

An Appeal for a Safe, Healthy and Environment Friendly Diwali

The use of fire crackers pose health hazards causing noise and air pollution. Noise pollution can cause hearing loss, high blood pressure, heart attack and sleep disturbances. Following precautions can be taken during the festive season of Diwali.

- Please refrain from buying and using high sounding fire crackers. Where available, buy “Green crackers”.
- People should avoid bursting crackers in the building compounds, narrow lanes and congested areas.
- Do not light crackers inside the house. Use open grounds to light fireworks – never light them in balconies or near buildings.
- Crackers producing noise should not be burst during night time i.e. between 10 p.m. to 6 a.m.
- Wear earplugs when going to fireworks exhibits. Earplugs, properly worn, can reduce noise by 15 to 30 decibels.
- Do not use crackers in the silence zones (that is the areas within 100 meters of hospitals, educational institutions and courts).
- Noise from a *firecracker*, even at what might seem to be a safe distance, can lead to hearing loss in just minutes. Hearing loss comes with side effects such as balance problems, permanent ringing in the ears and headaches.
- Apart from the air and noise pollution, the streets are littered with paper. Organize Neighborhood Cleanup programs or events to keep our environment clean, green and healthy.



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