

Contamination In the Air

Anonymous

Department of English, Anoka Ramsey Community College

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Prof. Chris McCarthy

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Air Pollution is harming and killing animals and humans everywhere in the world, there are poisonous gases in the environment the air is getting worse and more toxic day by day. “Air pollution consists of chemicals or particles in the air that can harm the health of humans, animals, and plants. It also damages buildings.” Air pollution is not good, and we need to stop creating it so we can stop causing harm to ourselves. We should be more careful with things we use to try and create less air. Air pollution affects our lungs, and it can cause lung cancer in us humans and animals. Technology causes pollution as well, it causes about 15% of the world's pollution. Air pollution is rising about 5.5% a year around the world.

“We do not have to worry about air pollution.” We should worry about Air pollution because it is affecting everyday of our life, and it is affecting our health. According to Manisalidis (2020) “Some types of air pollution, such as smoke from wildfires or ash from volcanoes, occur naturally.” These are called natural sources. According to Geographic (2022) “Long-term effects of air pollution can last for years or for an entire lifetime. They can even lead to a person's death. Air pollution is created from emissions from factories, cars, planes, or aerosol cans.” Air pollution caused by factories, cars, planes, and aerosol cans is bad because they can cause lung cancer and other tissue damage/diseases. According to Geographic (2022) Air pollution is also starting to cause long-term damage to people’s nerves, brains, kidneys, livers, and other organs in our bodies. Air pollution is also starting to affect our vision. When our eyes get dry, it is due to the dry eye syndrome effect that air pollution causes. According to Geographic (2022) “Air pollution is becoming the silent killer.” People are not noticing how bad air pollution really is and how deadly it is becoming in the world. We really need to start taking

care of the environment more so pollution can be reduced, and we can live in a safer environment. Vehicles contribute about a quarter of the world's air pollution. Cars and planes contribute about 27% of the pollution in the world. According to Max Roser (2021), a writer from *our world in data* “7 million premature deaths per year due to indoor and outdoor air pollution from anthropogenic and natural sources. An average American breathes about 2 gallons of air per minute. Which is about 3400 gallons (about 12870.39 L) a day, which is why we might find it hard to breathe sometimes because of the amount of air pollution we take in every day.” Air pollution can also cause our eyes to burn, which is why we must rub them so they can stop burning. Air pollution also causes our throat to be dry which is why we cough and need water.

In addition, People are underestimating how much air pollution is going into the air. They are underestimating how much pollution there is in the air because the sky looks clear, and we cannot feel any of the effects that pollution causes to the body. According to the world bank (2022) “Pollution stunts economic growth, exacerbates poverty and inequality in both urban and rural areas and significantly contributes to climate change. Poor people who cannot protect themselves from negative impacts are the people who suffer more.” We need to stop causing so much air pollution because we will be affecting our own economic growth and will not be able to get where we want to be. According to *EPA* “In 2021, about 67 **million tons** were emitted into the atmosphere in the United States.” In one year, we have put 67 million tons of air pollution and it the most in a year by the United States. According to *Climate Trade* (2022) “The Unites States is the second country that makes the most pollution. Unites States, with 5,416 million tons of air pollution released. The United States needs to reduce their domestic emissions.

In contrast, people say their house protects them from air pollution. It is the same inside a house and outside. There is the same amount if not more air pollution in a house.

According to Geographic (2022) “There are many types of indoor air pollution as well. Burning substances such as kerosene, wood, and coal can contaminate the air inside the house. Ash and smoke make breathing difficult, and they can stick to walls, food, and clothing.” Also, a writer from *the world bank* says “Air pollution occurs when cooking in a house. Breathing in the gas is not good for our body. It can cause noncommunicable diseases including stroke, heart disease, pulmonary disease, and lung cancer.” Air pollution gets stuck to the walls and roof of the house, and we are just living in the house like we are healthy, but we are not realizing that we are constantly breathing in air pollution. Air pollution in a household can even lead to unhealthy eye conditions. Air pollution in a household or any building is more dangerous than air pollution outside. According to a medical associate “It is 2-5x more dangerous indoors than outdoors.” When you bring a newborn baby into a house it is already affecting his lungs and how he develops.

People say air pollution has minor effects. Air pollution does not have minor effects. Air pollution effects every organ in our body and it can leave us with lifelong effects or even kill us. According to EPN staff “People in Denmark and the United States found people exposed to high levels of air pollution are much more likely to suffer from a psychiatric illness such as depression, schizophrenia, bipolar disorder, or personality disorder.” Air pollution has so many effects on us that we are acknowledging or even spreading awareness to other people around the world. According to a writer from *IQ AIR* “Air pollution starts to damage our body as soon as childhood.” We are not stopping air pollution we are making it worse day by day. Air pollution is starting to harm babies and senior citizens more than it is affecting 20–60-year old's because bodies are not as strong so it cannot fight the damage it is causing to our organs. According to Science Education from *UCAR* “Short-term effects are coughing, wheezing, irritation to eyes,

nose, and throat, dizziness, and fatigue. Long-term effects are respiratory diseases (asthma, emphysema), Cardiovascular damage, harm to liver, spleen, and blood, nervous system damage, cancer, birth defects, and even death.” Air pollution is putting us at risk of getting any of these diseases and day by day the percentage that we might get one of the diseases is rising.

All in all, there will always be air pollution and houses will always make the most of it. Air pollution is the worst coming from cars and planes. Air pollution is the largest environmental threat to human lives in the world. I have learned that there is and always will be air pollution in our home and wherever we go. I have also learned that air pollution can cause asthma and it is making people with asthma struggle more because the air is getting worse. It is making people with asthma harder to breathe which is why they do not even need to run to have their inhaler, they only needed their inhaler when they were out of breath but now, they need it even when they are just walking because they are struggling to breathe in this air. The United States is the second most polluted country in the world. I have also learned that it can affect more than just your lungs, it affects every organ in the human body, and it is highly likely to kill humans, animals, and plants. Smoking causes more air pollution than a diesel truck, about 10x more. Air pollution is bad, and it is everywhere, we are making it worse with gas in cars and airplanes. The air pollution we breathe every day is very harmful and could end up killing a lot of people one day if it keeps getting worse.

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