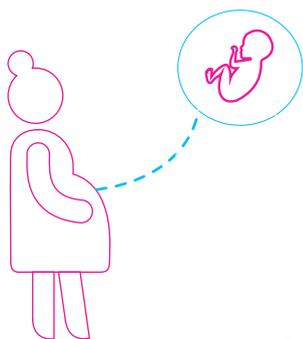


# Air Pollution & Health

## How does air pollution damage my health?

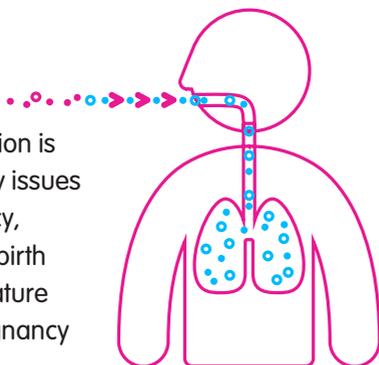
- Air pollution is generally invisible but affects our health from before birth through to old age. It enters our lungs when we breathe and gets into our blood, leading to effects throughout the body. There is no safe level of air pollution and there are many causes, inside and outside the home.



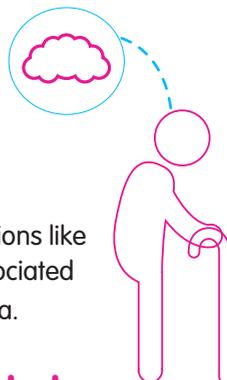
- We are all affected by air pollution whether we live in the town or countryside. It is generally worse near main roads because of traffic.

- Air pollution enters your bloodstream via your lungs. It causes and worsens heart and lung diseases and is linked to higher blood pressure and strokes. Long term exposure can increase your risk of lung cancer.

- High air pollution is linked to many issues with pregnancy, including low birth weight, premature birth and pregnancy loss.



- Air pollution makes people more likely to suffer infections like bacterial pneumonia and possibly COVID 19. It is associated with mental health issues, memory loss and dementia.



**But there are things we can all do to help**

Find health expert approved guidance with simple steps that you can take to tackle air pollution and protect your health at

[cleanairhub.org.uk](https://cleanairhub.org.uk)

# Simple steps can have a big impact on the air you and your family breathe

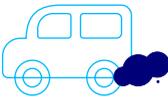
## Make travel choices for cleaner air



**Use people power** – Walk, scoot or cycle to work or school whenever you can.



**Discover the side streets** – Use quieter streets when you're walking or on a bike to avoid the higher levels of air pollution on main roads.



**Don't idle** – If you have to drive, turn off the engine when you are not moving and it is safe to do so. Consider switching to an electric vehicle. Air quality can be worse inside the vehicle than outside.

## Make cleaner air decisions in the home



**Use fragrance-free, milder cleaning products and avoid plug-in fragrances.**



**When decorating, choose safer paints and varnishes labelled 'low VOC' (volatile organic compounds).**



**Ask people not to smoke in your home.**



**Reduce home burning as much as possible** (e.g. log burners, coal fires or candles).



**Ventilate your home** - Open windows and use extractor fans when cooking or using cleaning products, but close windows near busy roads during rush hours.