

CO-ACUSTIC

If the noise disturbs you, what do you do quietly? Take action.

It is important to raise awareness about the consequences of living with a pollutant that affects every day. To achieve an improvement with long-term effect, it is necessary to influence education. This is where the necessary change of habits begins, involving the entire society, in order to go from being a noisy society to a silent one. To reach society as a whole, it is essential to carry out awareness campaigns that must be given fair publicity and importance so that they are recognized and taken into account. The population has to perceive that the effort is real and that the overall objective is to protect ourselves against noise pollution. And that the initiatives that are taken are serious.

FACTS



Psychopathological

Respiratory agitation, rapid pulse, increased blood pressure, headache, gastritis, colitis or even heart attacks.



Psychological

Respiratory agitation, rapid pulse, increased blood pressure, headache, gastritis, colitis or even heart attacks.



Sleep and Behavior

A noise above 45 dB prevents falling asleep or sleeping properly. This can influence our behavior causing episodes of aggressiveness or irritability.



Memory and Attention

Noise can affect our ability to concentrate, which can lead to poor performance.



ACTIVITIES

Avoid using motorized vehicles unless absolutely necessary. In this way, in addition to reducing noise, we will be reducing atmospheric pollution from greenhouse gases.



Avoid turning on the music or television too loud to avoid making yourself and other neighbors uncomfortable.



Avoid noisy activities outside of daytime ours, like vacuuming or running washing machines.



Walk on the Public Highway in an orderly manner without shouting or singing, in this way we largely avoid problems such as: Respiratory agitation, rapid pulse, increased blood pressure, headache



Carry out housework only during the hours established by Ordinances or regulations. This way we avoid disturbing other people with noise