






Si kyangu kukitegeera nti empewo eyonooneddwa. Omukka gw'oluyiira oba ogw'emmotoka bwe gubuutikira ebbanga, kyeyoleka lwatu. Naye era n'omukka ogulabika era oguwunya obulungi gusobola okuba nga gwonooneddwa. Abantu abasinga okwetooloola ensi yonna babeera mu bifo ebirimu empewo eyonooneddwa – era kikoseza ddala obulamu bwaffe.

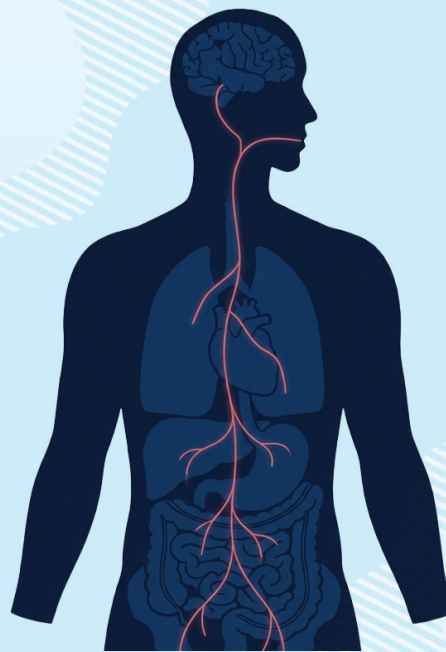
Mu nsi yonna, Okwonoona Empewo Kuviirako Obukadde n'Obukadde bw'Abantu Okufa Buli Mwaka.

Bw'ossa empewo eyonooneddwa, obucaaфу busobola okuyita mu mawuggwe ne bugenda mu musaayi gwo. Bwe buva awo, busobola okutuuka ku mutima, obwongo, n'ebitundu by'omubiri ebirala. Obucaaфу busobola n'okuyita mu kitanyi ne bukosa omwana ali mu lubuto. Empewo eyonooneddwa ereetera amawuggwe n'ebitundu by'omubiri ebirala okulunguka. Okulunguka n'okukosebwa okulala okuva ku mpewo eyonooneddwa bisobola okuvaako obulabe obw'olubeerera ku bitundu by'omubiri ne biviirako endwadde. *Okwonoona empewo oluusi kuviirako endwadde ezeeyolekerawo, naye ng'endwadde ezisinga zikula mpolampola*







Empewo eyonooneddwa esobola okukosa obulamu bwo mu ssaawa oba ennaku ntono nnyo ng'ogibadde era ...

-  n'Eviirako okusiibwa amatu, ennyindo n'emimiro
-  Obubonero obw'amaanyi ennyo
 - Alaje
 - Asima
 - Amamiro
 - Kazibamawuggwe (COPD)
-  Okuviirako entunnansi okukubira okumukumu oba obutakuba mu ngeri ya bulijjo

Nnyingi ku nsonga zino zisobola okugonjoolwa ng'okwonooneka kw'empewo kukendedde naye endala ziyinza okubeera ez'olukonvuba oba ne ziviirako n'okufa.



Okussa empewo eyonooneddwa okumala ebbanga eggwanvu (emyezi oba emyaka) kuyinza okukuleetera okufuna obuzibu obw'amaanyi ku bulamu bwo omuli ...

-  Endwadde z'omutima – entunnansi, puleesa okulinnya, omutima okwesiba, obulwadde bw'ekiziyiro
-  Endwadde z'Amawuggwe – Kookolo w'amawuggwe, obuwuka, Kazibamawuggwe ne asima
-  Okuzaala abaana nga tebannatuuka oba ng'obuzito bwabwe buli wansi Akatyabaga k'okufuna endwadde endala okweyongera [\[video\]](#)
-  Okusannyalala, Okusanguka obwongo
-  Sukaali
-  Okukendeeza ku buwangaazi

Okubeera mu mpewo eyonooneddwa, naddala ewaka, kweyolese nga kwekuusa ku ndwadde ezisiigibwa ng'akafuba, lubyamira n'ekifu ku maaso.

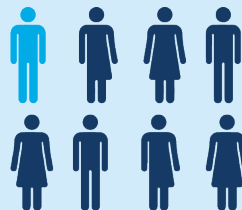
Obukakafu obulala bweyongedde okulaga nti okwonoona empewo kulina akakwate ku ndwadde z'obwongo, omuli okukula kw'obwongo mu baana abato n'endwadde z'obwongo ezitawona gamba ng'obulwadde bw'okutetema, kw'ossa okuwutta mu bantu abakaddiye.

Okunoonyereza okukoleddwa gye buvuddeko kulaga nti okwonoona empewo kuzinziwaza ebivaamu ng'omuntu afunye endwadde ya COVID-19, okusajjula endwadde awamu n'okwongeza akatyabaga k'okufa COVID-19.

OBUZIBU OBUVA MU KWONOONA EMPEWO

Abantu bwe balwala oba ne bafa amangu olw'okussa empewo eyonooneddwa, abantu ne famire zaabwe bayisibwa bubi nnyo. Eri abantu, endwadde eziva ku mpewo eyonooneddwa ziteeka obuzito ku byobulamu wamu n'okuvaako okukosebwa kw'ebitundu n'ebyenfuna.

Empewo eyonooneddwa eviirako okufa kw'abantu abasukka mu 1 mu buli bantu 8 abafa mu nsi yonna.



