




SMOG or VOG



The Department of Health (DoH) issued a health advisory due to the presence of volcanic smog, or vog, in Metro Manila and nearby provinces, due to the high level of sulfur dioxide emission from it that causes volcanic smog or vog.

Vog is a mixture of sulfur dioxide and other gases that combine with atmospheric oxygen, moisture, dust, and sunlight, resulting in a 'hazy mixture' that diminishes visibility in affected areas, according to the Philippine Institute of Volcanology and Seismology (PHIVOLCS).

The DoH warned that vog can cause irritation in the eyes, throat, and respiratory tract, with severity depending on the concentration and duration of exposure.

To minimize inhalation of vog, the DoH advised the public to:



Limit Outdoor Activities

Avoid outdoor activities, especially during peak smog hours, typically in the early morning and late afternoon



Stay Indoors

- Keep windows and doors closed to prevent smog from entering your home
- Use air purifiers if available.



Use Mask

If you need to go outside, wear an N95 mask to filter out harmful particles.



Stay Hydrated

Drink plenty of water to help your body cope with the pollutants



Monitor Air Quality

Keep an eye on local air quality reports and take necessary precautions when levels are high.

These measures can help mitigate the health impacts of smog and protect your well-being.

If you experience symptoms such as difficulty breathing, chest pain, or severe coughing, seek medical attention immediately.

References:

<https://mb.com.ph/2024/8/18/doh-warns-public-of-health-risks-from-vog>
<https://tribune.net.ph/2024/08/19/doh-issues-health-advisory-amid-vog-presence>
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