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**MATRIC NO: 17/MH08/001**

**COURSE: ENVIRONMENTAL HEALTH**

ASSIGNMENT

1. Mention the different sources of noise in your environment.
2. Briefly recount one of your experiences of what you considered a noisy environment that can be detrimental to health.

ANSWERS

1. The different sources of Noise in my environment include;
* Transport Vehicles (like areophane’s flying over the house, cars constantly making a lot of noise etc.)
* Social events (churches, a bar etc.)
* Generators
* Household sources (vacuum cleaners, pumping machines etc.)
1. During my last holiday, we experienced lack of power supply for like a month. On this faithful day, surprisingly the lights were finally back and everyone was happy. Suddenly my neighbor started playing loud music with his speaker, his friends came around and they all drank to their satisfaction, dancing and screaming all over the place. It was so loud that no one in my house could make a call. This lasted for more than an hour before he finally turned it off.

How can this be detrimental to health?

 Noise Pollution has side effects that are serious and sometimes surprising. Excessive noise can lead to a whole host of serious health problems. They can cause:

* Hazard to Emotional Health – My experience lead to increased aggression. Because it was so loud, we couldn’t do anything at home, couldn’t watch movies, or even pray.