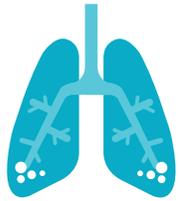


Health impacts of air pollution:



Air pollution increases the risk of getting lung cancer and contributes to roughly 1 in 13 cases.

FACT #1
Pollution accumulates inside cars. Cyclists and pedestrians often breathe cleaner air than drivers.

AIR POLLUTION BUSTING TIP #1
Leave your car at home to breathe cleaner air and cause less pollution.

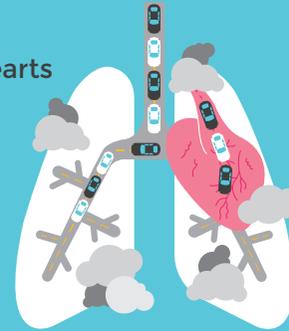


Being exposed to air pollution for a long time is linked to a number of cardiovascular diseases in adults.



FACT #2
Air pollution damages our hearts and not just our lungs.

AIR POLLUTION BUSTING TIP #2
Share the cleaner air website so that others know how to look after their health.



Everyone can be affected by air pollution. But it has the most impact on young children and people with existing heart and lung conditions.

FACT #3
You CAN avoid the worst air pollution with our simple tips.

AIR POLLUTION BUSTING TIP #3
Take to the side streets and breathe 20% less pollution than alongside busy roads.



High levels of air pollution are linked to low birth weight and premature births.



There is a strong link between air pollution and the worsening of asthma symptoms in children; it may also play a part in causing asthma.



www.cleanairday.org.uk
#NationalCleanAirDay



Join millions of people
Tackling air pollution together
**So that adults and children
can breathe easier**



Reduce the amount of air pollution you create

Talk and join forces to beat pollution together

Avoid harmful air pollution

1

Leave your car at home and walk or cycle

You'll create less pollution, breathe in less pollution and get some exercise.

1

Take this leaflet home

and show it to your family and friends so they know how to protect themselves too.

1

Use quieter streets when you're walking or cycling

(and reduce your exposure to pollution by 20% or more).

2

Switch off your engine

when you're in stationary traffic or parked (and it's safe to do so).

2

Tell your local councillor you're worried about air pollution

and that you support them taking action to clean up your city's air.

2

Avoid sitting in a car full of pollution

Car drivers are often exposed to more pollution than cyclists or pedestrians.

3

Buy a car that runs on LPG or electricity when it's time to upgrade

But if you have to use petrol or diesel, look for the least polluting model.

3

Talk to other parents

at the school gates about setting up a car-share or a walking bus.

3

Multi-task: Combine travel and exercise

Being fitter can reduce the impact of air pollution on your health.

4

Cut city centre congestion by using parcel pick-up points on your journey home

rather than couriers delivering to city centre workplaces.

4

Ask your children's headteacher and your HR manager

how they're planning to make our air cleaner (share these tips with them if they're not sure).

4

On the 10 or 20 days of the year when air pollution is highest,

avoid strenuous activity if you have a heart or lung condition.

5

Only use your wood burning stove on the coldest wintry nights

to limit pollution from your chimney.

5

Urge companies to do their bit to tackle air pollution,

like updating their transport policies or changing suppliers.

5

Close your windows during rush hour

if you live or work on a busy street (but make sure your room is well ventilated).

