

Environmental Health Guide



راجع
it will come back to you

Our environmental practices reflect
on us; because their direct link to

**our mental and
physical health is
scientifically proven**



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the environment
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دائماً؟



Do you leave the window open to let the space breathe?

Do you make sure to reduce your water consumption?



1 Have you added a green touch to your home by planting a plant?

2

3 Do you prefer the scent of fresh air instead of air fresheners?

4

5 Do you prefer natural cleaning products?

With **more than 4 yeses**.
If you answered yes,
you're making a good decision.

* By reflecting on your daily habits, this guide will help you discover your environmental behaviors

Is
your decision towards
Indoor air

راجع
?

Come back to you?



Are you breathing your air?

We spend most of our time within the walls of our homes, offices, and schools, unaware of the reality of

our air

What is our indoor air?

Indoor air represents the air quality inside buildings, which is affected by various pollutants, such as air fresheners, detergents, dust, temperature, humidity, and ventilation levels.

Indoor Air $=$ Quality of Our Lives

The World Health Organization estimates that **approximately 4 million people** die annually from diseases related to indoor air pollution.

Poor indoor air quality directly affects human health,
where **short-term** symptoms can appear as:



skin
problems



headaches
and fatigue



respiratory
illnesses

Continuous exposure to poor indoor air quality leads to
long-term health symptoms such as:



cardiovascular and pulmonary diseases:

The World Health Organization indicates that
indoor air pollution contributes to

32%

Of deaths from
heart disease

23%

Of deaths from
stroke



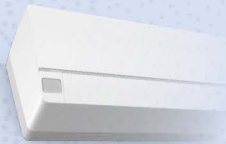
Is your decision in your home,



Indoor air quality greatly affects our overall health.

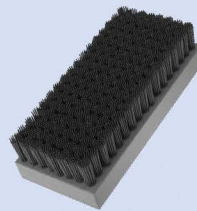
**Your home needs your care...
so that it can care for you**

Make sure to:



Maintain it:

Clean and maintain heating and cooling systems to prevent the spread of pollutants.



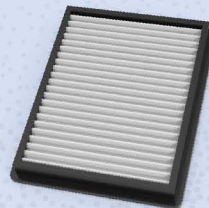
Clean it:

Clean seating areas daily and twice a week for less frequently used areas.



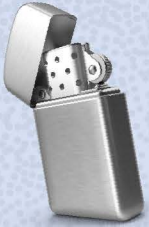
Grow it:

Indoor plants improve air quality by absorbing pollutants



Purify it:

Use air purifiers with HEPA filters to remove small particles and pollutants.



Scent:

No smoking inside the house



Ventilate it:

First thing in the morning and last thing at night so that the air is fresh.



Health:

Maintain a humidity level between 30-50 to avoid mold growth



Arrangement:

Store chemical cleaning materials and pesticides in well-ventilated areas



Have you ever tried adding plants to your home?

Indoor plants improve the air quality in your room, reducing stress and anxiety levels, and thus contributing to better sleep.



Plants to be careful about in your home!

Some indoor plants can be poisonous if ingested by pets or children, including:

Philodendron

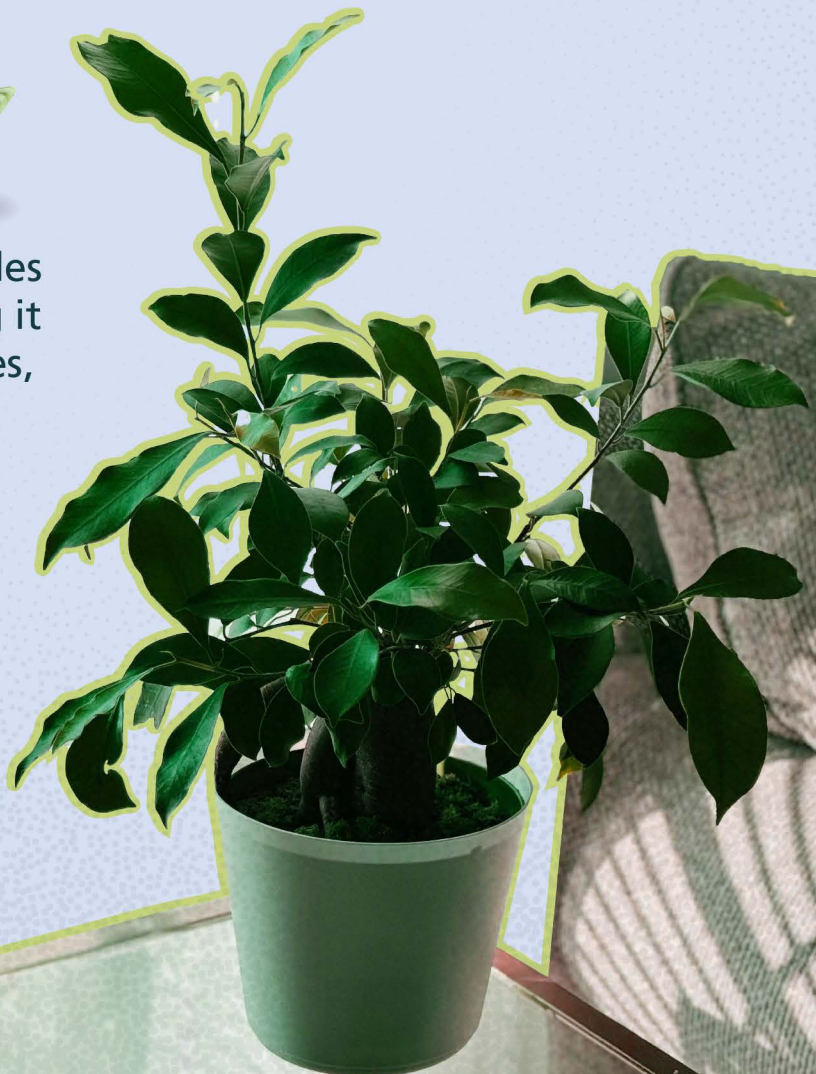


A beautiful plant, but it hides pain in every leaf. Touching it can irritate the skin and eyes, and ingesting it is harmful.

