Clean up our air to look after your mind this Clean Air Day

People who breathe polluted air are more likely to develop mental health and brain conditions.

#CleanAirDay
cleanairday.org.uk

Lathaa'Ghlan-èadhair
CleanAirDay

This Clean Air Day

Find out more about how air pollution impacts our mental, physical and planet's health.

Walk, wheel or use public transport to reduce your exposure and contribution to air pollution. If you drive, try leaving the car behind on Clean Air Day and one day every week.

Get in touch with your local councillor to ask them to support clean air measures that make it easier for you to breathe clean air.

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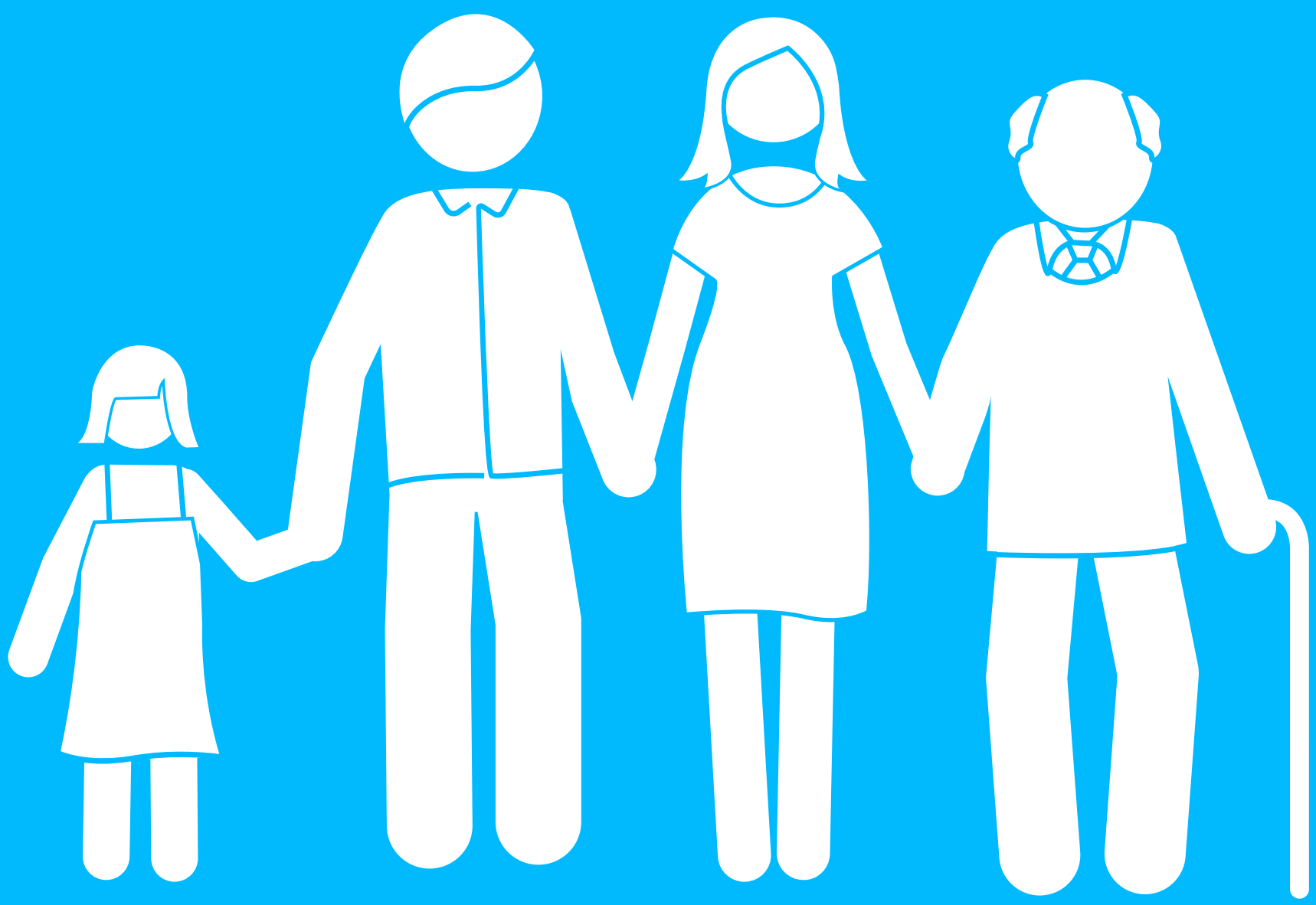
Air pollution impacts our health from our first breath to our last



