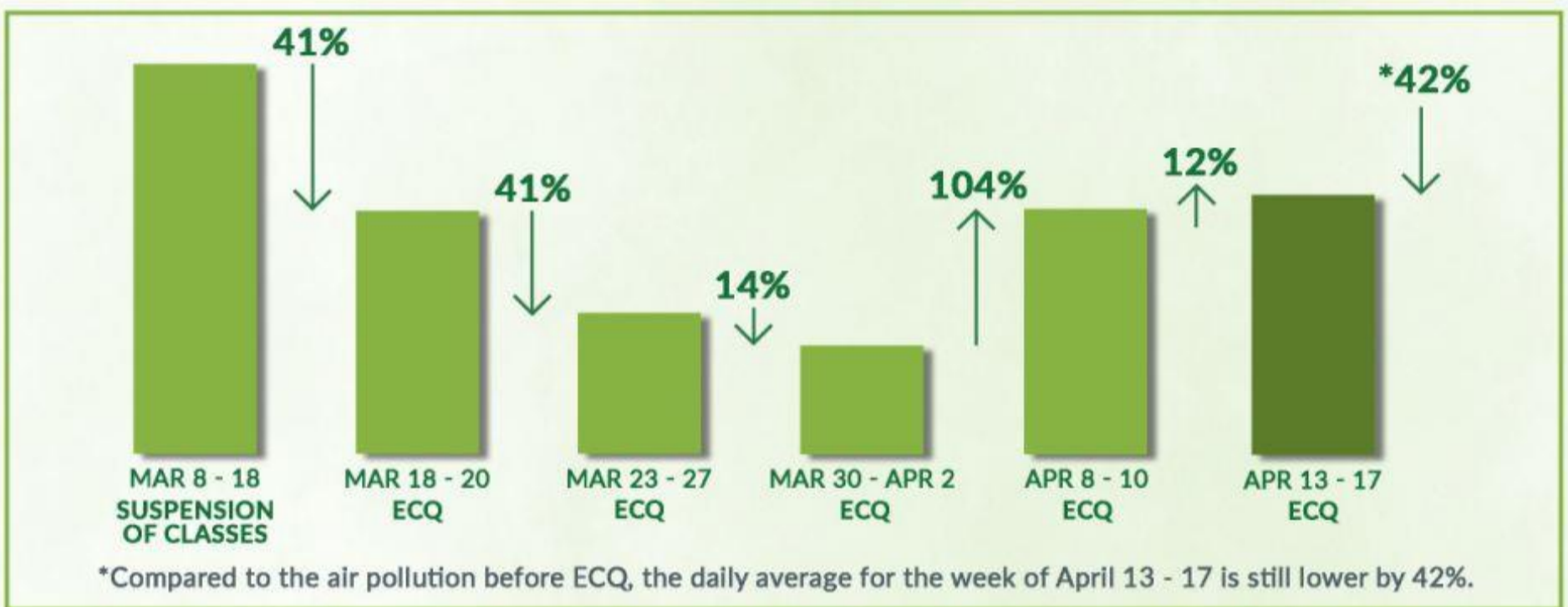


COVIDIGEST

SERIES NO. 11

A BREATH OF FRESH AIR AMID COVID-19

Environmental experts released a report showing that the air quality in Metro Manila has improved since the enforcement of the Enhanced Community Quarantine in the region. Based on the data, a decrease in PM2.5, a fine particle that is known to trigger or worsen chronic diseases such as asthma and other respiratory problems, has been recorded since March 8, 2020. The table below shows that the air pollution dropped in Manila during ECQ.



AIR POLLUTION AND COVID-19



Air pollution kills an estimated 7 million people worldwide every year, according to the World Health Organization.



Long-term exposure to air pollution increases vulnerability to experiencing the most severe COVID-19 outcome. - Harvard T.H. School of Public Health

REDUCE YOUR CARBON FOOTPRINT

Knowing the relationship of air pollution and COVID-19 and reducing your carbon emissions can be beneficial to health. Here are a few suggestions that could be taken to reduce emissions related to food, use of energy in the home, water use, and waste management during ECQ:



Save energy by letting hot or warm food cool down first before placing it in the fridge.



Recycle as much as possible. Use the available recycling bins in the property.



Unplug your devices when not in use. All electronics consume energy when they're plugged in.



Conserve household water. Use "grey" water for watering plants and toilet flushing.



Reuse your shopping bags to save energy and plastic waste.



Choose products that come with little packaging. Buy refills when you can.