

# Items that can protect your health from air pollution

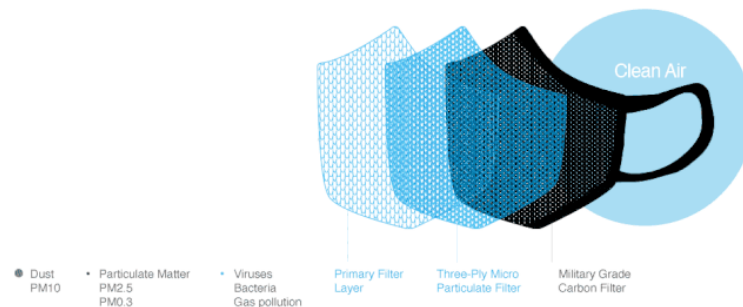
The following are items that can protect human health from PM10 dust (fine dust), PM2.5 super fine dust that exists in polluted air. Please refer.

The following are items that can protect human health from PM10 dust (fine dust), PM2.5 super fine dust that exists in polluted air. Please refer.

## Specialized masks

When traveling and working in polluted areas, people should wear appropriate masks.

In fact, medical masks only limit 30-40% of the dust, while regular masks made of cloth cannot filter dust of small size. Therefore, we need to use specialized masks to prevent dust particles of extremely small size like PM2.5.

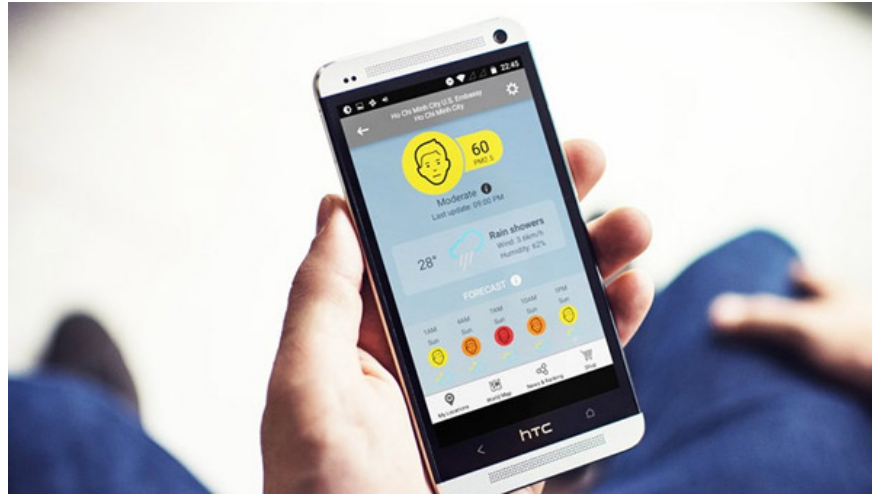


A mask is safe for health when the polluted air needs to be filtered almost completely of fine dust, ultra-fine dust and bacteria, viruses that are harmful to health.

When choosing to buy masks, you should choose specialized masks should have 4-5 filter layers including coarse filter layer, antibacterial layer, activated carbon layer.

## Air quality meter

To check household air quality more accurately, you can choose to buy specialized meters or use air quality measurement applications.



Specialized air quality meters not only help you know the amount of airborne dust particles in your house, but also provide information on humidity, temperature, CO2 volume and give alerts when air quality is not up to standard. .

Regarding air quality measurement applications, you can refer to the article 'How to check the level of air pollution with AirVisual'.

### **Air purifier**

You can choose to buy an air purifier with the air purification function that keeps all dirt, mold, bacteria, viruses . harmful to health to improve the living environment for the family.

Users need to pay attention to the room area to be able to buy air purifiers with the right capacity.



With small rooms with an area of ??less than 15 m<sup>2</sup>, the machine has a capacity of 160 m<sup>3</sup> / hour is the most suitable. Rooms with a large area of ??35-40 m<sup>2</sup> need a machine with a capacity of over 360 m<sup>3</sup> / hour and a room of over 40 m<sup>2</sup>, a machine with a capacity of 510 m<sup>3</sup> / hour is the best.

You can visit [META.vn](http://META.vn) for advice and order air purifiers for families.

## **Integrated air conditioner filter**

To save money, users can choose air-conditioner models that combine air purification with cooling and purifying air. Equipped with sensors to measure the concentration of environmental dust and 3M filters, these devices are capable of filtering microscopic particles of size of 0.3  $\mu$ m.

1. 7 simple ways to reduce air pollution in your home

You finished reading the article "**Items that can protect your health from air pollution**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.