Mu 2023, empewo eyonooneddwa mu nsi yonna yaviirako:



Ebitundu **46** ku buli kikumi eby'abantu abaafa endwadde ya Kazibamawuggwe



Ebitundu **26** ku buli kikumi eby'abantu abaafa endwadde y'okusannyalala



Ebitundu **25** ku buli kikumi eby'abantu abaafa endwadde y'ekiziyo



Ebitundu **17** ku buli kikumi eby'abantu abaafa endwadde ya sukaali



Ebitundu **17** ku buli kikumi eby'abantu abaafa endwadde ya kookolo w'amawuggwe



Ebitundu **31** ku buli kikumi eby'abaana abawere abaafa nga tebannaweza nnaku 28 ku nsi



Ebitundu **30** ku buli kikumi eby'abantu abaafa endwadde y'amawuggwe agawansi



Ebitundu **28** ku buli kikumi eby'abantu abaafa endwadde y'okusanguka obwongo

Abantu abamu balina omugugu munene nnyo

Obuzibu obuva ku mpewo eyonooneddwa tebwenkanankana eri buli muntu. Abantu abamu beesanga nga bakozeza nnyo empewo eyonooneddwa oba ne bafuna obulwadde obw'amaanyi ennyo, ate ng'ebiseera ebisinga tebakirinaamu mukono.

Gy'obeera ne gy'okolera

Abantu abamala obudde obungi nga bassa empewo eyonooneddwa balina emikisa mingi okukomekkereza ng'ebalwazizza. Abantu abakolera ebweru n'abo ababeera mu mawanga, ebibuga oba emiriraano egirimu empewo eyonooneddwa babeera mu bulabe bwa maanyi obw'okulwala.

Emyaka gy'olimu

Abaana, abakadde, n'abakazi abali embuto bafuna obuzibu obw'enjawulo obuva ku mpewo eyonooneddwa. Ku myaka gino gyonna, omuntu asobola okufuna obuzibu obw'amaanyi ennyo ku bulamu bwe newankubadde ng'aba assizza empewo y'emu eyonooneddwa.



Embeera y'obulamu bwo

Abantu abalina endwadde ez'olukonvuba bayinza okuba mu katyabaga ka maanyi nnyo eri obulabe obuva ku mpewo eyonooneddwa.

Ensonga z'embeera z'abantu n'ebyenfuna

Abantu abali obubi okusinziira ku mbeera gye balimu n'ebyenfuna oba oluse/eggwanga batera okubeera mu bifo ebirimu empewo eyonooneddwa. Ebibinja bino era birina endwadde nnyingi sso ng'ate obujjanjabi bafuna butono, ekibaviirako okuba n'emikisa mingi okulwalira ddala.

Tumanya tutya?

Bye tumanyi ku ngeri empewo eyonooneddwa gy'ekosaamu ebyobulamu biviira ddala ku bikumi n'ebikumi by'okunoonyereza okw'ekinassaayansi okuzze kukolebwa mu mawanga ag'enjawulo okumala emyaka mingi. Bannassaayansi batunuulira ensaasaana y'obulwadde n'okufa kw'abantu nga beesigama ku muwendo gw'abantu awamu n'okukola okunoonyereza okw'okukebera mu laabu okumanya engeri obucaafu gye butambulamu mu mubiri ne bukosa obulamu.

Ensonga ezikwata ku nsibuko

Ebifo eby'enjawulo birina emiteeko egy'enjawulo egy'ensibuko n'ebika by'obucaafu bw'empewo. Ekika ky'obucaafu kikosa engeri gye kikosaamu obulamu bw'abantu ab'enjawulo. Ebisinga okuvaako obukutubba obusangibwa mu mpewo (PM_{2.5}) byawukanira ddala mu buli ggwanga, naye ng'ebisinga okululeeta mulimu okukola amasannyalaze, amakolero, ebentambula, okukozesa ebifutafuta, enfuufu, n'ebiyobulimi.



Obukutubba obusangibwa mu mpewo (PM_{2.5}) bwe businga okuvaako omugugu gw'endwadde eziva ku mpewo eyooneddwa munsinyonna.



Ekikka ekiva mu ssigiri ezikozesebwa mu maka agasinga obungi mu mawanga amaavu n'ago agakyakula lwe lusinga okuviirako okufa kw'abaana abawere okuva ku kwonoona empewo.



Okwonoona empewo okuva ku mukka oguva mu mafuta g'ebidduka n'ebintu ebirala ebireeta Kazibamawuggwe bisinga kukosa bantu bakuliridde.



Omukka ogw'obutwa (NO₂), oguva mu bidduka, gusobola okusajjula endwadde ezeekuusa ku kussa gamba nga asima era gusinga kubeera mu bitundu eby'ebibuga.

Yiga Ebisingawo

Air pollution trends and the associated disease burden: www.stateofglobalair.org

Information about the air quality where you live or around the world: www.aqicn.org and www.openaq.org

Learn how individuals can reduce exposure to air pollution: <https://www.who.int/publications/i/item/9789240000278>

Ebikozesebwa Ebirala

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World Health Organization (WHO). 2025. Exposure to Health-Damaging Air Pollutants: Technical Brief. Geneva, Switzerland: WHO. License: CC BY-NC-SA 3.0 IGO. Available: <https://doi.org/10.2471/B09461>.

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