

# The WHO European Centre for Environment and Health



World Health  
Organization

European Region

## Supporting Member States in implementation

Publications from Ostrava to Budapest



SEVENTH MINISTERIAL CONFERENCE  
ON ENVIRONMENT AND HEALTH

## European Centre for Environment and Health - Publications from Ostrava to Budapest -



Full list of publications soon to be found on the Conference webpage:  
<https://www.who.int/europe/event/seventh-ministerial-conference-on-environment-and-health>



# Seventh Ministerial Conference on Environment and Health

5 – 7 July 2023 Budapest, Hungary



# European Environment and Health Process Newsletter

**Multisectoral Partnerships for Environment and Health Program**



SEVENTH MINISTERIAL CONFERENCE  
ON ENVIRONMENT AND HEALTH

## European Environment and Health Process Newsletter



[https://www.who.int/europe/initiatives/european-environment-and-health-process-\(ehp\)/european-environment-and-health-process-\(ehp\)-newsletter](https://www.who.int/europe/initiatives/european-environment-and-health-process-(ehp)/european-environment-and-health-process-(ehp)-newsletter)



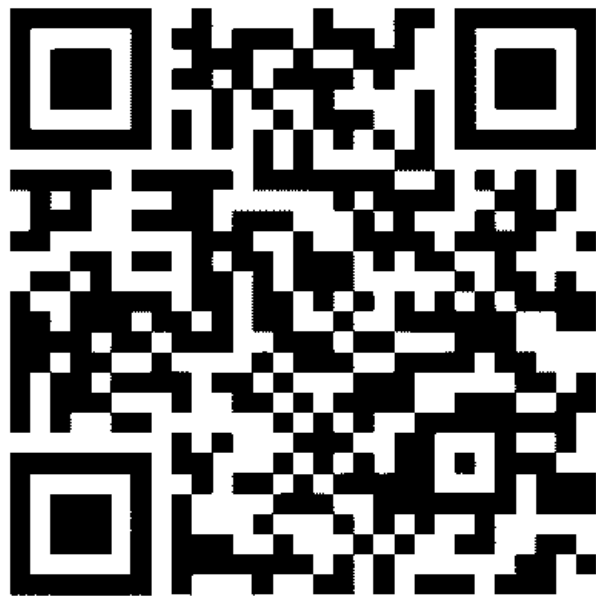
# Background documents for the Seventh Ministerial Conference on Environment and Health

WHO European Centre for Environment and Health Programs



SEVENTH MINISTERIAL CONFERENCE  
ON ENVIRONMENT AND HEALTH

# Driving transformative action: from Ostrava to Budapest and beyond with National Portfolios of Actions on Environment and Health: policy brief



In English: <https://apps.who.int/iris/handle/10665/368159>  
In Russian: <https://apps.who.int/iris/handle/10665/368234>



## Driving transformative action: From Ostrava to Budapest and beyond with National Portfolios of Actions on Environment and Health

Policy brief



# A healthy environment in the WHO European Region

Why it matters and what steps we can take to  
improve health



<https://apps.who.int/iris/handle/10665/368160>

# A healthy environment in the WHO European Region:

why it matters and what steps  
we can take to improve health

## Zero regrets: scaling up action on climate change mitigation and adaptation for health in the WHO European Region (second edition)



<https://apps.who.int/iris/handle/10665/368161>

Также доступно на русском языке

## ZERO REGRETS

Scaling up action  
on climate change  
mitigation and adaptation  
for health in the  
WHO European Region  
Second edition

Key messages from the  
Working Group on Health  
in Climate Change





# Progress in the WHO European Region towards the SDGs in the context of the Ostrava Declaration on Environment and Health Mid-way to 2030



<https://apps.who.int/iris/handle/10665/368166>

# Progress in the WHO European Region towards the SDGs in the context of the Ostrava Declaration on Environment and Health

Mid-way to 2030



# Delivering effective environment and health actions

A compendium of concepts, approaches and  
tools for the WHO European Region



<https://apps.who.int/iris/handle/10665/368167>

# Delivering effective environment and health actions

A compendium of concepts,  
approaches and tools for the  
WHO European Region



# Environment and health and COVID-19

WHO European Centre for Environment and Health Programs



SEVENTH MINISTERIAL CONFERENCE  
ON ENVIRONMENT AND HEALTH

# How coronavirus disease has changed the environment and health landscape

## A policy brief



<https://apps.who.int/iris/handle/10665/368164>

# How coronavirus disease has changed the environment and health landscape

A POLICY BRIEF

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# How coronavirus disease has changed the environment and health landscape

## A rapid review of reviews



<https://apps.who.int/iris/handle/10665/368165>

# How coronavirus disease has changed the environment and health landscape

A RAPID REVIEW  
OF REVIEWS



## Wastewater surveillance of SARS-CoV-2: questions and answers (Q&A)



<https://apps.who.int/iris/handle/10665/353058>

# Wastewater surveillance of SARS-CoV-2

Questions and  
answers (Q&A)

# Moving around during the COVID-19 outbreak




<https://www.who.int/europe/publications/m/item/moving-around-during-the-covid-19-outbreak>



## Moving around during the COVID-19 outbreak

While cities around the world are introducing a broad range of measures to limit physical contacts to prevent and slow down the COVID-19 pandemic, many people might still have a need to move around cities to reach their workplaces when possible, meet essential daily needs or provide assistance to vulnerable people.




**Do not move around if you have a fever, cough and difficulty breathing.**

In this case, stay home and seek medical attention as your local health authority advises.



**Whenever feasible, consider riding bicycles or walking.**

This provides physical distancing while helping you to meet the minimum requirement for daily physical activity, which may be more difficult due to increased teleworking, and limited access to sport and other recreational activities.



**Be considerate of other passengers if you need to use a private car.**

- **Practise respiratory hygiene:**
  - Cover your mouth and nose with your bent elbow or a tissue when you cough or sneeze. Then dispose of the used tissue as soon as possible in a closed waste bin.



**If you need to use public transport (buses, trams, metro, trains, ferries, taxis):**

- If possible, avoid peak hours.
- **Practise physical distancing.**
  - To the extent possible, keep a distance of at least 1 meter from other passengers when purchasing tickets, waiting to board public transport, and moving around public transport stations (e.g. using escalators).
- **Practise respiratory hygiene.**
  - Cover your mouth and nose with your bent elbow or a tissue when you cough or sneeze. Then dispose of the used tissue as soon as possible, preferably in a closed waste bin.
- **Avoid touching handrails and other surfaces.**
  - If needed, use a disposable paper tissue to hold on to hand rails while riding public transport. Dispose of the used tissue as soon as possible, preferably in a closed waste bin.
  - **Avoid touching your eyes, nose and mouth.**
- **If local authorities recommend wearing a mask while using public transport.**
  - Wear a mask if you are coughing or sneezing.
  - Masks are effective only when used in combination with frequent hand-cleaning with alcohol-based hand rub or soap and water.
- If you wear a mask, then you must know how to use it and dispose of it properly (<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advices-for-public/when-and-how-to-use-masks>).
- **You do not need to wear rubber gloves while riding public transport as this does not prevent COVID-19 infection.**
  - You can still pick up COVID-19 contamination on rubber gloves. If you then touch your face, the contamination goes from your glove to your face and then infects you. Instead, wash your hands with soap and water, or use alcohol-based hand rub.
- **Avoid sharing taxis.**
  - If you have to use a taxi, avoid sharing it with other passengers, as physical distancing would not be possible.
  - Write down the number of the taxi, or its plate number and keep it for at least 14 days. This will help with contact tracing by the health authorities, in case of need.
  - **Practise respiratory hygiene:** Cover your mouth and nose with your bent elbow or a tissue when you cough or sneeze. Then dispose of the used tissue as soon as possible, preferably in a closed waste bin.

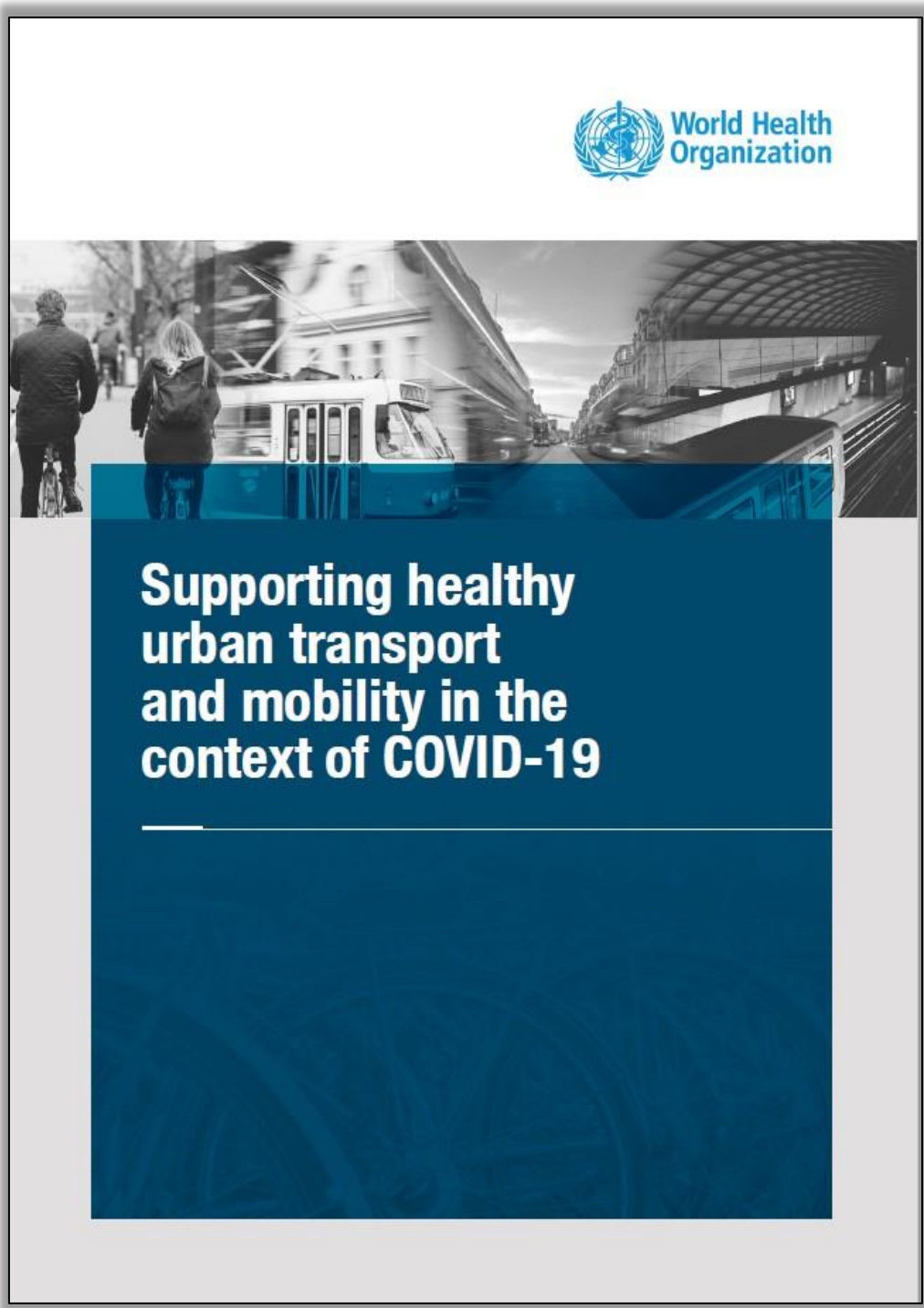
**When you leave public transport, a taxi or car, clean your hands with water and soap or alcohol-based hand rub as soon as possible, and in any case, as soon as you reach your destination.**



## Supporting healthy urban transport and mobility in the context of COVID-19



<https://apps.who.int/iris/handle/10665/336264>  
Available in English, French, German, and Russian





# Environment and health policies at local level

**Multisectoral Partnerships for Environment and Health Program**



SEVENTH MINISTERIAL CONFERENCE  
ON ENVIRONMENT AND HEALTH

## Promoting environment and health policies at local level: a policy brief for decision-makers and practitioners



<https://apps.who.int/iris/handle/10665/369596>



Promoting environment and health policies at local level: a policy brief for decision-makers and practitioners



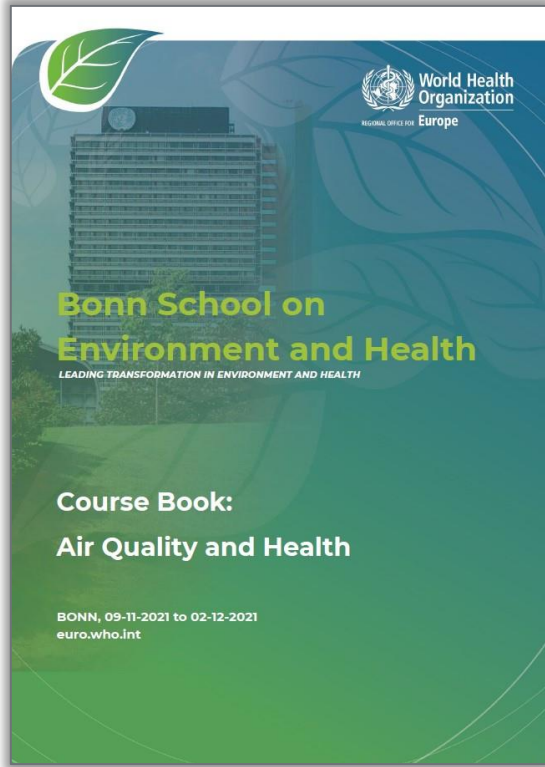
# Bonn School on Environment and Health

WHO European Centre for Environment and Health Programs



SEVENTH MINISTERIAL CONFERENCE  
ON ENVIRONMENT AND HEALTH

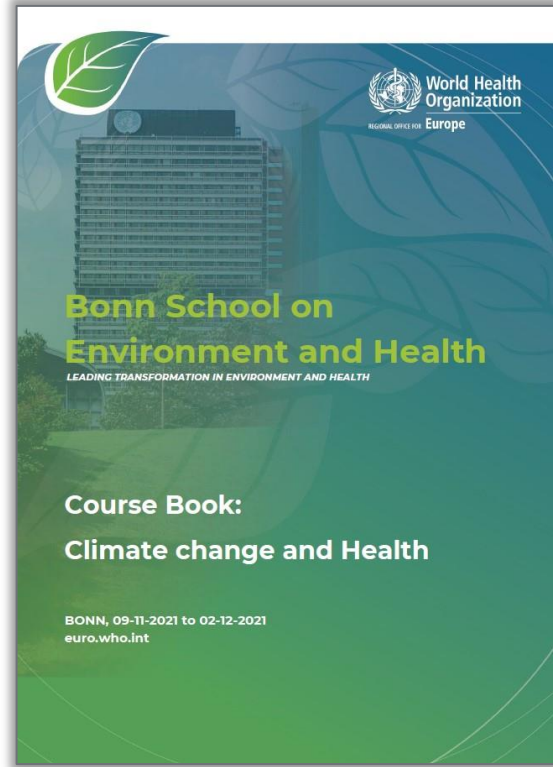
# Bonn School on Environment and Health



**Bonn School on Environment and Health**  
LEADING TRANSFORMATION IN ENVIRONMENT AND HEALTH

**Course Book:**  
**Air Quality and Health**

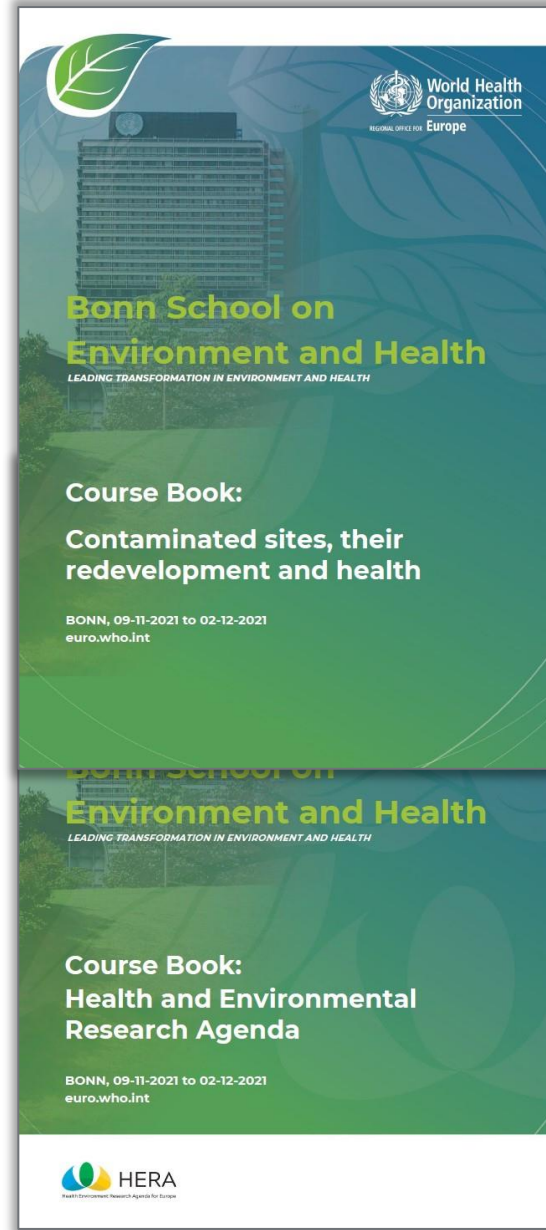
BONN, 09-11-2021 to 02-12-2021  
euro.who.int



