Air Pollution on Carbon Monoxide

[Name of the Writer]

[Name of the Institution]

Air Pollution on Carbon Monoxide

**Introduction**

The entire world has been facing a significant threat due to higher levels of air pollution. Many pollutants adulterate the quality of air. One of those pollutants is Carbon Monoxide (CO). Numerous sources release CO into the environment contributing to air pollution. Moreover, intake of CO can bear detrimental effects on a human being. There is a dire need to contain the increasing levels of CO to make the air quality better.

**Discussion**

Carbon monoxide is a colorless and odorless gas and a major air pollutant. There are numerous sources of CO that percolate into the air and lower its quality (Rao et.al, 2017). CO is created whenever something is set ablaze. Traces of CO are detected in the smoke as a result of the fire (Rao et.al, 2017). Moreover, CO is released when fossil fuels are burned down. The smoke coming out of automobiles is a major source of CO. Furthermore, industrial smoke has also increased levels of CO. Apart from automobiles and industrial smoke, certain items of everyday household can contribute to air pollution because of higher levels of CO (Rao et.al, 2017). For instance, kerosene heaters and gas ovens also release CO. Therefore, both indoor and outdoor sources of CO contribute to deteriorating the air quality and causing subsequent air pollution (Rao et.al, 2017).

Anyone who intakes CO as a result of air pollution is at great risk of contracting various diseases. Whenever someone breaths in the air with higher levels of CO, their vital organs can be deprived of adequate blood supply to keep them functioning properly (Sircar et.al, 2015). The heart and brain can bear significant damage as CO gets mixed into the blood. Moreover, any individual breathing in an environment with increased levels of CO can experience nausea, confusion, dizziness, and unconsciousness (Sircar et.al, 2015). Mostly, increased levels of CO are not found outdoors. However, at a time when CO levels are increased outdoors, individuals battling with cardiovascular diseases can struggle to cope with the effects. The capacity of receiving oxygenated blood is already decreased in individuals with cardiovascular diseases, as a result, they are at increased risk due to increased levels of CO (Sircar et.al, 2015). Moreover, the tissues of the human body can suffer damage due to prolonged exposure to CO. It is evident that exposure to even minuscule levels of CO can render huge damage to the health of human beings, apart from deteriorating air quality (Sircar et.al, 2015).

There are numerous ways in which the levels of CO can be brought down. Both at the individual level and the level of government, certain measures can be implemented to fight off increased levels of CO in air (Guillerm & Cesari, 2015). Individuals must ensure that they bring down their travel time in their cars so that less smoke is released. Moreover, within the houses, old gas ovens and kerosene heaters should be replaced with more efficient products. Additionally, air purifiers can be used to clean the air indoors (Guillerm & Cesari, 2015). On the other hand, the government should give incentives to those who buy electric vehicles and electronic stoves to motivate other people. Another thing the government can do is become less dependent on energy production through coal and should move its energy dependence on solar energy and wind power (Guillerm & Cesari, 2015). Apart from the suggestions mentioned above, numerous measures have already been enacted. The United Nations have recognized air pollution as a global challenge and included the fight against air pollution in Sustainable Development Goals 2030. The Environmental Protection Agency of the US is bound to assess the levels of air pollutants present in the air and inform the general population about it (Guillerm & Cesari, 2015).

**Conclusion**

Carbon monoxide has been a major air pollutant for several years as the dependence on inefficient engines and fossils increased. Increased traces of CO in the air pose serious dangers to the health of the general population. Numerous measures have been enacted to fight the increasing levels of CO. Lastly, it is encouraging that air pollution has been recognized as a significant threat to populations around the globe.

**References**

Guillerm, N., & Cesari, G. (2015). Fighting ambient air pollution and its impact on health: from human rights to the right to a clean environment. *The international journal of tuberculosis and lung disease*, *19*(8), 887-897.

Rao, S., Klimont, Z., Smith, S. J., Van Dingenen, R., Dentener, F., Bouwman, L., ... & Reis, L. A. (2017). Future air pollution in the Shared Socio-economic Pathways. *Global Environmental Change*, *42*, 346-358.

Sircar, K., Clower, J., kyong Shin, M., Bailey, C., King, M., & Yip, F. (2015). Carbon monoxide poisoning deaths in the United States, 1999 to 2012. *The American journal of emergency medicine*, *33*(9), 1140-1145.