Pothos



Behind its green leaves lies danger. Ingesting it burns the mouth and throat, and touching it ignites skin and eye irritation



Is your decision at work coming back to you?



You spend half your time indoors?

So, if indoor air quality improves, productivity increases, and vice versa!

4

Practical steps to improve the air quality in your office:



Avoid air fresheners and candles.



Regularly clean your desktop.



No smoking inside offices or near the entrance doors.



Store food properly.

We recommend for your office:



Zamioculcas
(Zamiifolia)

Ideal thanks to its hardiness and tolerance to drought and low light.



Pothos (Epipremnum aureum)

A climbing indoor plant and air purifier, it thrives in artificial room light and should be watered approximately once a week

Is your decision in your car, will it come back to you?



Humidity can
worsen bacteria inside the car.

Artificial air fresheners
contain chemicals that may
affect air quality.

Leaks of various fluids or oils:
Fluid leaks from the engine or
cooling systems can cause
unpleasant odors.



**But
remember**

You can improve the air quality



Open windows to
ventilate the car



Improve and increase
ventilation by maintaining
your HVAC systems



Use natural
alternatives to air
fresheners



Clean and remove dirt
regularly

**May your fragrance
be pleasant...
and may your loved
ones live long.**

Incense and perfumes
are an integral part of
our heritage and customs,
but excessive use in
enclosed spaces harms your
health and the health of
your loved ones.

Remember

**Always make the
decision, that will come
back to you.**



How can "perfuming" harm you?



Respiratory problems: Inhaling the smoke from incense and perfumes irritates the respiratory system of asthma sufferers.



Skin irritation: Some perfumes contain chemicals that can cause skin irritation and sensitivity.



Eye irritation: Exposure to the smoke from incense and perfumes may cause eye irritation and redness.

Safe use of incense... protects your health:



Burn incense outdoors:

Use air purifiers with HEPA filters to remove small particles and pollutants.



Reduce burning time:

Minimize the time incense is left indoors.



Improve ventilation:

Ensure good ventilation in the room when burning incense.



Use air purifiers:

To help remove harmful particles



Use alternatives:

Use natural essential oils as an alternative to incense to scent your home.

Is your decision regarding tree planting come back to you?



The impact of tree planting on
your health:



Improved air quality

Trees absorb pollutants and produce oxygen, helping to reduce respiratory problems, such as asthma and allergies.



Reduced stress

The presence of green spaces reduces stress levels and promotes feelings of comfort and happiness, positively impacting mental health.



Reduced heat

Trees provide natural shade, reducing exposure to harmful sunlight and lowering the risk of heat-related illnesses.



Soil protection

Tree roots encourage soil stabilization, reducing erosion and maintaining soil fertility.

Is your decision regarding your environment, come back to you?



Palm cultivation was a feature of daily life in our Gulf society. The role of palm trees was not limited to providing food, but extended to improving the local environment in terms of air quality, which enhanced the mental health of the **"good old days"** generation.

Studies have shown:

that spending 20-30 minutes in nature, three times a week, can significantly reduce cortisol levels, as it can have a similar effect in reducing stress hormones as physical activities, such as walking or yoga



Your mental health needs a new hobby.



Constant exposure to air pollution and noise can increase stress and anxiety levels, which may contribute to increased mental health problems, such as depression.

Boost your mental health by connecting with your environment:



At sea

(kayaking, swimming, diving):

Improves physical fitness and reduces stress and tension.



On land

(nature contemplation and birdwatching):

Reduces stress and improves mental health.



In the mountains

(running and climbing):

Improves physical and mental strength

Does your decision
regarding water
consumption come
back to you?

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Studies indicate that

The average per capita water consumption in the Gulf countries is

**560
liters
per
day**

compared to the global average,
which does not exceed

**180
liters
per
day**

4 Steps to Reduce Water Consumption



Fix Leaks

Make sure to fix any leaks in faucets and pipes quickly to avoid wasting water.



Reduce Shower Time



Use Water-Saving Devices

Install water-saving showerheads to reduce consumption



Turn off the tap when brushing your teeth or shaving

Is your decision
regarding chemical
cleaners come
back to you?

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Clean your home... but don't pollute your environment!

Chemical cleaners are widely used, but it's important to be aware of their potential effects on health and the environment.



Many cleaners contain chemicals that, when misused, can produce harmful gases



Health Effects:



Direct Exposure

Can cause skin and eye irritation



Inhalation:

May lead to breathing problems, especially in people with asthma



Poisoning

Some detergents can be toxic if swallowed or if children are exposed to them.

Tips for Safe Use



Use Protective Equipment:

Wear gloves and a mask when using strong detergents.



Avoid Mixing:

Do not mix different detergents, as this can lead to dangerous chemical reactions.



Care:

Store in a well-ventilated place



Storage:

Keep out of reach of children.



Beware... Be safe!

Check the labels of products used in the home ,such as cleaning products, paints, furniture, and electronics.



Tips for safe use



FREE BPA-free



Phosphate-free



Phthalate-free



Toxic substance-free

Usage and safety instructions. Reading them doesn't take long, but it could save your life

Understanding Environmental
Health is Your Choice
Always remember that...



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