**Bonn School on Environment and Health**  
LEADING TRANSFORMATION IN ENVIRONMENT AND HEALTH

**Course Book:**  
**Climate change and Health**

BONN, 09-11-2021 to 02-12-2021  
euro.who.int



**Bonn School on Environment and Health**  
LEADING TRANSFORMATION IN ENVIRONMENT AND HEALTH


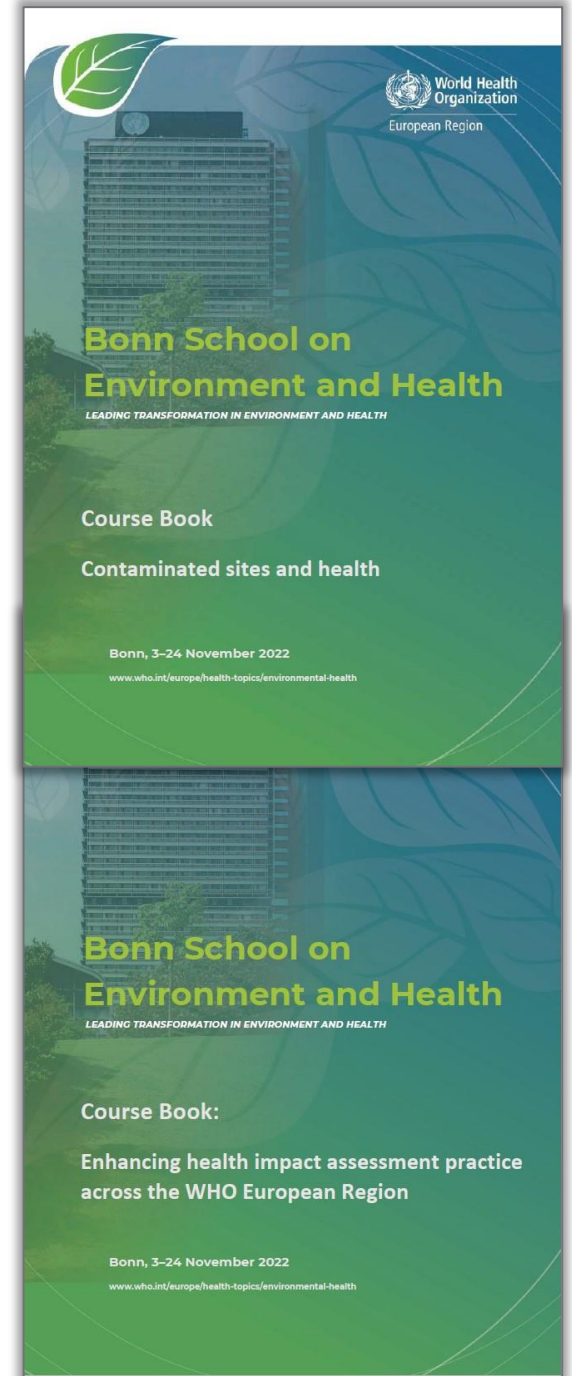
**Course Book:**  
**Contaminated sites, their redevelopment and health**

BONN, 09-11-2021 to 02-12-2021  
euro.who.int

**Bonn School on Environment and Health**  
LEADING TRANSFORMATION IN ENVIRONMENT AND HEALTH

**Course Book:**  
**Health and Environmental Research Agenda**

BONN, 09-11-2021 to 02-12-2021  
euro.who.int

**Bonn School on Environment and Health**  
LEADING TRANSFORMATION IN ENVIRONMENT AND HEALTH

**Course Book**  
**Contaminated sites and health**

Bonn, 3-24 November 2022  
www.who.int/europe/health-topics/environmental-health

**Bonn School on Environment and Health**  
LEADING TRANSFORMATION IN ENVIRONMENT AND HEALTH

**Course Book:**  
**Enhancing health impact assessment practice across the WHO European Region**

Bonn, 3-24 November 2022  
www.who.int/europe/health-topics/environmental-health

<https://www.who.int/europe/news/item/24-11-2022-addressing-technical-gaps-and-fostering-leadership-on-environment-and-health--the-bonn-school-on-environment-and-health>

# Environmental health inequalities

Environment and Health Impact Assessment Program



SEVENTH MINISTERIAL CONFERENCE  
ON ENVIRONMENT AND HEALTH

# Environmental inequalities in national reporting on the 2030 Agenda for Sustainable Development.

## An analysis of voluntary national reviews in the WHO European Region



<https://apps.who.int/iris/handle/10665/368168>



**Environmental inequalities in national reporting on the 2030 Agenda for Sustainable Development**  
An analysis of voluntary national reviews in the WHO European Region

# Environmental health inequalities. Fact sheet series:

## Inequalities in

- overcrowding
- lack of a bath or shower in the dwelling
- dampness in the home
- access to at least basic sanitation services
- inability to keep the home adequately warm
- lack of a flush toilet in the dwelling
- access to at least basic drinking-water services

## Forthcoming fact sheets:

- Noise annoyance
- Household utility costs and energy poverty



<https://www.who.int/europe/news/item/16-02-2022-who-launches-fact-sheet-series-on-environmental-health-inequalities-in-europe>

Fact sheet series is also available in Russian.

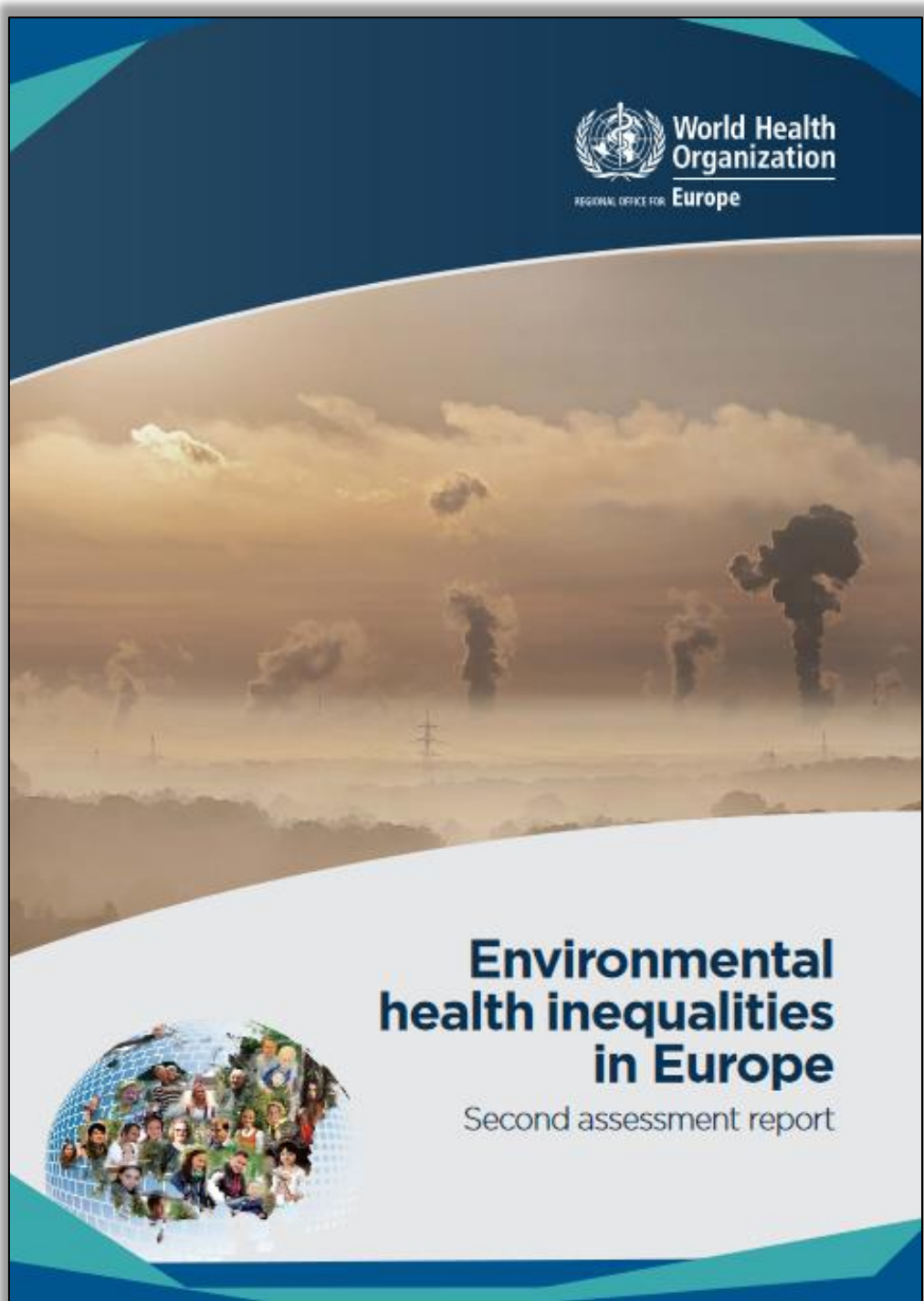


# Environmental health inequalities in Europe

## Second assessment report



<https://apps.who.int/iris/handle/10665/325176>



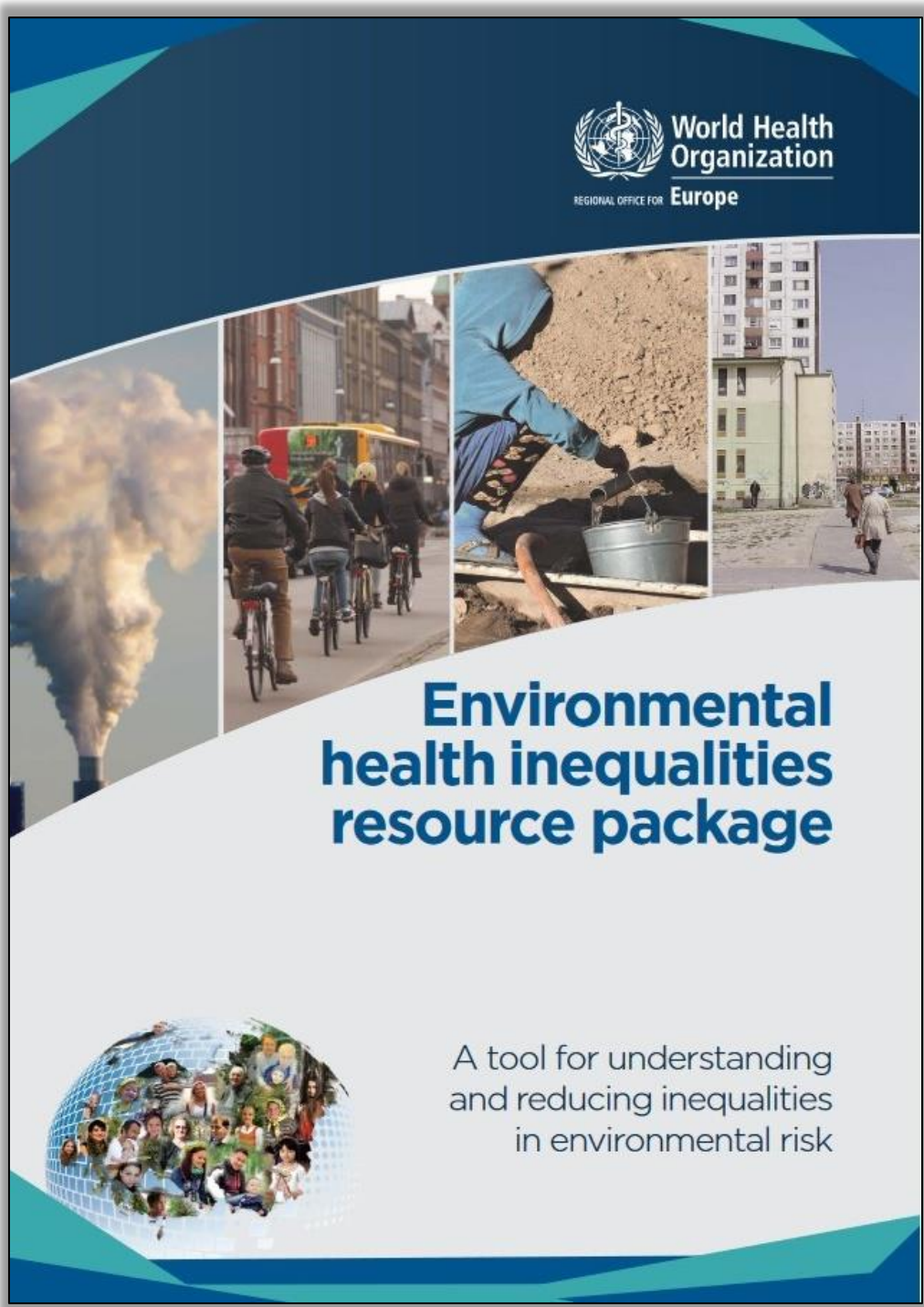



# Environmental health inequalities resource package.

A tool for understanding and reducing inequalities in environmental risk



English: <https://apps.who.int/iris/handle/10665/346223>  
Russian: <https://apps.who.int/iris/handle/10665/346224>



 World Health Organization  
REGIONAL OFFICE FOR Europe

## Environmental health inequalities resource package

A tool for understanding and reducing inequalities in environmental risk



# THE PEP

## Transport, Health and Environment Pan-European Programme

WHO and UNECE



SEVENTH MINISTERIAL CONFERENCE  
ON ENVIRONMENT AND HEALTH

## Vienna Declaration

Building forward better by transforming to new,  
clean, safe, healthy and inclusive mobility and  
transport



<https://apps.who.int/iris/handle/10665/353806>  
Available in English, French, German, Russian

# Vienna Declaration

Building forward better by  
transforming to new, clean,  
safe, healthy and inclusive  
mobility and transport



THE PEP

Transport, Health  
and Environment  
Pan-European Programme



## THE PEP

**Building forward better by transforming to new clean safe healthy and inclusive mobility and transport**



<https://www.who.int/europe/publications/m/item/building-forward-better-by-transforming-to-new-clean-safe-healthy-and-inclusive-mobility-and-transport>

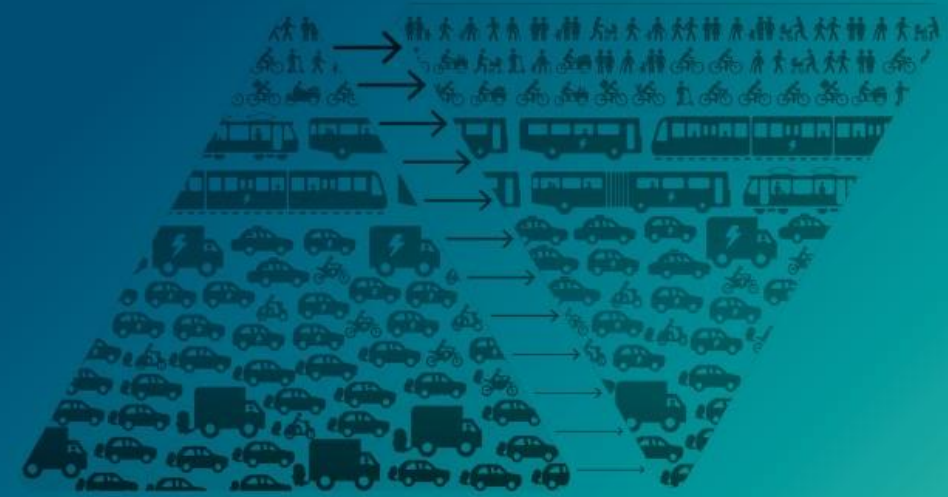
Available in English, French, German and Russian



## THE PEP

Building forward better by transforming to new, clean, safe, healthy and inclusive mobility and transport

[thepep.unece.org](https://thepep.unece.org)



THE PEP

Transport, Health and Environment  
Pan-European Programme



European Region

## Walking and cycling: latest evidence to support policy-making and practice



<https://apps.who.int/iris/handle/10665/354589>  
Available in English, French, German, Russian

## Walking and cycling: latest evidence to support policy-making and practice



**THE PEP**

Transport, Health  
and Environment  
Pan-European Programme



# Guidelines for National Eco-driving Initiatives THE PEP Partnership on Eco-driving



<https://unece.org/info/THE-PEP/pub/376486>

# Guidelines for National Eco- driving Initiatives

THE PEP Partnership on Eco-driving



## Recommendations for Green and Healthy Sustainable Transport – “Building Forward Better”



<https://unece.org/info/publications/pub/379733>

## Recommendations for Green and Healthy Sustainable Transport – “Building Forward Better”

UNECE

THE PEP

Transport, Health  
and Environment  
Pan-European Programme



## Pan-European Master Plan for Cycling Promotion 5th High-level Meeting on Transport, Health and Environment



<https://unece.org/pep/publications/pan-european-master-plan-cycling-promotion-5th-high-level-meeting-transport-health>



## Pan-European Master Plan for Cycling Promotion

5<sup>th</sup> High-level Meeting on Transport, Health and Environment, May 2021





# THE PEP Partnership on Cycling Toolbox of Action for Cycling Promotion based on best available experience from the countries of the Pan-European Region

Annex 1 of the Pan-European master plan for cycling promotion,  
May 2021



<https://thepep.unece.org/node/826>

## THE PEP Partnership on Cycling

Toolbox of Action for Cycling Promotion based on best available experience  
from the countries of the Pan-European Region

