

# Why air pollution matters

Air pollution could be damaging your family's health. Air pollution can move from your lungs into your bloodstream and reach many organs. It can particularly affect individuals who are more vulnerable to harm.



Linked to low birth weight and can lead to premature birth and pregnancy loss.



Can affect children's lung development during pregnancy and after birth.



Causes heart and lung diseases and may even contribute to mental health issues.



Potentially increases the risk of getting dementia.

## About Clean Air Day

Air pollution is largest environmental health risk we face today, according to the World Health Organisation (WHO).

Clean Air Day is the UK's biggest air pollution campaign. It's a chance to find out more about air pollution, share information, and make the air cleaner and healthier for everyone.

## Air pollution dirties every organ in the body

Air pollution can harm every organ in your body and can shorten our lives, contribute towards chronic illness and put us more at risk from COVID-19.

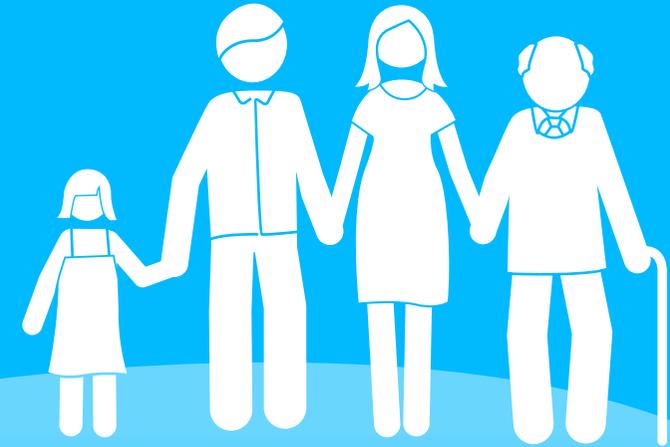
This Clean Air Day there are simple steps we can all take to cut down on the pollution we cause and use our voices to fight for a cleaner air future.



Lathaa'Ghlan-èadhair  
CleanAirDay



Lathaa'Ghlan-èadhair  
CleanAirDay



Take steps to improve your health this Clean Air Day

#CleanAirDay  
[cleanairday.org.uk/scotland](https://cleanairday.org.uk/scotland)



# Air pollution when we are out and about

Air pollution is solvable and there are simple steps we can all take to help our family avoid polluted air and cut down the pollution we emit - good for us and good for the planet too.

## Where does outdoor air pollution come from?

There are many sources of outdoor air pollution



**Our air pollution crisis is solvable and there are simple steps we can all take to help our family avoid toxic air and cut down on the pollution we emit - good for us and good for the planet too.**

## Drive less



Leave the car at home – Walk, cycle or take public transport to work or school



Use quieter streets when you're on a bike or on foot to avoid polluted main roads.



Work from home more often – challenge your workplace to make this easier for you

## If driving is essential



Go electric – There are lots of ways you can travel electric. Hire an electric car, taxi or test drive an electric vehicle today.



Don't idle – you may be hit with a £20 fixed penalty if you leave your engine running while your vehicle is stationary

## Avoid burning at home



Avoid using wood burning stoves and open fires - if it is essential, only burn dry, well-seasoned or 'Ready-to-Burn' labelled wood, or smokeless fuel.



Avoid burning household and garden waste – take it to the tip instead.

## Wise up



Learn more about air pollution - visit [www.scottishairquality.scot](http://www.scottishairquality.scot) with everything you need to know about air pollution in one place.



Support local change – talk to your local Councillors and MSP about air pollution in your area and ask what you can do to support the local plan (and if there isn't one, demand one).



Share your experiences – let others know what you are doing to tackle air pollution and help inspire others at [@CleanAirDayUK](https://twitter.com/CleanAirDayUK) #cleanairday.