Take steps to improve your health and the planet this Clean Air Day

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cleanairday.org.uk

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Leave the car at home

Walk, wheel, cycle or take public transport to work or school

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Walk or wheel to school this Clean Air Day

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If possible, work from home this Clean Air Day

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Think twice before burning

Avoid using your open fire or stove

Take steps to improve your health and the planet this Clean Air Day

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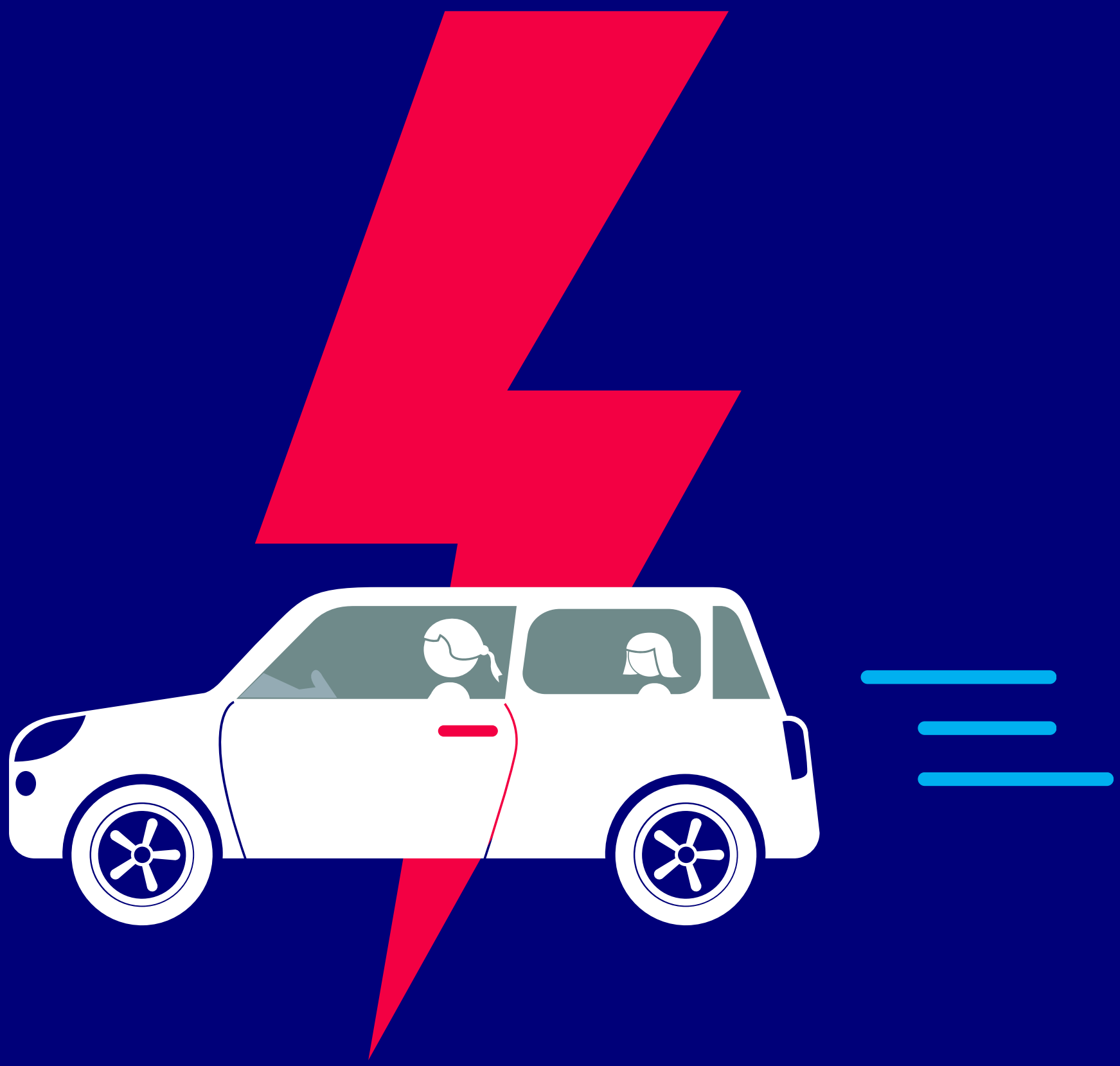
Drive cleaner

