

Air Pollution and you

Air pollution affects us all from our first breath to our last, causing many health effects throughout our lives. Air pollution can worsen many long-term health conditions and cause respiratory and heart disease. It is linked with high blood pressure, strokes and dementia. It can also impact pregnancy and make people more likely to suffer infections like bacterial pneumonia and possibly COVID-19. The actions below can help:

1. Discover the side streets



Use quieter roads and paths to keep away from heavy polluting traffic.

2. Leave the car behind



Encourage your whole family to walk, cycle and scoot more - air pollution can be higher inside a car than outside.

3. Turn the engine off



If you do need to use a car, ask the driver to turn the engine off when the car isn't moving.

4. Check the pollution forecast



Check air pollution levels in your local area at uk-air.defra.gov.uk - this site provides hourly measurements and forecasts. Remember that air pollution increases significantly near busy roads, especially during rush hour.

5. Keep the air clean inside too



Use fragrance free and low-chemical cleaning products. Stop air pollution collecting in your home by using extractor fans and opening windows away from busy roads.

Air Pollution Checklist

Please check the actions you are going to do, when you can, to protect your health from air pollution:

Please tick all that apply

- | | |
|---|--------------------------|
| Leave the car at home whenever I can | <input type="checkbox"/> |
| Walk and cycle more whenever I can | <input type="checkbox"/> |
| Use quieter routes to avoid roads with heavy traffic | <input type="checkbox"/> |
| Turn the engine off when the car is stationary and it is safe to do so | <input type="checkbox"/> |
| Use inhalers as prescribed by my GP or practice nurse | <input type="checkbox"/> |
| Buy fragrance-free, milder cleaning products and avoid plug-in fragrances | <input type="checkbox"/> |
| Turn on the extractor fan when cooking | <input type="checkbox"/> |
| Open the window when cooking and cleaning | <input type="checkbox"/> |
| Avoid home burning as much as possible (e.g log burners, coal fires or candles) | <input type="checkbox"/> |
| When decorating, choose paint labelled "low VOC" | <input type="checkbox"/> |
| Ask people not to smoke in my home | <input type="checkbox"/> |

For more information on how air pollution can affect you, and how you can protect your health visit

www.cleanairhub.org.uk



Department
for Environment
Food & Rural Affairs