Annex 1 of the Pan-European master plan for cycling promotion, May 2021



**THE PEP**

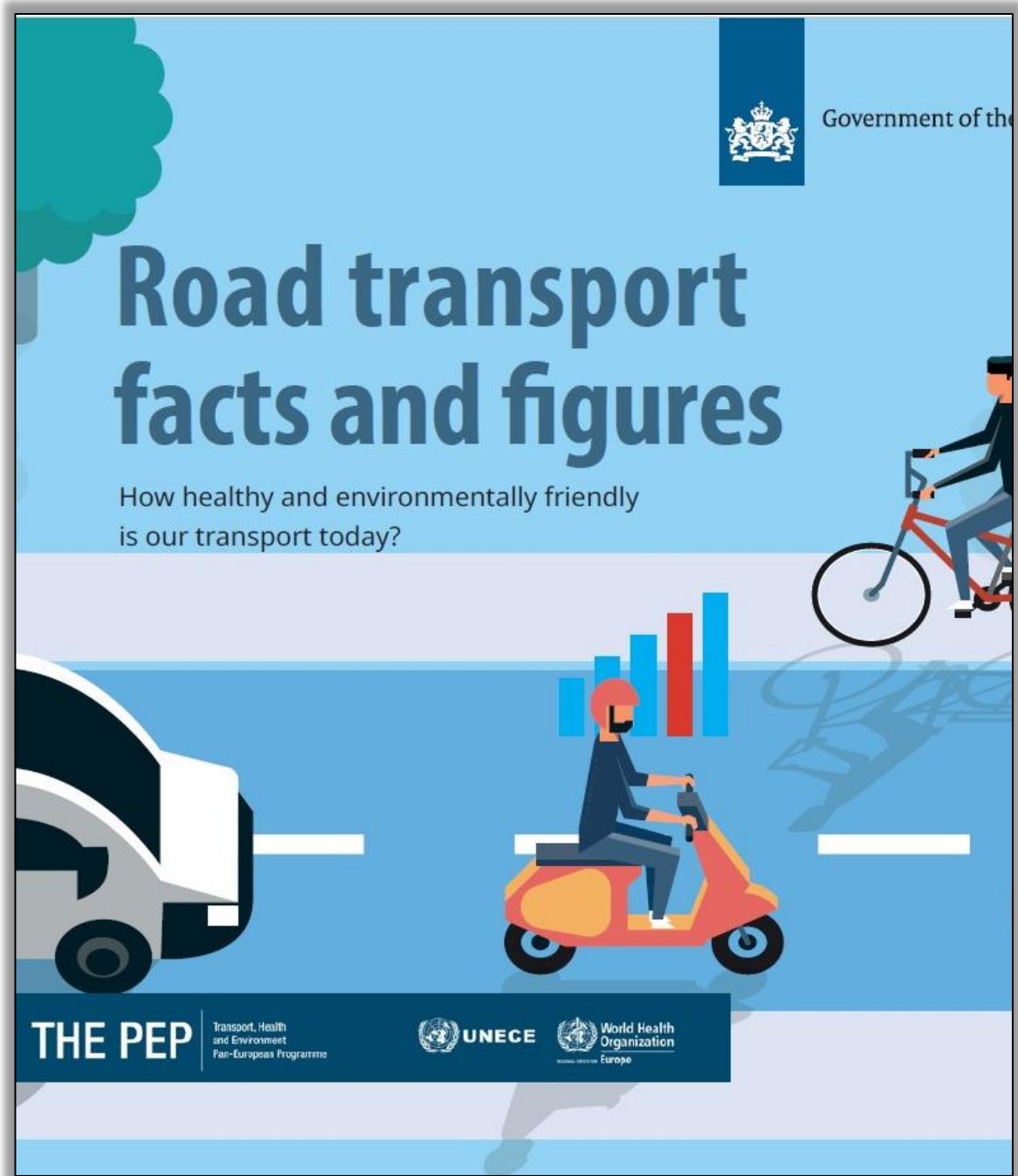
Transport, Health  
and Environment  
Pan-European Programme



## Road transport facts and figures: how healthy and environmentally friendly is our transport today?



<https://unece.org/info/publications/pub/376498>  
Available in English, French and Russian



## Making THE (Transport, Health and Environment) link:

Transport, Health and Environment Pan-European Programme and the Sustainable Development Goals



<https://apps.who.int/iris/handle/10665/342213>



## MAKING THE (TRANSPORT, HEALTH AND ENVIRONMENT) LINK

Transport, Health and Environment Pan-European Programme and the Sustainable Development Goals



# Health economic assessment tool – HEAT

Multisectoral Partnerships for Environment and Health Program

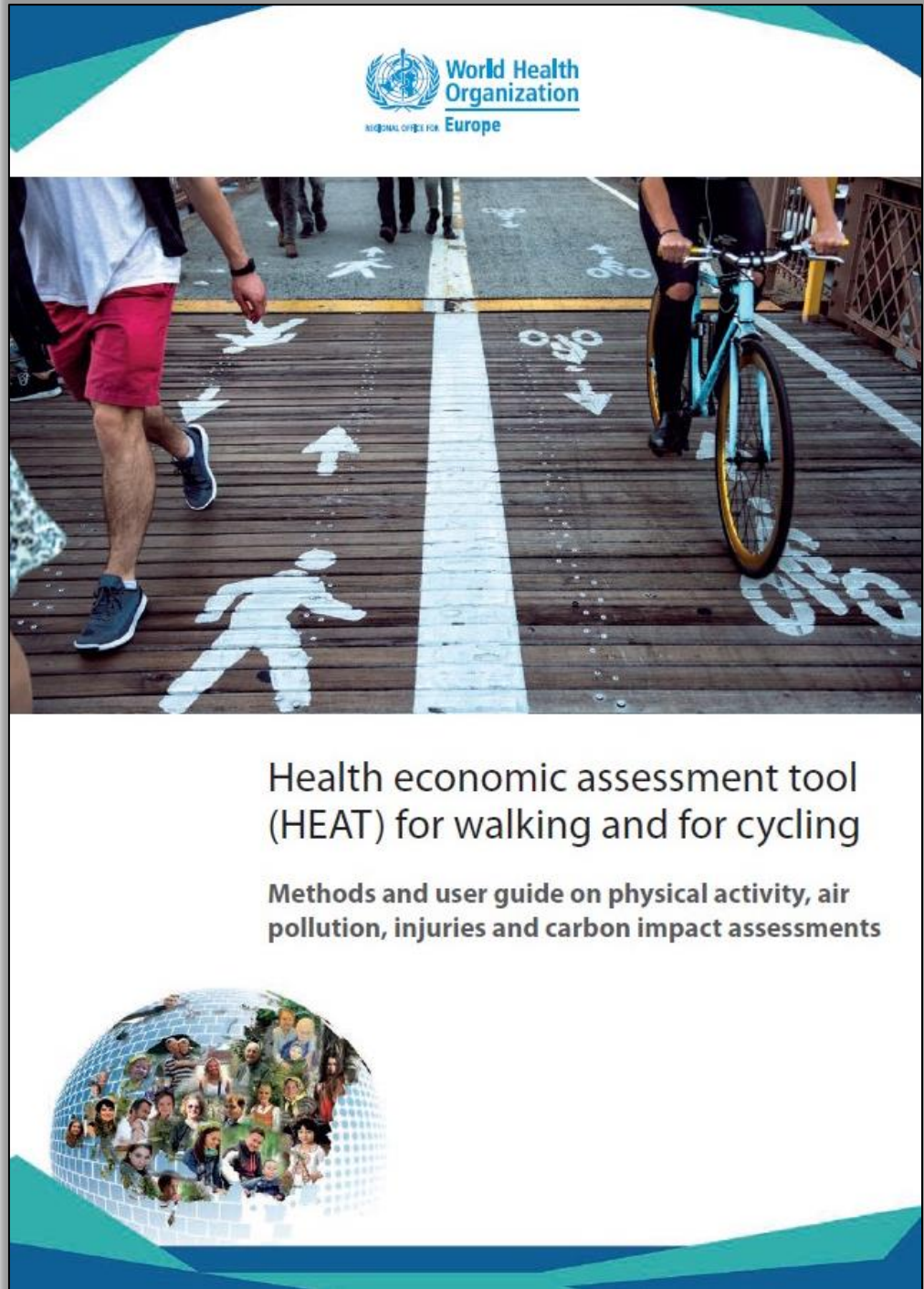


# Health economic assessment tool (HEAT) for walking and for cycling

Methods and user guide on physical activity, air pollution, injuries and carbon impact assessments



<https://apps.who.int/iris/handle/10665/344136>  
Available in English, French, German



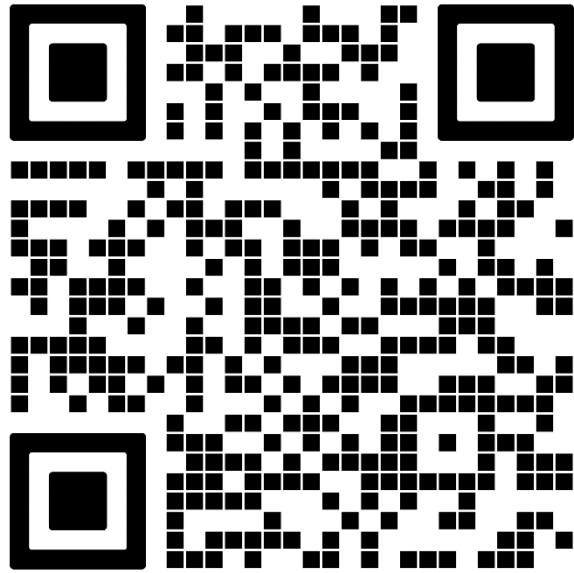
# Health impact assessment and health in environmental assessments

Environment and Health Impact Assessment Program

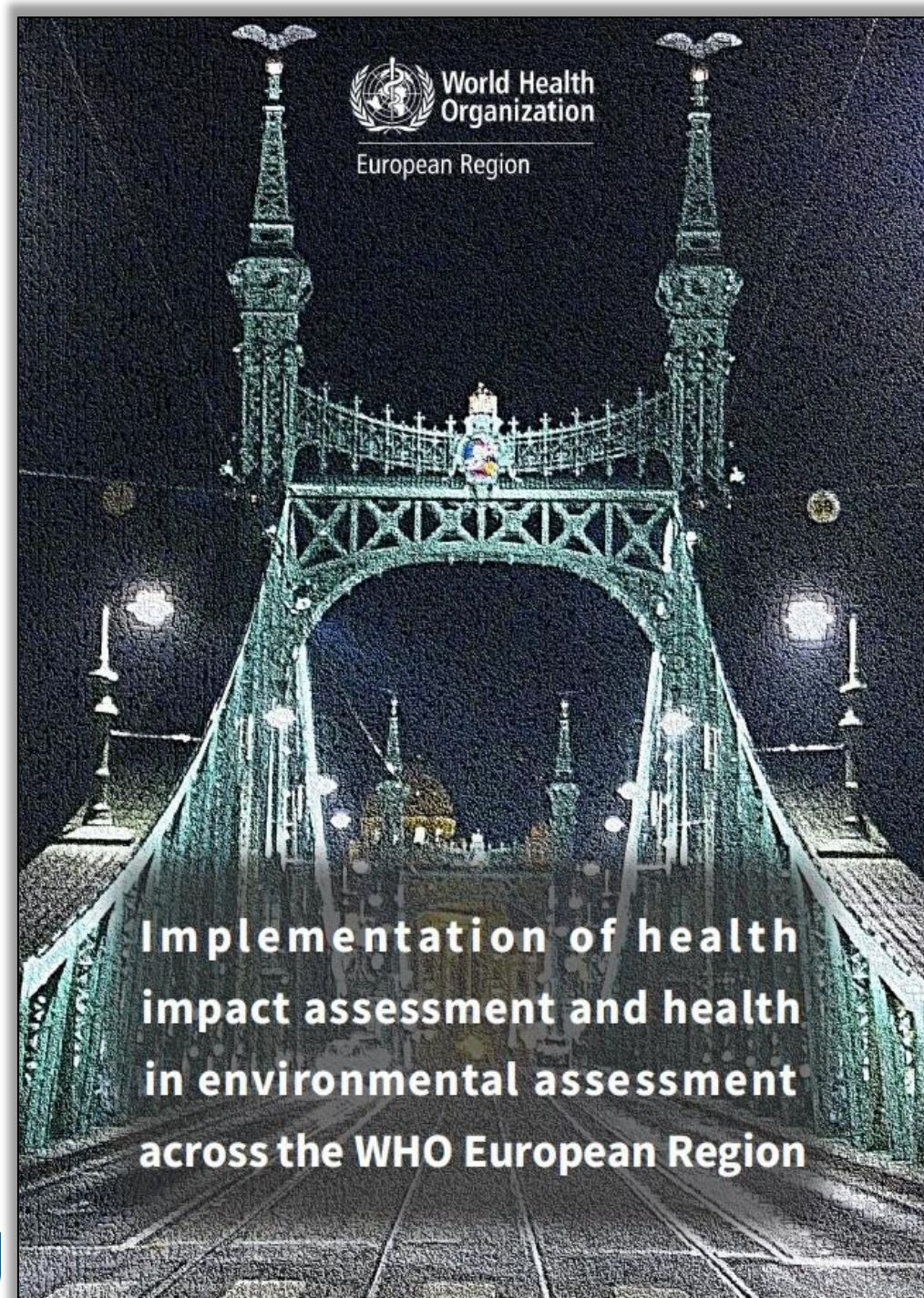


SEVENTH MINISTERIAL CONFERENCE  
ON ENVIRONMENT AND HEALTH

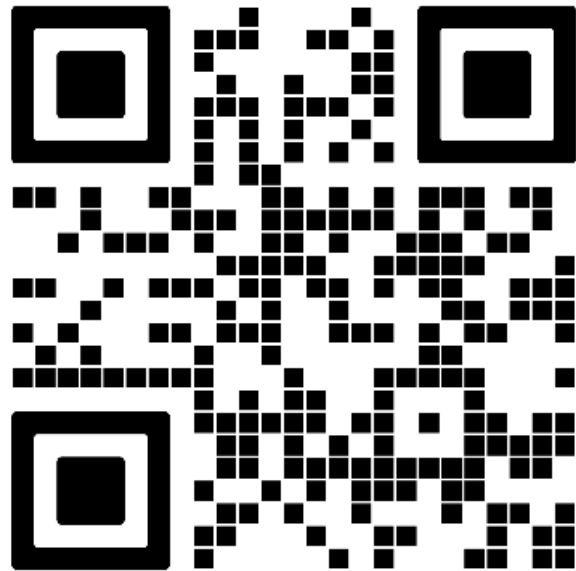
# Implementation of health impact assessment and health in environmental assessment across the WHO European Region



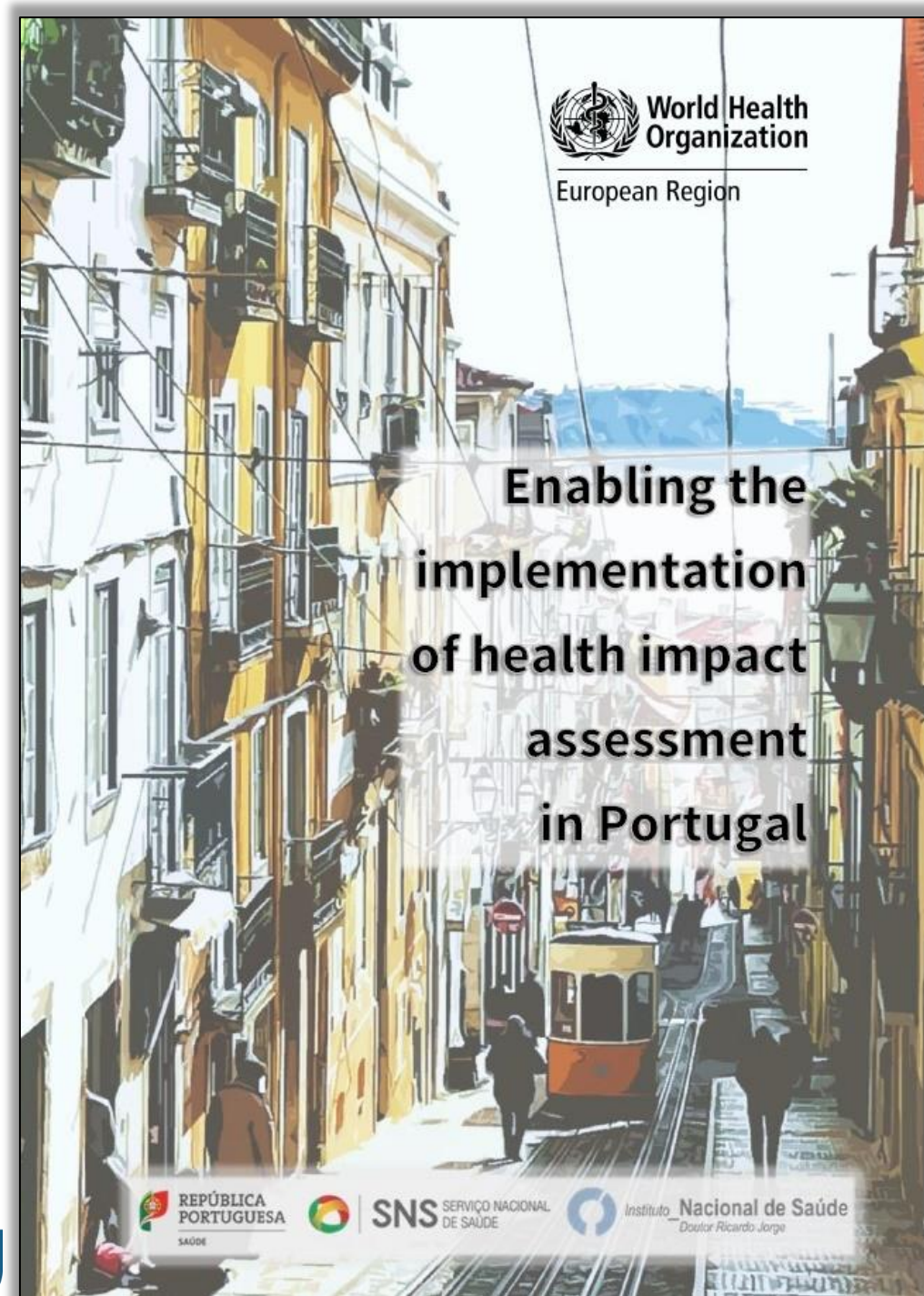
<https://apps.who.int/iris/handle/10665/368238>



