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The moment we step out of our house and take a walk along the road, we can see how the air gets polluted. People find it difficult to get fresh air, as the environment is constantly getting polluted with the smoke from the exhaust of a bus, car or a scooter. Fly ash generated by thermal power plants, smoke coming from factory chimneys™, and dust coming from the over speed of vehicles also contribute to air pollution.

Why our surroundings are constantly getting polluted? Four major reasons for air pollution are rapid development in the cities, increasing traffic, congested roads, speedy economic development and industrialization. Nowadays people are leaning more towards a luxurious life. To maintain their status in the society most of them owns more than two cars. When all these vehicles enter into roads, it will burn more fuel and this in turn will pollute the atmosphere.

Generally any substance that people introduce into the atmosphere that has damaging effects on living things and the environment is considered air pollution. Still, to get a better picture we can divide air pollution in to two main types. They are outdoor air pollution and indoor air pollution.

Smog hanging over cities is one of the familiar and obvious forms of outdoor air pollution. Smog is released from sources like automobile exhaust, power plants, factories and many consumer products. This includes paint, hairspray and chemical solvents. In cities, major part of the smog is coming from cars, buses, trucks and two wheelers. A study on pollution states that more than half of the U.S residents are living in areas where the level of smog is seen is higher quantities. As per the investigation, the smog level has exceeded the safety standards set by the U.S. Environmental Protection Agency.

Another major factor that increases air pollution is acid rain. When pollutants like sulfuric acid get mixed with the moisture in the air, it will become acidified. This acidified rain water poisons the soil, lakes and streams. It has got the power to destroy trees, trouble animals, fish, and other wildlife.

Depletion of ozone layer is another major consequence of air pollution. The ozone layer found in the stratosphere protects the earth from harmful ultraviolet radiation from the sun. Some of the chemicals like chlorofluorocarbons released from aerosol cans, cooling systems and refrigerator equipment removes some of the ozone. This in turn causes holes in the ozone layer. Through this holes ultraviolet radiations reaches the earth and it cause damage to the living beings.

Various types of sounds that are annoying, stressful or damaging to the ears can also cause air pollution.

Sound became a part of pollution after the industrial revolution. Noise is one of the most pervasive pollution in America. Noise from factories, automobiles, trucks and aircraft disturbs the peaceful atmosphere. But people using home phones from providers like Fios Digital Voice can restrict the loudness of the sound. The main sources of indoor air pollution are tobacco, cooking and heating appliances and vapors from building materials, paints and furniture.

Air pollution can have a short-term and a long-term effect on our health. Short-term effects can be the irritation to the eyes, nose and throat, and upper respiratory infections such as bronchitis and pneumonia. Meanwhile, long-term effects can be chronic respiratory disease, lung cancer, heart disease, and even damage to the brain, nerves, liver, or kidneys.

As air pollution can have a drastically impact on the human life, many countries are taking various steps to limit the emissions of carbon dioxide and other greenhouse gases. As a responsible human being we can reduce the emission of carbon dioxide by less driving and flying.

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Ann is very cautious about the environment and the negative factors affecting it. As a freelancer, she writes articles about pollution, its impact on life and preventive methods. As a person interested in debates, she collects information related to debate topics by calling colleagues on her home phone connected with a [Fios Digital Voice](#).

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