## Enabling the implementation of health impact assessment in Portugal



<https://apps.who.int/iris/handle/10665/366708>





# Learning from practice. Case studies of health in strategic environmental assessment and environmental impact assessment across the WHO European Region



English: <https://apps.who.int/iris/handle/10665/353810>  
Russian: <https://apps.who.int/iris/handle/10665/362372>

## Learning from practice

Case studies of health in strategic environmental assessment and environmental impact assessment across the WHO European Region



## Learning from practice Executive summary



<https://apps.who.int/iris/handle/10665/351998>

Also available in: English, Estonian, French,  
Georgian, German, Russian

## Learning from practice

Case studies of health in strategic environmental assessment and environmental impact assessment across the WHO European Region

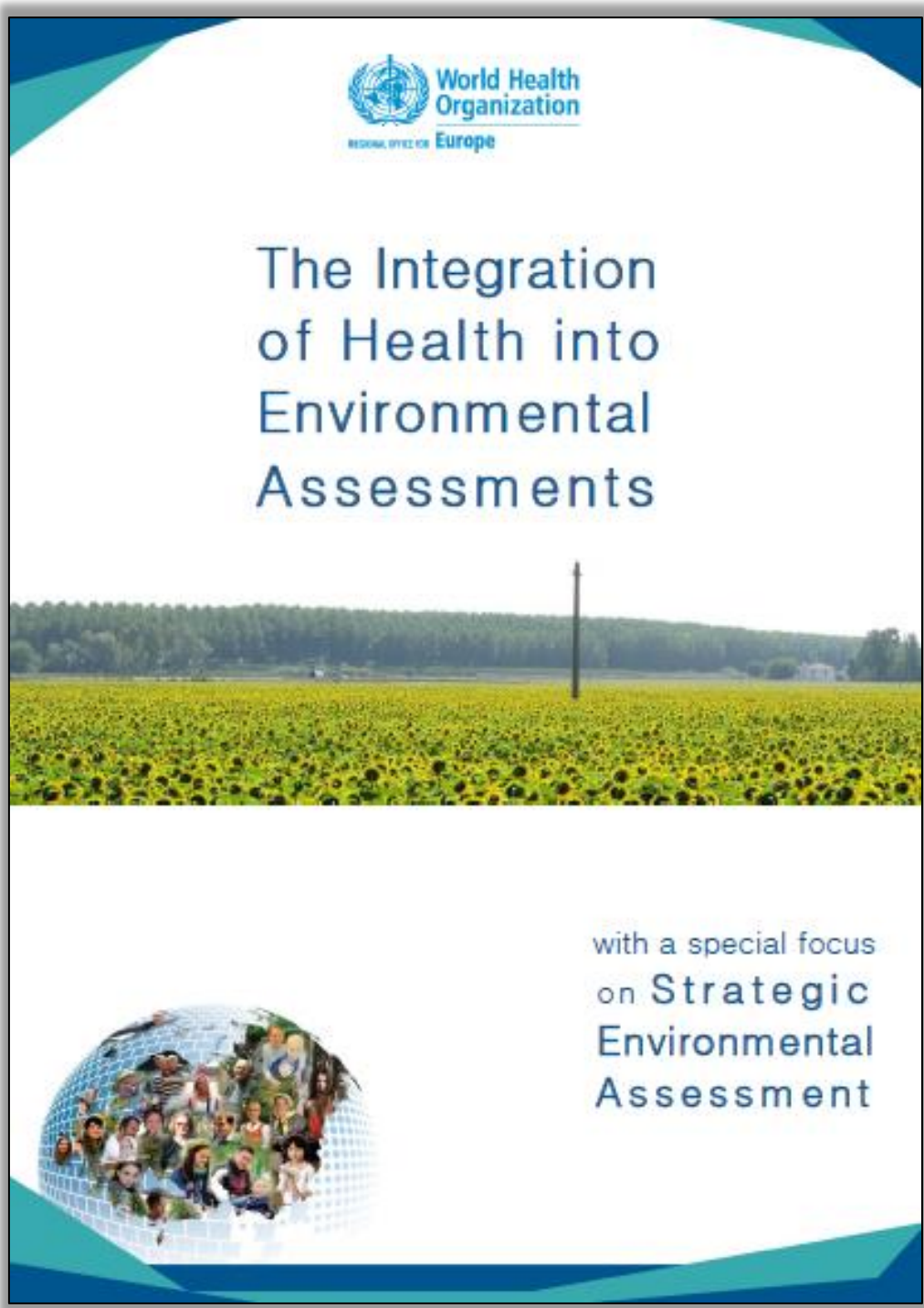
### Executive summary



# The integration of health into environmental assessments with a special focus on strategic environmental assessment



<https://apps.who.int/iris/handle/10665/345654>



# Urban planning, environment and health

Environment and Health Impact Assessment Program



SEVENTH MINISTERIAL CONFERENCE  
ON ENVIRONMENT AND HEALTH

# Urban planning for resilience and health: key messages.

## Summary report on protecting environment and health by building urban resilience.



English: <https://apps.who.int/iris/handle/10665/355760>  
Russian: <https://apps.who.int/iris/handle/10665/360449>

# Urban planning for resilience and health: key messages

Summary report on protecting environments and health  
by building urban resilience



# Urban planning, design and management approaches to building resilience – an evidence review.

## First report on protecting environments and health by building urban resilience.



<https://apps.who.int/iris/handle/10665/355761>

# Urban planning, design and management approaches to building resilience – an evidence review

First report on protecting environments and health by building urban resilience



# Urban planning for health – experiences of building resilience in 12 cities.

Second report on protecting environments and  
health by building urban resilience



<https://apps.who.int/iris/handle/10665/355762>

# Urban planning for health – experiences of building resilience in 12 cities

Second report on protecting environments and health  
by building urban resilience



# Review of indicator frameworks supporting urban planning for resilience and health.

## Third report on protecting environments and health by building urban resilience



<https://apps.who.int/iris/handle/10665/355763>

# Review of indicator frameworks supporting urban planning for resilience and health

Third report on protecting environments and health  
by building urban resilience



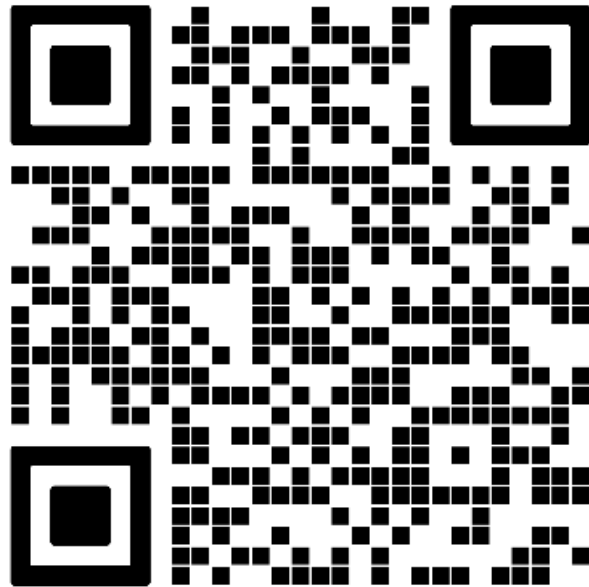


# Urban green and blue spaces

Environment and Health Impact Assessment Program



## Assessing the value of urban green and blue spaces for health and well-being



<https://apps.who.int/iris/handle/10665/367630>

## Assessing the value of urban green and blue spaces for health and well-being



## Urban green spaces: a brief for action



<https://apps.who.int/iris/handle/10665/344116>

Also available in: 日本語 and Russian



# Nature, biodiversity and health

Environment and Health Impact Assessment Program



SEVENTH MINISTERIAL CONFERENCE  
ON ENVIRONMENT AND HEALTH

## Nature, biodiversity and health: an overview of interconnections



<https://apps.who.int/iris/handle/10665/341376>

Also available in: Romanian, Russian, Spanish and Turkish

## Nature, Biodiversity and Health: AN OVERVIEW OF INTERCONNECTIONS



# One Health

## Environment and Health Impact Assessment Program



## A health perspective on the role of the environment in One Health



English: <https://apps.who.int/iris/handle/10665/354574>  
Russian: <https://apps.who.int/iris/handle/10665/359007>

## A health perspective on the role of the environment in One Health



# Risk communication in environment and health

Environment and Health Impact Assessment Program



SEVENTH MINISTERIAL CONFERENCE  
ON ENVIRONMENT AND HEALTH



## Effective risk communication for environment and health: a strategic report on recent trends, theories and concepts



<https://apps.who.int/iris/handle/10665/349338>  
Also available in French, German and Russian

## EFFECTIVE RISK COMMUNICATION FOR ENVIRONMENT AND HEALTH

A strategic report on recent trends, theories and concepts



# Health, circular economy and waste management

Environment and Health Impact Assessment Program



SEVENTH MINISTERIAL CONFERENCE  
ON ENVIRONMENT AND HEALTH

## Assessing the health impacts of waste management in the context of the circular economy



<https://apps.who.int/iris/handle/10665/366667>

## Assessing the health impacts of waste management in the context of the circular economy



## Economics of the health implications of waste management in the context of a circular economy



<https://apps.who.int/iris/handle/10665/365579>

Economics of the health implications of waste management in the context of a circular economy



## Circular economy and health: opportunities and risks



English: <https://apps.who.int/iris/handle/10665/342218>

Russian: <https://apps.who.int/iris/handle/10665/346160>

## CIRCULAR ECONOMY AND HEALTH: OPPORTUNITIES AND RISKS



## Assessing the health impacts of a circular economy



<https://apps.who.int/iris/handle/10665/346114>



ASSESSING THE  
HEALTH IMPACTS  
OF A CIRCULAR  
ECONOMY



# Contaminated sites and health

Environment and Health Impact Assessment Program



SEVENTH MINISTERIAL CONFERENCE  
ON ENVIRONMENT AND HEALTH

## Protecting health through urban redevelopment of contaminated sites: planning brief



English: <https://apps.who.int/iris/handle/10665/349922>  
Also available in Czech, French, Georgian, German, Russian

## Protecting health through urban redevelopment of contaminated sites

A planning brief





# Urban redevelopment of contaminated sites: a review of scientific evidence and practical knowledge on environmental and health issues



<https://apps.who.int/iris/handle/10665/340944>

## Urban redevelopment of contaminated sites

A review of scientific evidence  
and practical knowledge on  
environmental and health issues



# Water, sanitation and hygiene

Programme on Water and Climate



SEVENTH MINISTERIAL CONFERENCE  
ON ENVIRONMENT AND HEALTH

## Water, sanitation, hygiene and health: policy brief



<https://apps.who.int/iris/handle/10665/359559>

Также доступно на русском языке



Policy brief

# Water, sanitation, hygiene and health

## Protocol on Water and Health and the 2030 Agenda: a practical guide for joint implementation



<https://apps.who.int/iris/handle/10665/329547>

Also available in French

UNECE

## Protocol on Water and Health and the 2030 Agenda: A Practical Guide for Joint Implementation



## The Protocol on Water and Health: driving action on water, sanitation, hygiene and health



<https://unece.org/environment-policy/publications/protocol-water-and-health-driving-action-water-sanitation-hygiene>

Также доступно на русском языке

UNECE

## The Protocol on Water and Health

Driving action on water,  
sanitation, hygiene and health



## Drinking-water, sanitation and hygiene in the WHO European Region: highlights and progress towards achieving Sustainable Development Goal 6



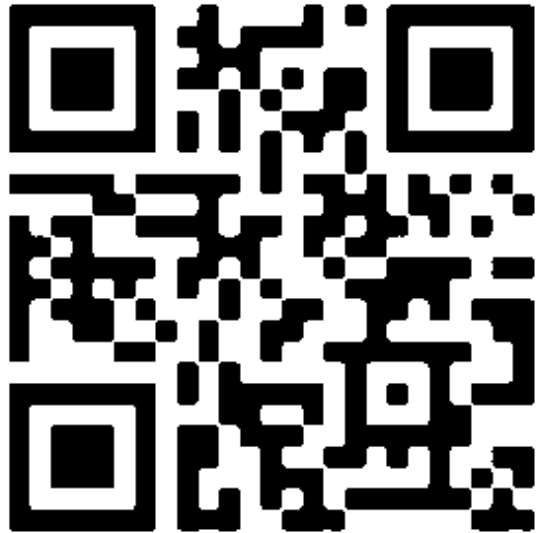
<https://apps.who.int/iris/handle/10665/360428>

Также доступно на русском языке

**DRINKING-WATER,  
SANITATION AND HYGIENE  
IN THE WHO EUROPEAN REGION:  
HIGHLIGHTS AND PROGRESS  
TOWARDS ACHIEVING SUSTAINABLE  
DEVELOPMENT GOAL 6**



## Delivering safe sanitation for all: areas for action to improve the situation in the pan-European region



<https://apps.who.int/iris/handle/10665/363512>

Также доступно на русском языке

## DELIVERING SAFE SANITATION FOR ALL

### AREAS FOR ACTION TO IMPROVE THE SITUATION IN THE PAN-EUROPEAN REGION

## Wastewater surveillance of SARS-CoV-2: questions and answers (Q&A)



<https://apps.who.int/iris/handle/10665/353058>

# Wastewater surveillance of SARS-CoV-2

Questions and  
answers (Q&A)



## Strengthening drinking-water surveillance using risk-based approaches



<https://apps.who.int/iris/handle/10665/329396>

Также доступно на русском языке

## STRENGTHENING DRINKING-WATER SURVEILLANCE USING RISK-BASED APPROACHES

## Surveillance and outbreak management of water-related infectious diseases associated with water-supply systems



<https://apps.who.int/iris/handle/10665/329403>

Также доступно на русском языке

## SURVEILLANCE AND OUTBREAK MANAGEMENT OF WATER-RELATED INFECTIOUS DISEASES ASSOCIATED WITH WATER-SUPPLY SYSTEMS

# Small-scale water supply and sanitation services

Water and Climate Program



## A field guide to improving small drinking-water supplies: water safety planning for rural communities



<https://apps.who.int/iris/handle/10665/363510>

Также доступно на русском языке

## A field guide to improving small drinking-water supplies: water safety planning for rural communities



## Costing and financing of small-scale water supply and sanitation services



<https://apps.who.int/iris/handle/10665/331843>

Также доступно на русском языке

## Costing and financing of small-scale water supply and sanitation services



# Water, sanitation and hygiene in institutional settings

Water and Climate Program



SEVENTH MINISTERIAL CONFERENCE  
ON ENVIRONMENT AND HEALTH

## Surveillance of water, sanitation and hygiene in schools: a practical tool



<https://apps.who.int/iris/handle/10665/329394>

Также доступно на русском языке



Surveillance of water,  
sanitation and hygiene  
in schools  
A practical tool

## Improving health and learning through better water, sanitation and hygiene in schools: an information package for school staff



<https://apps.who.int/iris/handle/10665/329531>

Также доступно на русском языке



Improving health  
and learning through  
better water, sanitation  
and hygiene in  
schools



AN INFORMATION PACKAGE FOR SCHOOL STAFF



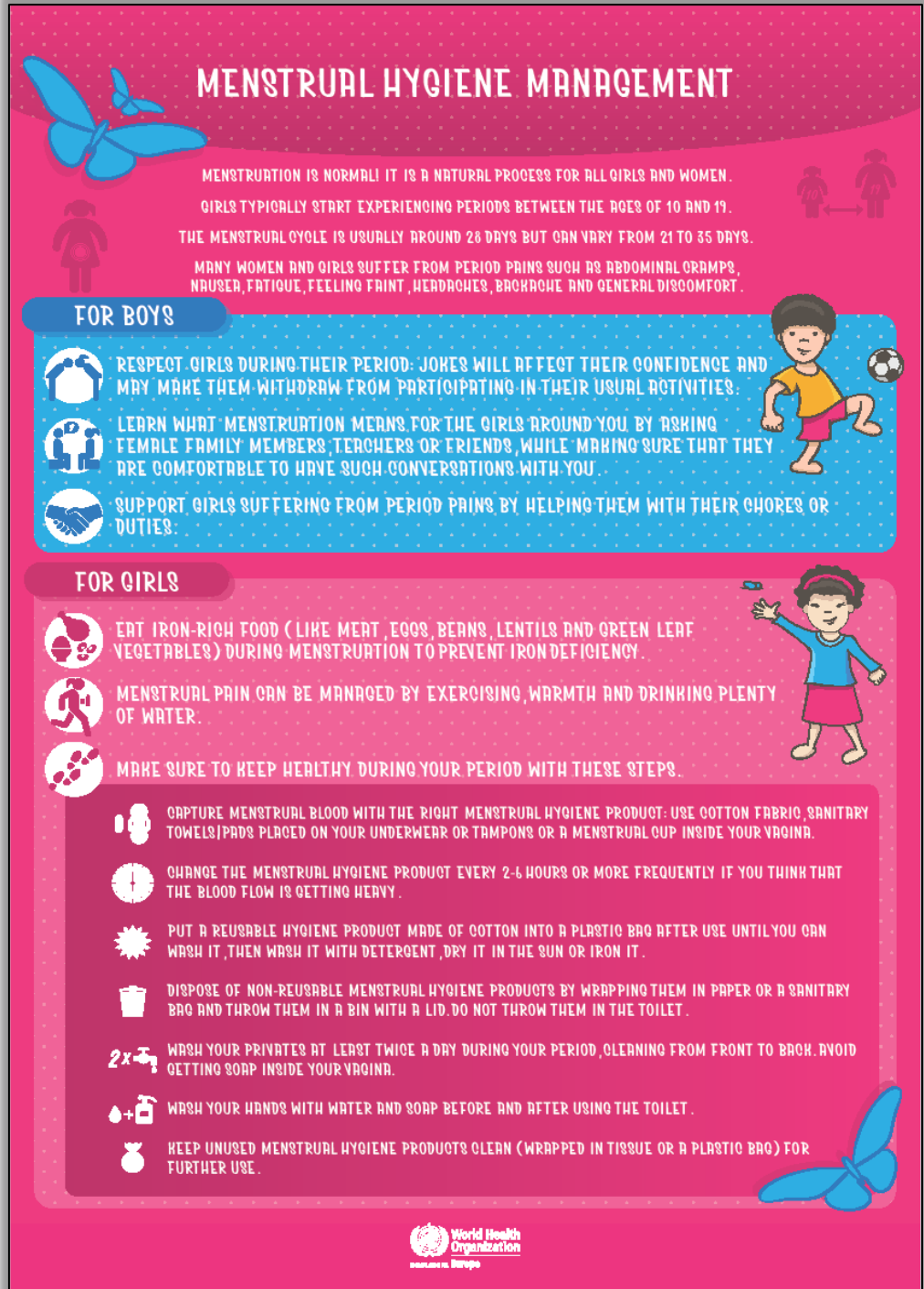


## Poster series on WASH in schools for pupils



<https://who.canto.global/s/GQQMN?viewIndex=0>

Также доступно на русском языке  
Also available in French and German



### MENSTRUAL HYGIENE MANAGEMENT

MENSTRUATION IS NORMAL! IT IS A NATURAL PROCESS FOR ALL GIRLS AND WOMEN.  
GIRLS TYPICALLY START EXPERIENCING PERIODS BETWEEN THE AGES OF 10 AND 19.  
THE MENSTRUAL CYCLE IS USUALLY AROUND 28 DAYS BUT CAN VARY FROM 21 TO 35 DAYS.  
MANY WOMEN AND GIRLS SUFFER FROM PERIOD PAINS SUCH AS ABDOMINAL CRAMPS, NAUSEA, FATIGUE, FEELING FRANT, HEADACHES, BACKACHE AND GENERAL DISCOMFORT.

#### FOR BOYS

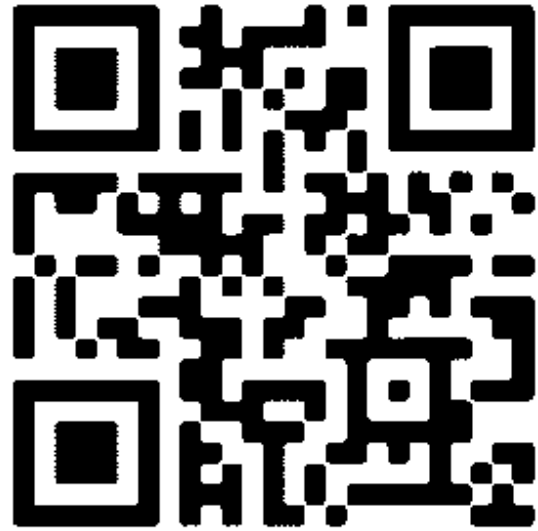
- RESPECT GIRLS DURING THEIR PERIOD. JOKES WILL AFFECT THEIR CONFIDENCE AND MAY MAKE THEM WITHDRAW FROM PARTICIPATING IN THEIR USUAL ACTIVITIES.
- LEARN WHAT MENSTRUATION MEANS FOR THE GIRLS AROUND YOU BY ASKING FEMALE FAMILY MEMBERS, TEACHERS OR FRIENDS, WHILE MAKING SURE THAT THEY ARE COMFORTABLE TO HAVE SUCH CONVERSATIONS WITH YOU.
- SUPPORT GIRLS SUFFERING FROM PERIOD PAINS BY HELPING THEM WITH THEIR CHORES OR DUTIES.

#### FOR GIRLS

- EAT IRON-RICH FOOD (LIKE MEAT, EGGS, BEANS, LENTILS AND GREEN LEAF VEGETABLES) DURING MENSTRUATION TO PREVENT IRON DEFICIENCY.
- MENSTRUAL PAIN CAN BE MANAGED BY EXERCISING, WARMTH AND DRINKING PLENTY OF WATER.
- MAKE SURE TO KEEP HEALTHY DURING YOUR PERIOD WITH THESE STEPS.
  - CAPTURE MENSTRUAL BLOOD WITH THE RIGHT MENSTRUAL HYGIENE PRODUCT: USE COTTON FABRIC SANITARY TOWELS/PADS PLACED ON YOUR UNDERWEAR OR TAMPONS OR A MENSTRUAL CUP INSIDE YOUR VAGINA.
  - CHANGE THE MENSTRUAL HYGIENE PRODUCT EVERY 2-6 HOURS OR MORE FREQUENTLY IF YOU THINK THAT THE BLOOD FLOW IS GETTING HEAVY.
  - PUT A REUSABLE HYGIENE PRODUCT MADE OF COTTON INTO A PLASTIC BAG AFTER USE UNTIL YOU CAN WASH IT, THEN WASH IT WITH DETERGENT, DRY IT IN THE SUN OR IRON IT.
  - DISPOSE OF NON-REUSABLE MENSTRUAL HYGIENE PRODUCTS BY WRAPPING THEM IN PAPER OR A SANITARY BAG AND THROW THEM IN A BIN WITH A LID. DO NOT THROW THEM IN THE TOILET.
  - WASH YOUR PRIVATES AT LEAST TWICE A DAY DURING YOUR PERIOD, CLEANING FROM FRONT TO BACK. AVOID GETTING SOAP INSIDE YOUR VAGINA.
  - WASH YOUR HANDS WITH WATER AND SOAP BEFORE AND AFTER USING THE TOILET.
  - KEEP UNUSED MENSTRUAL HYGIENE PRODUCTS CLEAN (WRAPPED IN TISSUE OR A PLASTIC BAG) FOR FURTHER USE.

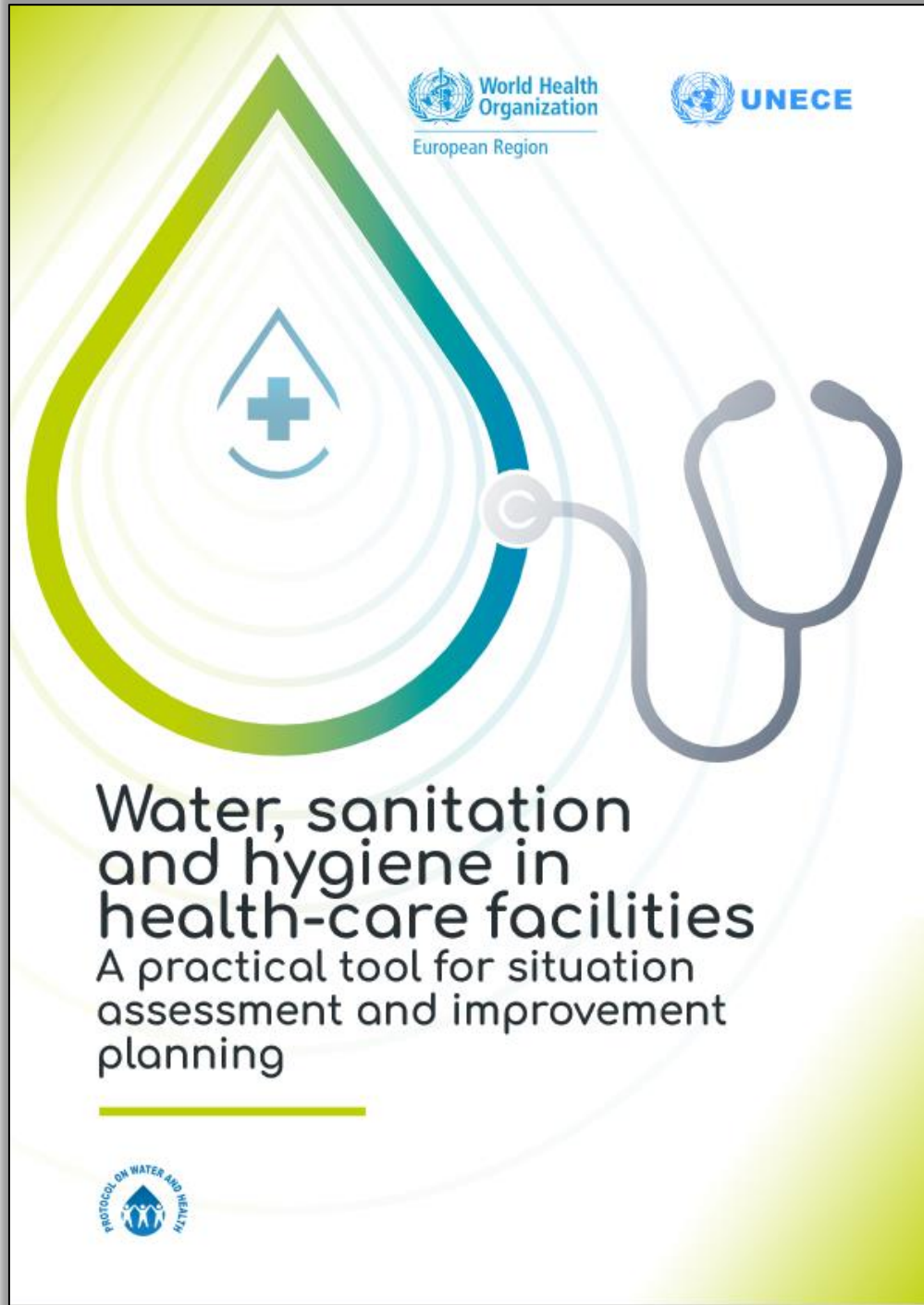


## Water, sanitation and hygiene in health-care facilities: a practical tool for situation assessment and improvement planning



<https://apps.who.int/iris/handle/10665/363511>

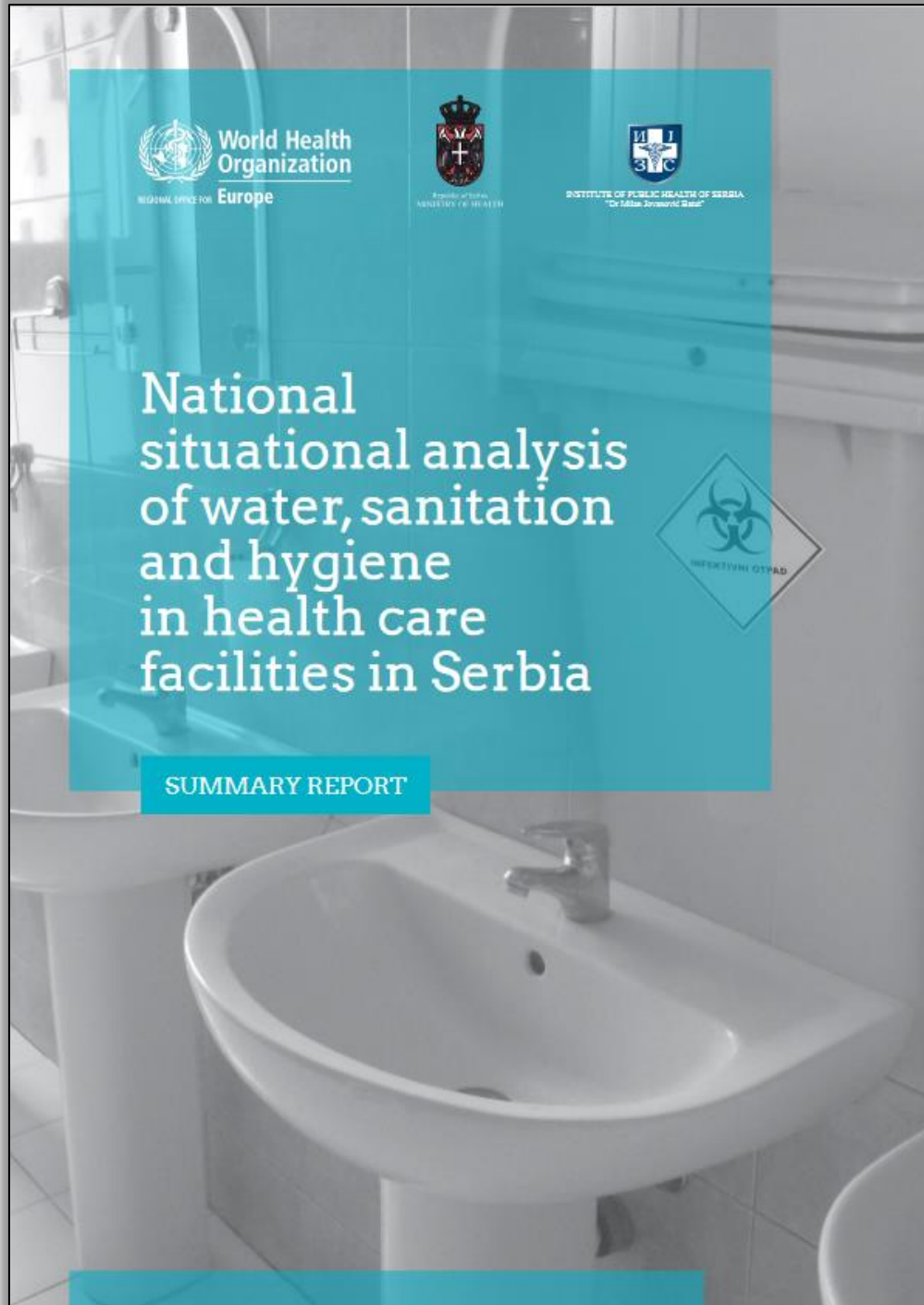
Также доступно на русском языке



# National situational analysis of water, sanitation and hygiene in health care facilities in Serbia: summary report



<https://apps.who.int/iris/handle/10665/354708>



# Climate change and health

Water and Climate Program



SEVENTH MINISTERIAL CONFERENCE  
ON ENVIRONMENT AND HEALTH

## Health and climate action: policy brief



<https://apps.who.int/iris/handle/10665/345528>

Также доступно на русском языке






### HEALTH AND CLIMATE ACTION

#### POLICY BRIEF

**Key messages**

Taking action on one SDG gets results in others: health runs through every SDG.

|                                 |                                                                  |
|---------------------------------|------------------------------------------------------------------|
| 3<br>GOOD HEALTH AND WELL-BEING | ENSURE HEALTHY LIVES AND PROMOTE WELL-BEING FOR ALL AT ALL AGES. |
| 13<br>CLIMATE ACTION            | TAKE URGENT ACTION TO COMBAT CLIMATE CHANGE AND ITS IMPACTS.*    |

*Climate change is already having a serious impact on human lives and health. It threatens the basic elements we all need for good health – clean air, safe drinking water, nutritious food supply and safe shelter – and will undermine decades of progress in global health. We can't afford to delay action any further.*

Dr Tedros Adhanom Ghebreyesus, Director-General of WHO (1)

- Climate change has led to changes in the frequency and intensity of extreme weather events, rising sea levels and changing patterns in infectious disease distribution. These are projected to continue for many decades to come, with further impacts on people and ecosystems (2–4).
- Climate change is projected to lead to an increase in migration, conflicts over natural resources and political instability, thus impacting the economic, environmental and social determinants of health.
- The level of effects on population health will be dependent on people's level of exposure; their personal characteristics, such as age, education, income and health status; and their access to services, including health, social and communication services.
- There is no time to lose. Greenhouse gas emissions must be cut to almost half by 2030 to avert significant global consequences for society and the planet. Reducing emissions to limit further temperature increases to 1.5 °C above pre-industrial levels is still possible, but substantial scaling-up of technological, economic, institutional and behavioural changes are necessary.
- Reducing greenhouse gas emissions can provide immediate benefits for health, the economy and society by saving lives, reducing diseases and increasing societal well-being (2). The cost savings of the health cobenefits achieved by policies to cut greenhouse gas emissions are substantial (5,6).



\* Acknowledging that the United Nations Framework Convention on Climate Change is the primary international, intergovernmental forum for negotiating the global response to climate change.

## Zero regrets: scaling up action on climate change mitigation and adaptation for health in the WHO European Region (second edition)



<https://apps.who.int/iris/handle/10665/368161>

Также доступно на русском языке

## ZERO REGRETS

Scaling up action  
on climate change  
mitigation and adaptation  
for health in the  
WHO European Region  
Second edition

Key messages from the  
Working Group on Health  
in Climate Change



## Heat and health in the WHO European Region: updated evidence for effective prevention



<https://apps.who.int/iris/handle/10665/339462>

Также доступно на русском языке

Heat and health  
in the WHO  
European Region:

updated evidence for  
effective prevention



## Flooding: managing health risks in the WHO European Region



<https://apps.who.int/iris/handle/10665/329518>

Также доступно на русском языке

Auch in Deutsch verfügbar



World Health  
Organization  
REGIONAL OFFICE FOR  
Europe

## FLOODING: MANAGING HEALTH RISKS IN THE WHO EUROPEAN REGION





# Air Quality Guidelines

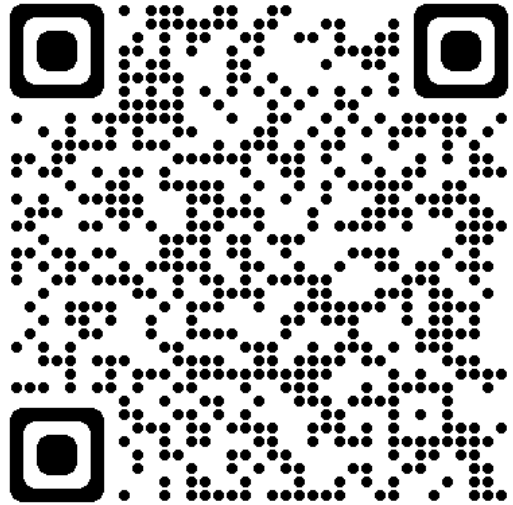
Living and Working Environment programme



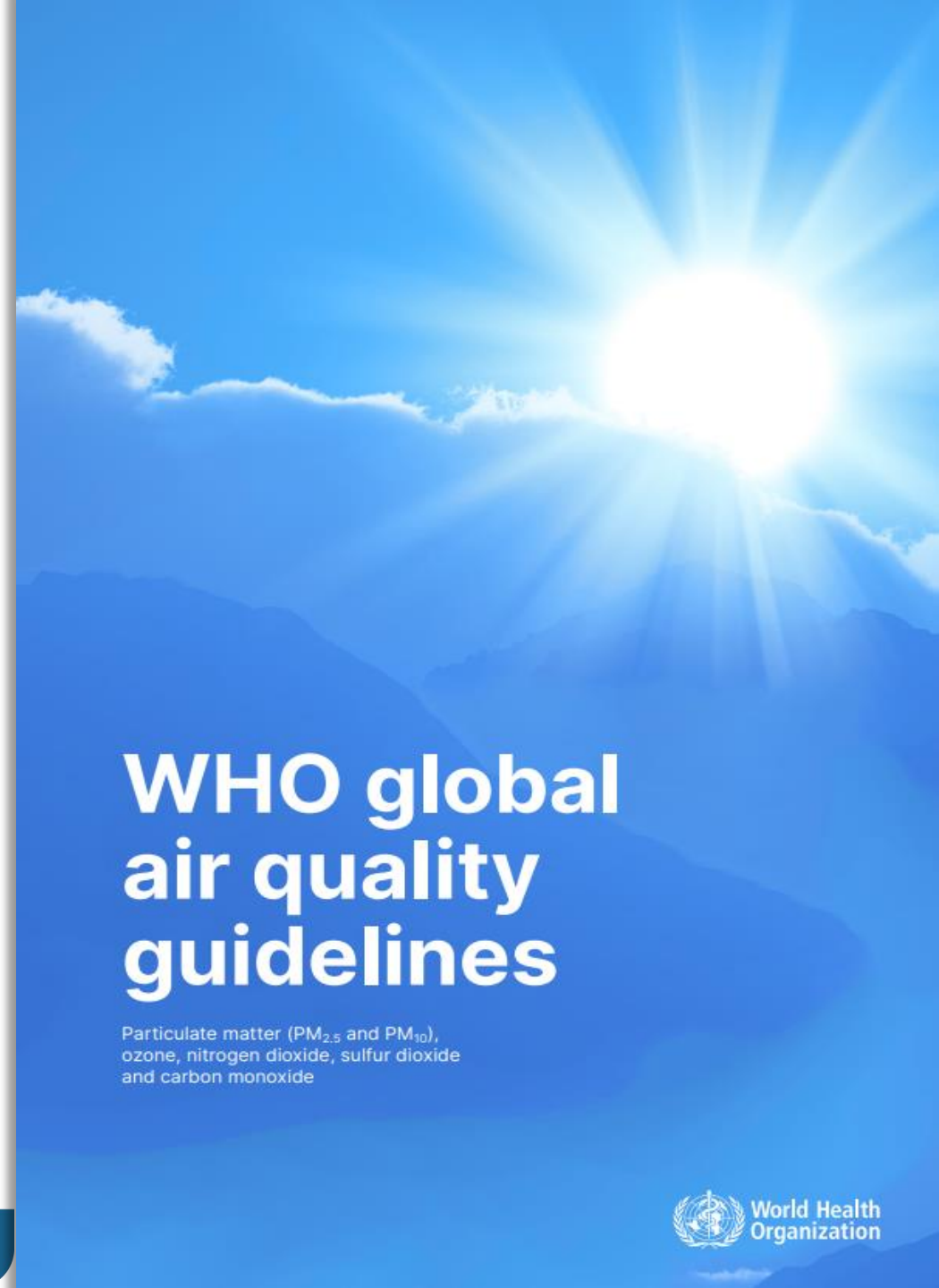
SEVENTH MINISTERIAL CONFERENCE  
ON ENVIRONMENT AND HEALTH

## WHO global quality guidelines

Particulate matter, ozone, nitrogen dioxide, sulfur dioxide and carbon monoxide



<https://apps.who.int/iris/handle/10665/345329>



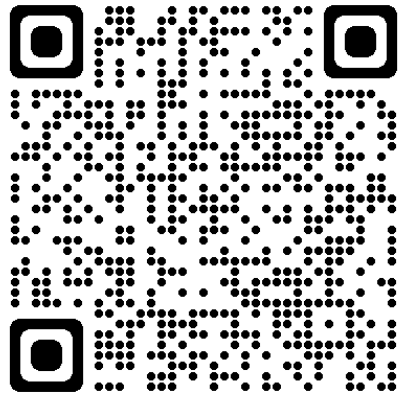
# WHO global air quality guidelines

Particulate matter (PM<sub>2.5</sub> and PM<sub>10</sub>),  
ozone, nitrogen dioxide, sulfur dioxide  
and carbon monoxide



## WHO global air quality guidelines

Particulate matter, ozone, nitrogen dioxide, sulfur dioxide and  
carbon monoxide  
Executive summary



English

Français

Русский

Deutsch

Also available in

Español čeština Italiano Polski Português български Српски Română

<https://apps.who.int/iris/handle/10665/345334>

# WHO global air quality guidelines

Particulate matter (PM<sub>2.5</sub> and PM<sub>10</sub>),  
ozone, nitrogen dioxide, sulfur dioxide  
and carbon monoxide

Executive summary



# Air Quality tools

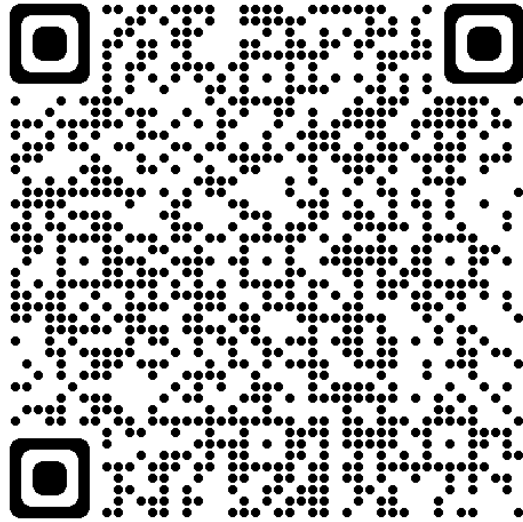
Living and Working Environment programme



SEVENTH MINISTERIAL CONFERENCE  
ON ENVIRONMENT AND HEALTH

# AirQ+

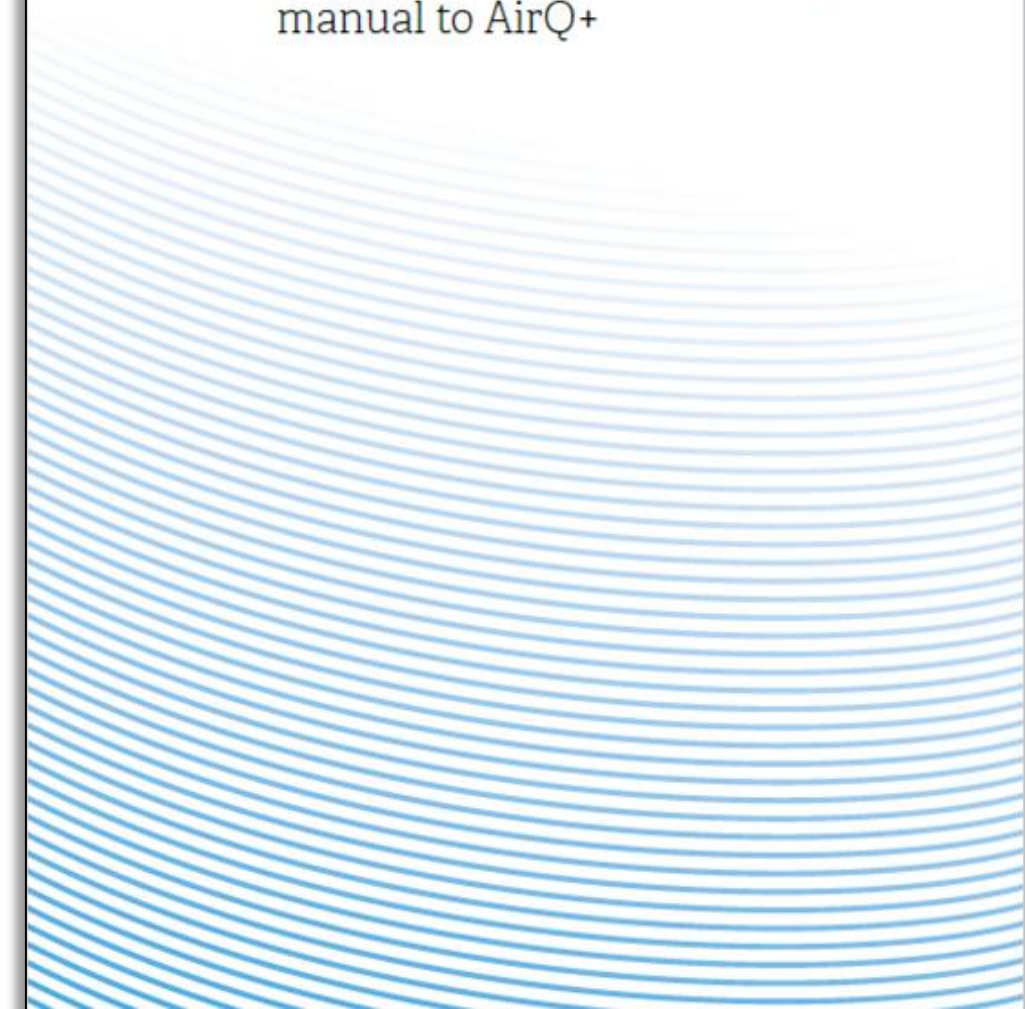
## Software tool for health risk assessment of air pollution



English   Français   Русский   Deutsch

<https://www.who.int/europe/tools-and-toolkits/airq---software-tool-for-health-risk-assessment-of-air-pollution>

Health impact assessment  
of air pollution: introductory  
manual to AirQ+



# CLIMAQ-H

## Climate change Mitigation, Air Quality and Health



<https://apps.who.int/iris/handle/10665/370318>

# Achieving health benefits from carbon reductions

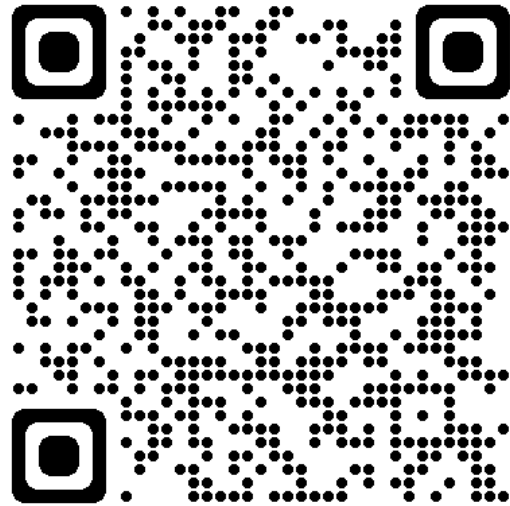
Manual for the climate  
change mitigation, air quality  
and health tool

CLIMAQ-H

Version 1.0.



## Green and blue spaces and mental health: new evidence and perspectives for action



English <https://apps.who.int/iris/handle/10665/342931>  
Russian: <https://apps.who.int/iris/handle/10665/351685>

## Green and Blue Spaces and Mental Health

New Evidence  
and Perspectives for Action



# Air quality

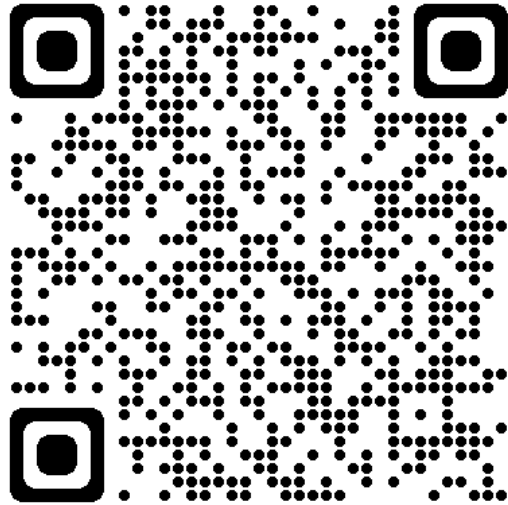
Living and Working Environment programme



SEVENTH MINISTERIAL CONFERENCE  
ON ENVIRONMENT AND HEALTH



# Risk communication of ambient air pollution in the WHO European Region: Review of air quality indexes and lessons learned



English: <https://apps.who.int/iris/handle/10665/365787>  
Russian: <https://apps.who.int/iris/handle/10665/365968>

per la lettura dei file PDF?

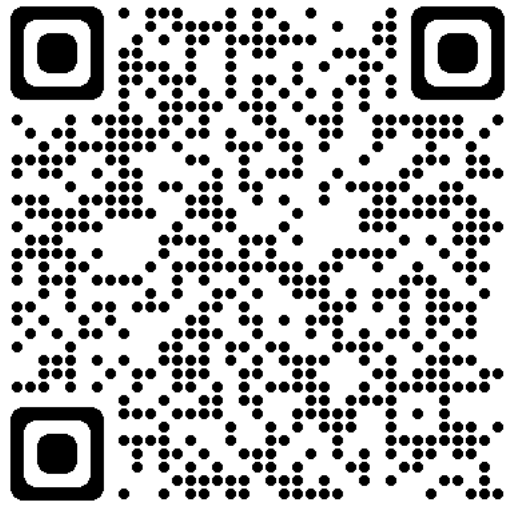
Imposta come predefinito

## Risk communication of ambient air pollution in the WHO European Region Review of air quality indexes and lessons learned

Kevin Cromar, Noussair Lazrak



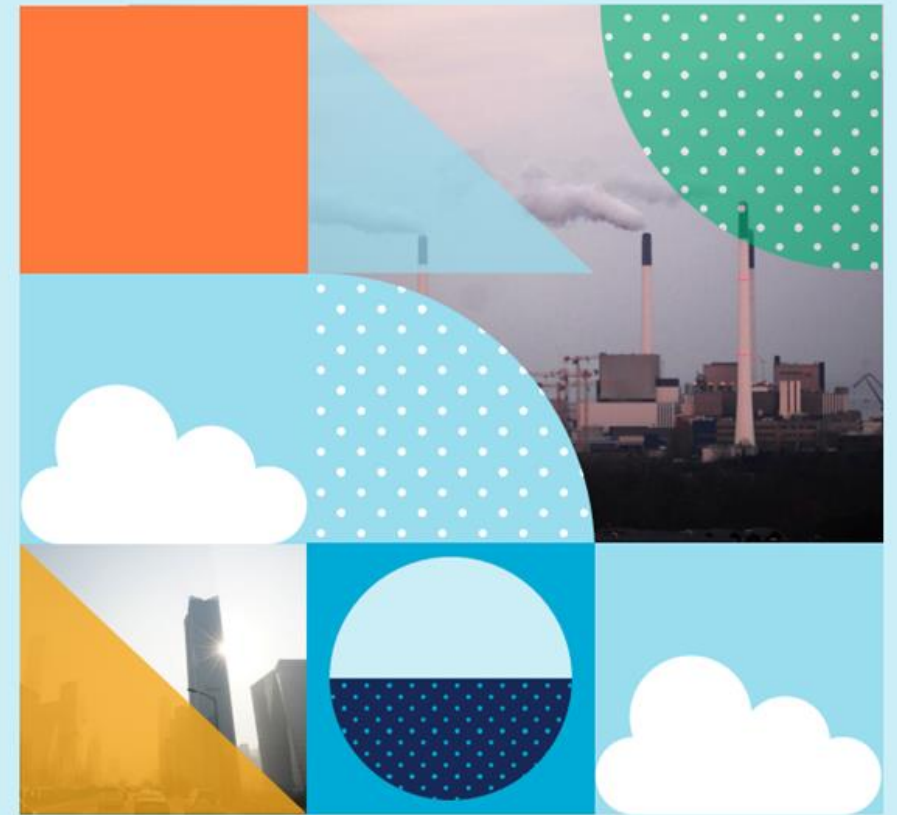
# Protecting health through ambient air quality management: a resource package for the WHO European Region



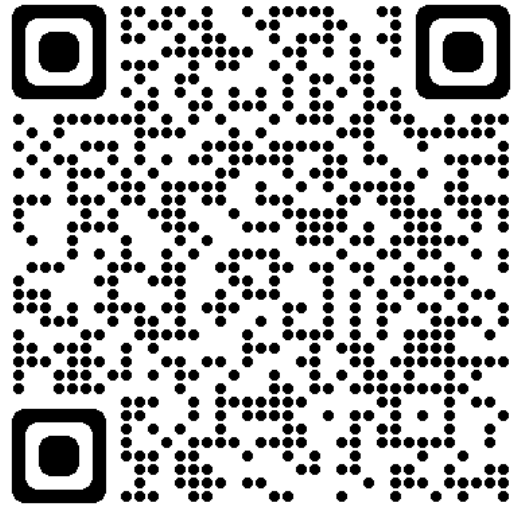
<https://apps.who.int/iris/handle/10665/366687>

## Protecting health through ambient air quality management

A resource package for the WHO European Region



## Human health effects of polycyclic aromatic hydrocarbons as ambient air pollutants



<https://apps.who.int/iris/handle/10665/350636>

## Human health effects of polycyclic aromatic hydrocarbons as ambient air pollutants

Report of the Working Group on  
Polycyclic Aromatic Hydrocarbons  
of the Joint Task Force on the  
Health Aspects of Air Pollution



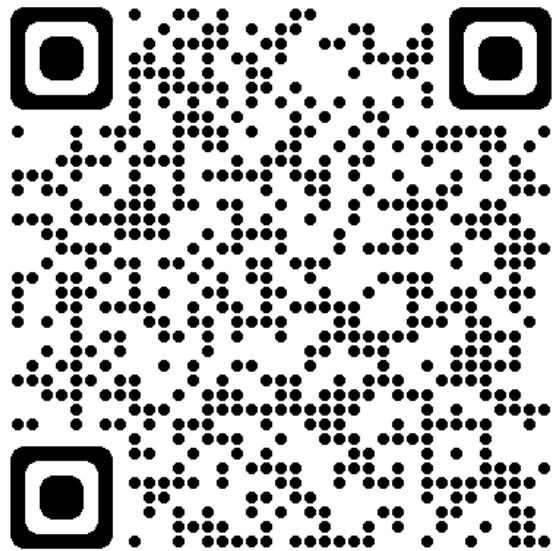
# Noise

Living and Working Environment programme



SEVENTH MINISTERIAL CONFERENCE  
ON ENVIRONMENT AND HEALTH

## Environmental noise guidelines for the European Region



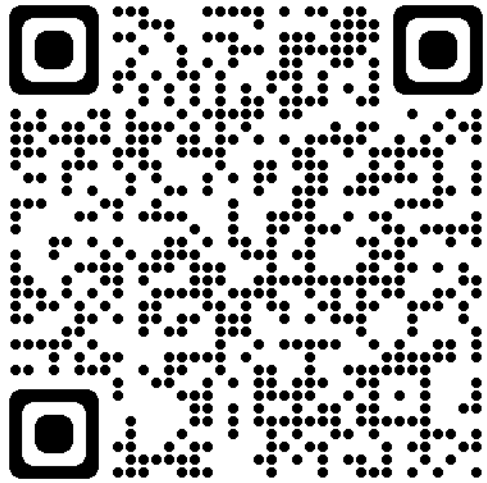
<https://apps.who.int/iris/handle/10665/279952>



## ENVIRONMENTAL **NOISE** GUIDELINES for the European Region



## Environmental noise guidelines for the European Region. Executive summary



- English
- Français
- Русский
- Deutsch

English: <https://apps.who.int/iris/handle/10665/343936>  
French <https://apps.who.int/iris/handle/10665/343937>  
German <https://apps.who.int/iris/handle/10665/343938>  
Russian <https://apps.who.int/iris/handle/10665/343964>

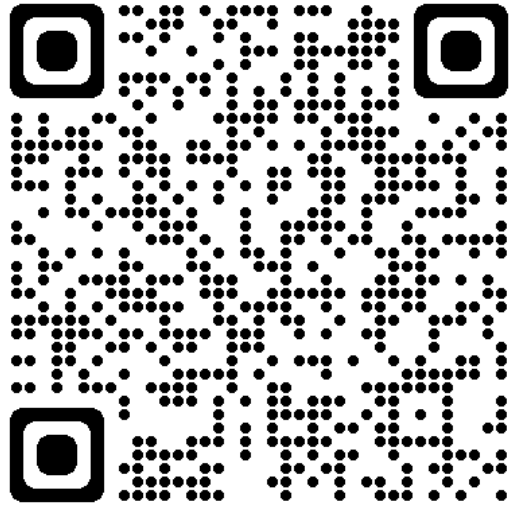


## ENVIRONMENTAL **NOISE** GUIDELINES

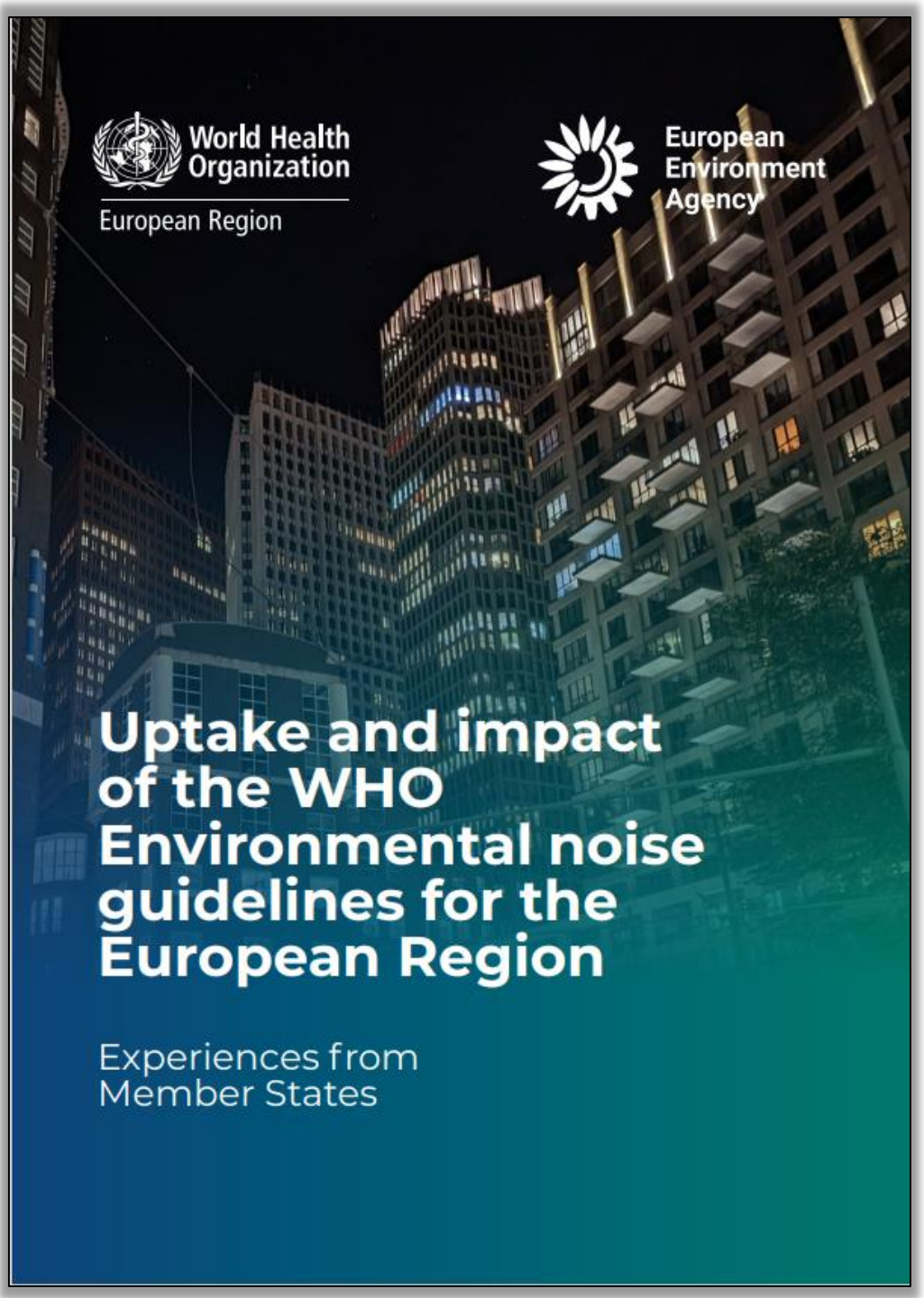
for the European Region  
EXECUTIVE SUMMARY



# Uptake and impact of the WHO Environmental noise guidelines for the European Region. Experiences from Member States



<https://apps.who.int/iris/handle/10665/369233>



# Chemical safety: human biomonitoring

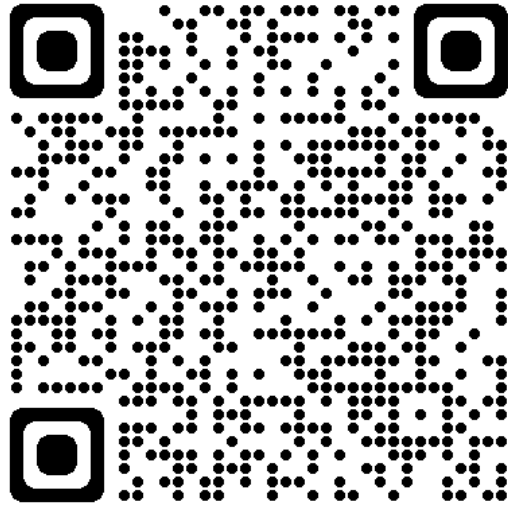
Living and Working Environment programme



SEVENTH MINISTERIAL CONFERENCE  
ON ENVIRONMENT AND HEALTH



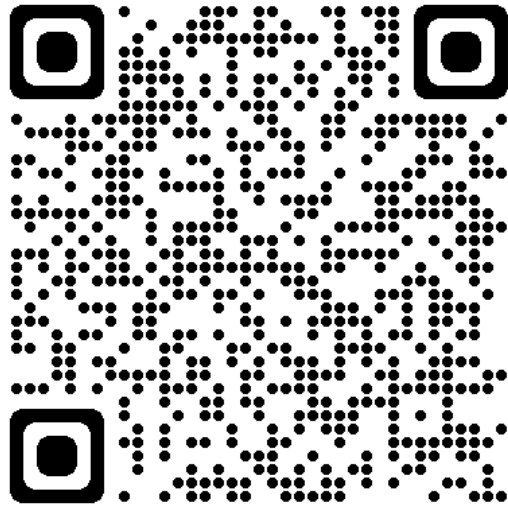
## Human biomonitoring. Basics: educational course



<https://apps.who.int/iris/handle/10665/368163>



# Human biomonitoring: assessment of exposure to chemicals and their health risks. Summary for decision makers



English: <https://apps.who.int/iris/handle/10665/368106>

Russian: <https://apps.who.int/iris/handle/10665/368107>

# Human biomonitoring: assessment of exposure to chemicals and their health risks

Summary for decision makers

Human biomonitoring (HBM) directly measures the concentration of chemical pollutants or their metabolites in human fluids and tissues. (1) As such, HBM is a reliable instrument for the assessment of human exposure to chemicals from different sources, by different pathways and during certain periods of life.

### What is essential to know about chemicals?

- Every day throughout our entire lives, we are exposed to many chemicals, including hazardous chemicals in air, water, soil, food and consumer products. (2)
- Some chemicals can cause serious negative health effects, such as reproductive disorders; cancers; neurological, respiratory, cardiovascular and immune defects; and diabetes and other metabolic problems. (3)
- The societal costs of exposure to hazardous chemicals are high – exposure to lead alone causes 1.06 million deaths globally every year. (4)
- Chemical production will continue growing and is projected to double by 2030. (5)
- New chemicals enter the market almost every day.
- The need to protect human health from the negative impacts of chemicals is growing exponentially.

### To what extent are chemical pollutants taken up by the human body, and will they lead to health problems?

To address these issues, carefully planned and conducted national HBM efforts are needed to identify critical exposures, derive effective measures, and ensure health and well-being. HBM demonstrates that all European residents are now exposed to hazardous chemicals. Among other substances, alarming concentrations of hazardous chemicals that can impact the health of

the next generation have been found in mothers in European countries and the United States of America.

### What important questions can HBM help to answer?

- Is the level of population exposure of concern for health?
- What population groups are most exposed?
- What risks do the chemicals pose to human health?
- What factors influence exposure (lifestyle, age, other characteristics)?
- Should short-term or long-term risk-reduction measures be taken (restriction or prohibition of chemicals, remediation of contaminated sites, etc.) and if so, which ones?
- What chemicals (conventional and new) are of public health concern and from which sources are they taken up?

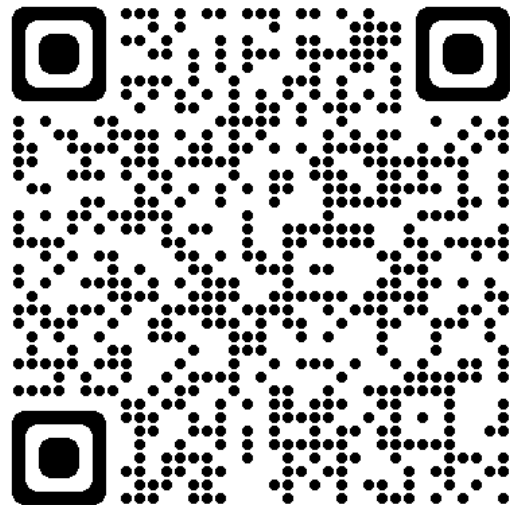
### Why is this information critical?

- It helps decision-makers take targeted actions to protect environments and people, especially vulnerable groups such as children, pregnant women and older people.
- It identifies people with critically high exposures, enabling treatment to prevent irreversible health effects and deaths.
- It informs the development of policies on chemicals management to ensure the health of current and future generations.
- It enables evaluation of the success or failure of voluntary and obligatory regulations, and assessment of the need for additional measures.
- It creates transparency in communication with society and increases the credibility of governments.
- It contributes to international efforts to create green, toxic-free environments.



# Human biomonitoring programmes: importance for protecting human health from negative impacts of chemicals.

## Technical summary



English: <https://apps.who.int/iris/handle/10665/368102>

Russian: <https://apps.who.int/iris/handle/10665/368103>



## Human biomonitoring programmes: importance for protecting human health from negative impacts of chemicals

Technical summary



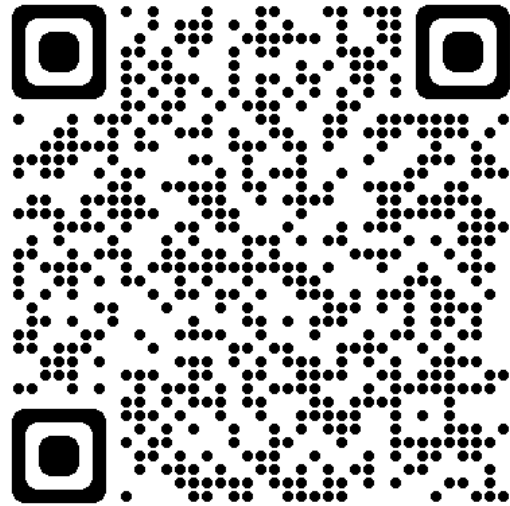
# Chemical safety: poison centres

Living and Working Environment programme



SEVENTH MINISTERIAL CONFERENCE  
ON ENVIRONMENT AND HEALTH

## At least one poison centre in each country: summary for policy makers



English: <https://apps.who.int/iris/handle/10665/368108>  
Russian: <https://apps.who.int/iris/handle/10665/368109>

 World Health Organization  
European Region

### At least one poison centre in each country

Summary for policy makers

A poison centre is a specialized unit advising on and assisting in the prevention, diagnosis and management of acute and chronic poisoning. Poison centres contribute to reducing the burden of diseases related to exposure to hazardous chemical agents in emergencies and in everyday life.

#### Why a poison centre should be established in each country

- 1 Poisonings are a matter of public health concern.
- 2 Human exposure to chemical agents is increasing, and additional preventive action is required.
- 3 Poison centres play a pivotal role in management of poisonings, detection and public health management of chemical emergencies, implementation of the International Health Regulations (2005) (IHR), sound management of chemicals and other specialized functions.<sup>1</sup>
- 4 To achieve progress in implementation of global and regional chemical safety-related strategies, poison centres are crucial.
- 5 Poison centres add meaningful value to health-care systems – they actively save lives and reduce the costs of health care related to poisonings.

**1** Poisonings are a matter of public health concern

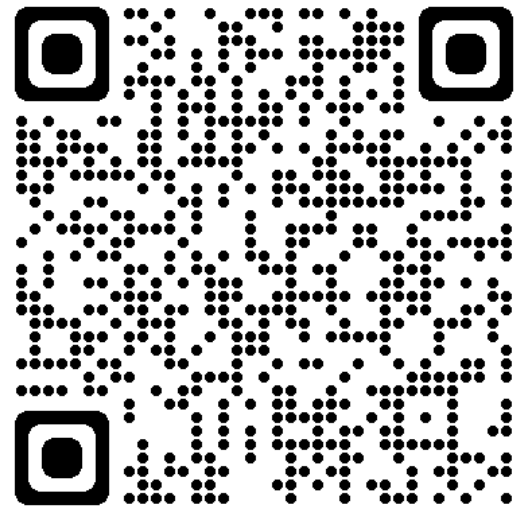
The negative health impacts of poisonings are vast and varied, as illustrated by global health statistics.

-  In 2019, 0.5 million fatalities were attributed to illicit drug use, and 18 million years of healthy life were lost owing to drug use disorders (1).
-  In 2016, 106 683 deaths and the loss of 6.3 million years of healthy life were attributed to acute chemical poisoning (2).
-  Every year, 651 279 deaths are caused by hazardous substances at workplaces (3).
-  Annually, 4.5–5.4 million people are bitten by snakes; of these, 1.8–2.7 million develop a clinical illness, and 81 410–137 800 die from snake bites (2).
-  Every year, 385 million cases of unintentional, acute poisonings occur; 44% of farmers world-wide are affected by pesticides (4).

<sup>1</sup> In some countries, poison centres mandate can include management of emergency situations with involvement of radioactive substances and materials and biological emergencies as well as diseases of unknown etiology.



# Poison centres as essential unit for poisoning prevention and sound chemicals management. Technical summary



English: <https://apps.who.int/iris/handle/10665/368104>  
Russian: <https://apps.who.int/iris/handle/10665/368105>



Poison centres as essential unit for poisoning prevention and sound chemicals management

Technical summary



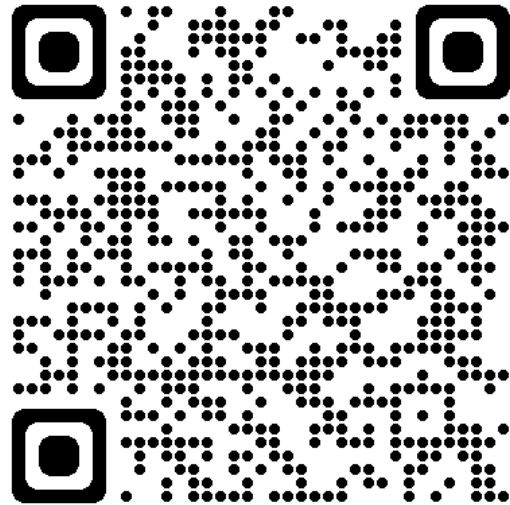
# Chemical safety: mercury

Living and Working Environment programme



SEVENTH MINISTERIAL CONFERENCE  
ON ENVIRONMENT AND HEALTH

## Mercury and human health: educational course



English: <https://apps.who.int/iris/handle/10665/345443>

Russian: <https://apps.who.int/iris/handle/10665/351440>

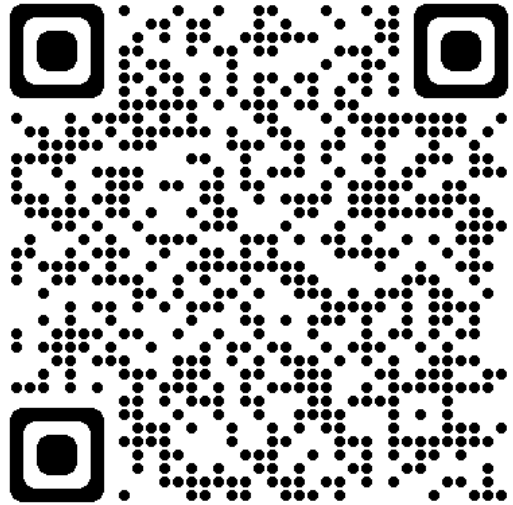
*Educational course*

Mercury and human health

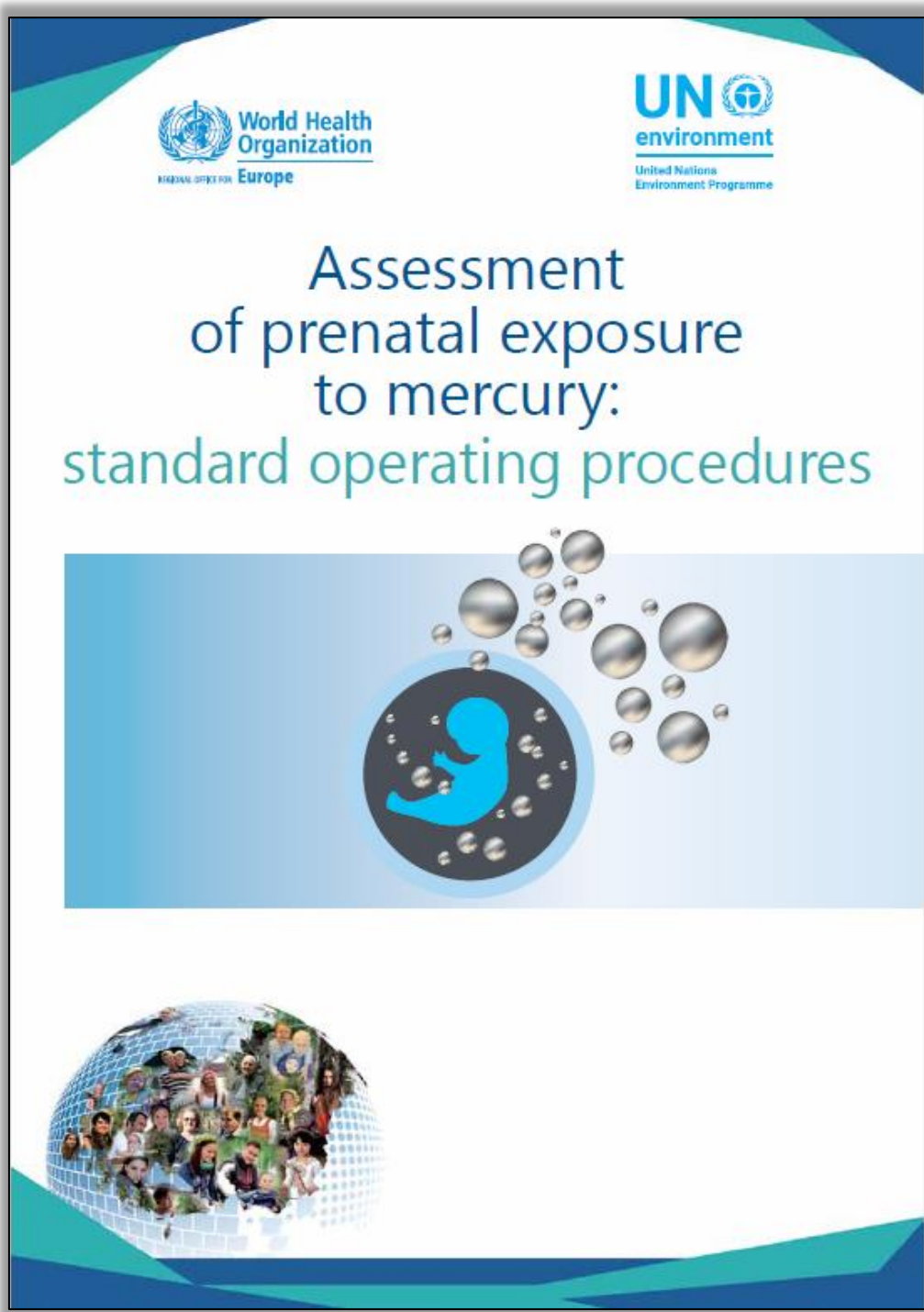




## Assessment of prenatal exposure to mercury: standard operating procedures

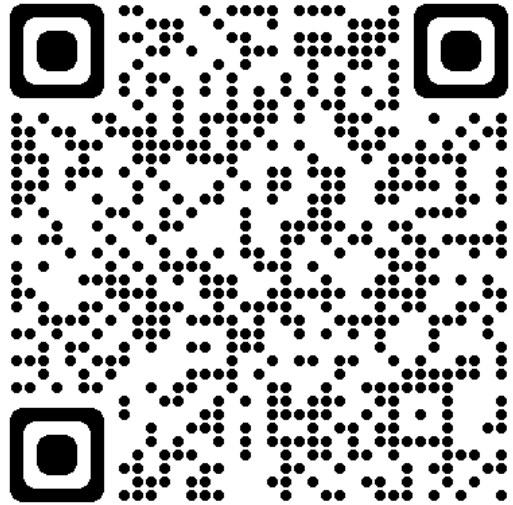


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French: <https://apps.who.int/iris/handle/10665/331399>  
Russian: <https://apps.who.int/iris/handle/10665/337976>

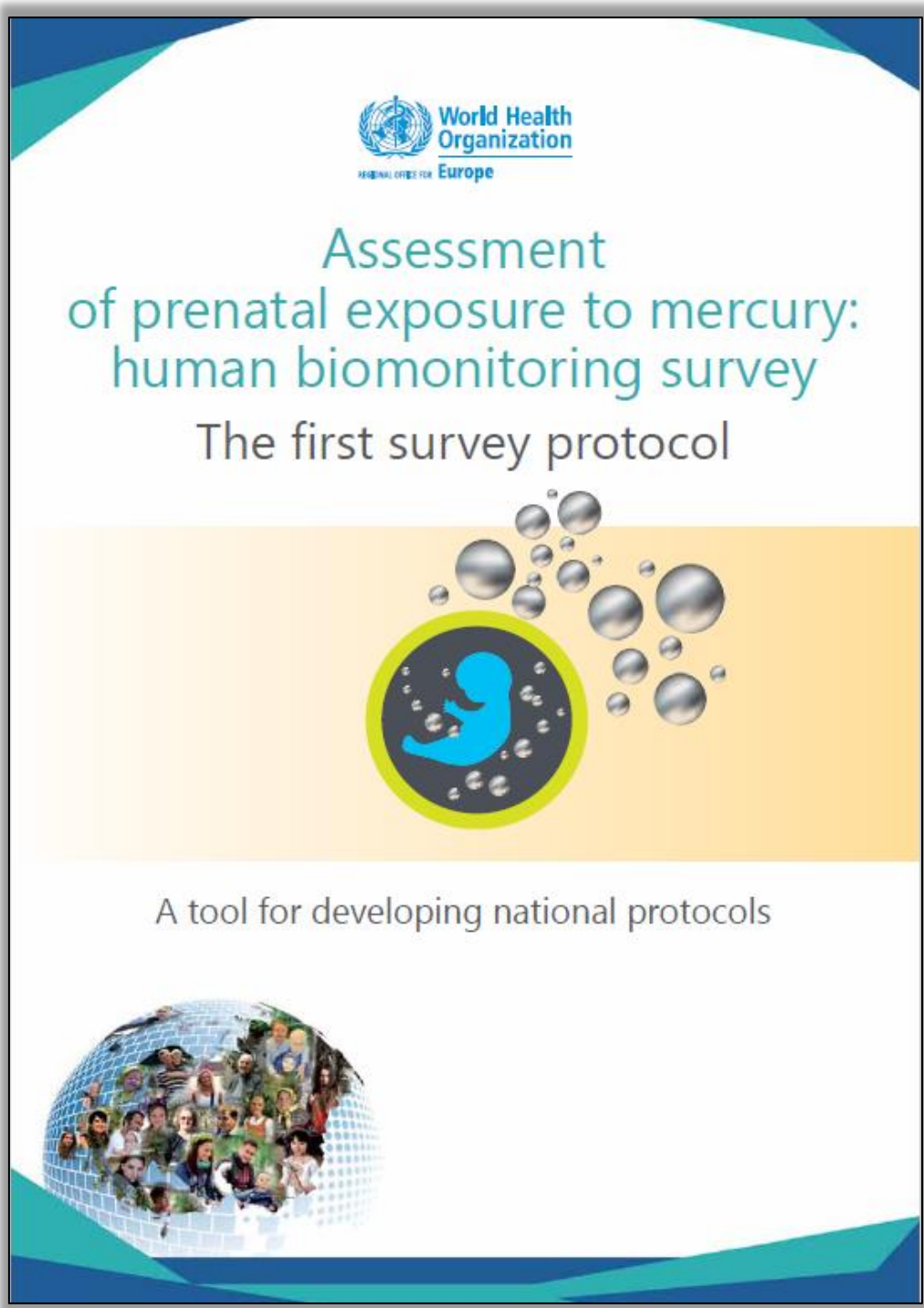


# Assessment of prenatal exposure to mercury: human biomonitoring survey: the first survey protocol.

## A tool for developing national protocols



English: <https://apps.who.int/iris/handle/10665/334181>  
French: <https://apps.who.int/iris/handle/10665/336394>  
Russian: <https://apps.who.int/iris/handle/10665/336342>



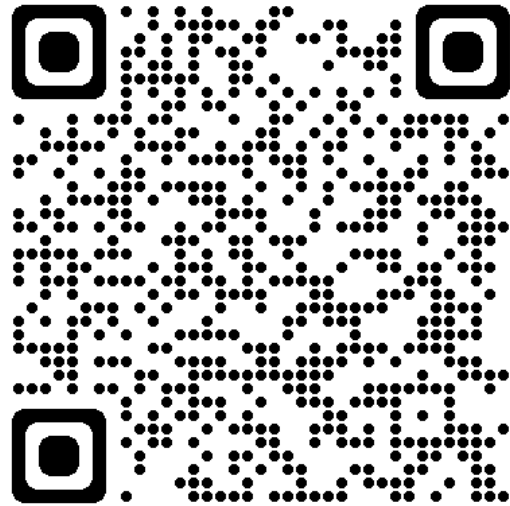
# Chemical safety: assessment of risks for children's health from chemical pollution of indoor air

Living and Working Environment programme



SEVENTH MINISTERIAL CONFERENCE  
ON ENVIRONMENT AND HEALTH

## Measures to reduce risks for children's health from combined exposure to multiple chemicals in indoor air in public settings for children with a focus on schools, kindergartens and day-care centres



English: <https://apps.who.int/iris/handle/10665/354225>  
Russian: <https://apps.who.int/iris/handle/10665/356973>

## Measures to reduce risks for children's health from combined exposure to multiple chemicals in indoor air in public settings for children

with a focus on schools, kindergartens and day-care centres



Supplementary publication to the screening tool for assessment of health risks from combined exposure to multiple chemicals in indoor air in public settings for children



# A screening tool for assessment of health risks from combined exposure to multiple chemicals in indoor air in public settings for children

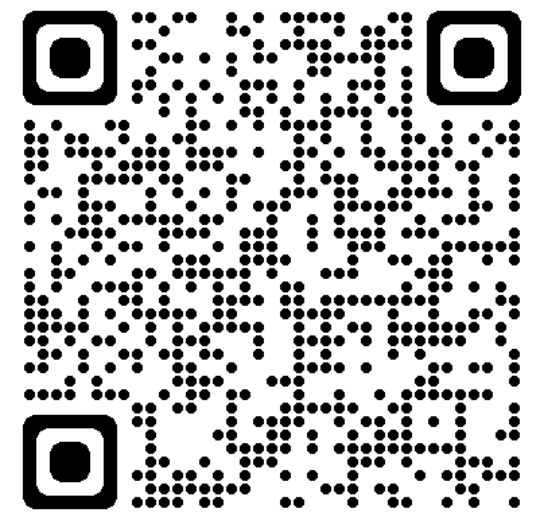


English: <https://apps.who.int/iris/handle/10665/341708>

A screening tool for assessment of health risks from combined exposure to multiple chemicals in indoor air in public settings for children: methodological approach



# Screening questionnaire for selection of sampling sites for assessment of risks from combined exposure to multiple chemicals in indoor air



English: <https://apps.who.int/iris/handle/10665/341466>  
Russian: <https://apps.who.int/iris/handle/10665/350530>

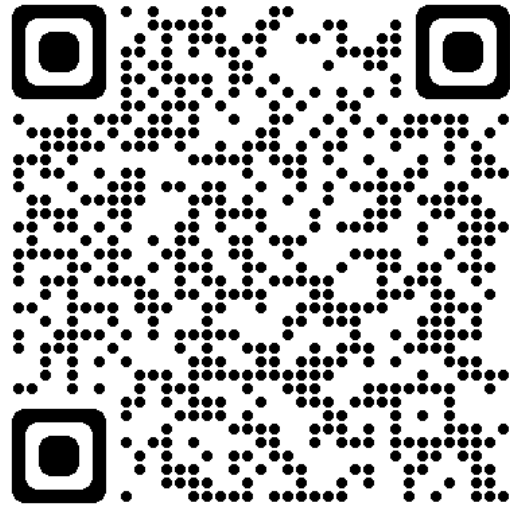
Screening questionnaire  
for selection of sampling sites  
for assessment of risks from  
combined exposure to multiple  
chemicals in indoor air



Supplementary publication  
to the screening tool  
for assessment of health risks  
from combined exposure to  
multiple chemicals in indoor air  
in public settings for children



## Methods for sampling and analysis of chemical pollutants in indoor air



English: <https://apps.who.int/iris/handle/10665/334389>  
Russian: <https://apps.who.int/iris/handle/10665/350528>

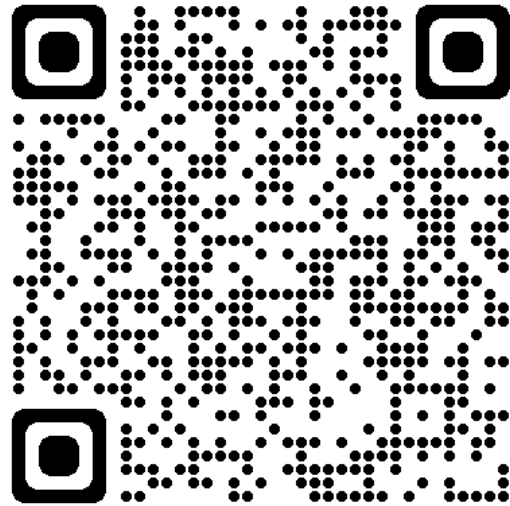
## Methods for sampling and analysis of chemical pollutants in indoor air



Supplementary publication to the screening tool for assessment of health risks from combined exposure to multiple chemicals in indoor air in public settings for children



# Chemical pollution of indoor air and its risk for children's health: educational course



English: <https://apps.who.int/iris/handle/10665/341984>  
Russian: <https://apps.who.int/iris/handle/10665/350526>

*Educational course*

## Chemical pollution of indoor air and its risk for children's health

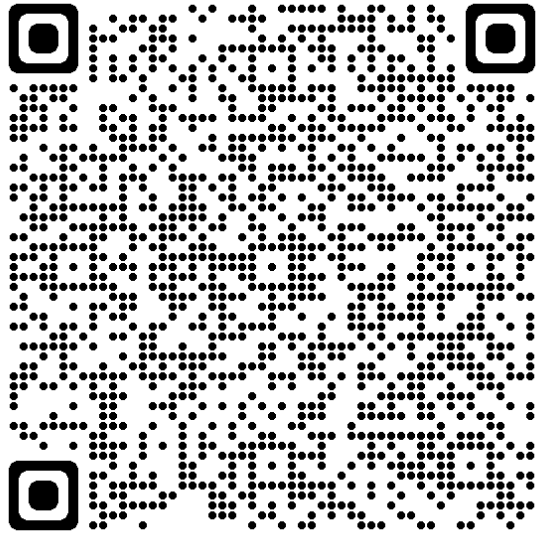


Supplementary publication to the screening tool for assessment of health risks from combined exposure to multiple chemicals in indoor air in public settings for children





## Indoor Air Quality (IAQ) RiskCalculator: assessing risks for children's health from chemical indoor air pollution



[https://www.who.int/europe/tools-and-toolkits/indoor-air-quality-\(iaq\)-riskcalculator--assessing-risks-for-children-s-health-from-chemical-indoor-air-pollution](https://www.who.int/europe/tools-and-toolkits/indoor-air-quality-(iaq)-riskcalculator--assessing-risks-for-children-s-health-from-chemical-indoor-air-pollution)





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<https://www.who.int/europe/health-topics/environmental-health>