Consider electric this Clean Air Day



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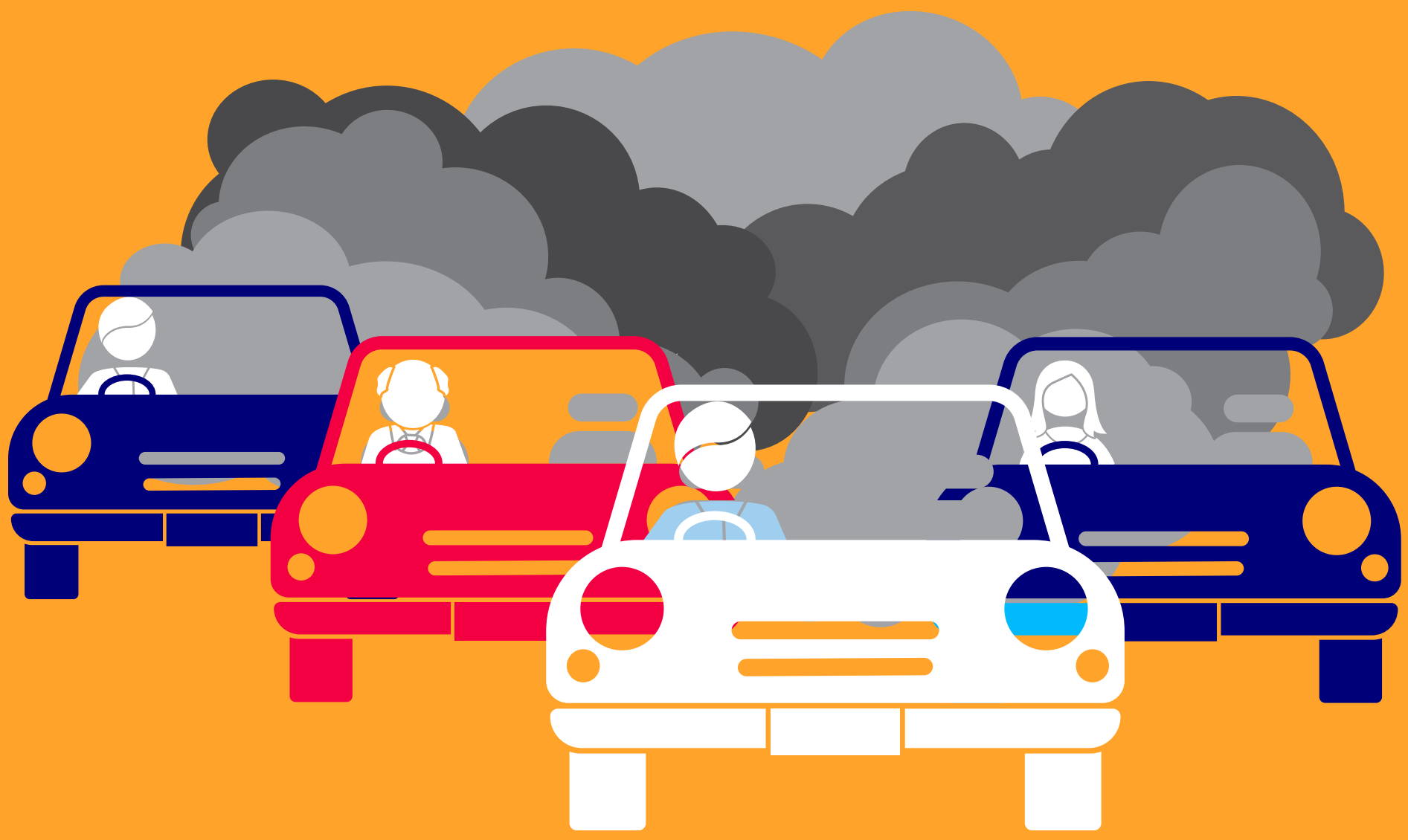
Leave the car at home this Clean Air Day



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Learn about how air pollution impacts our mental, physical and planet's health

Visit
cleanairhub.org.uk

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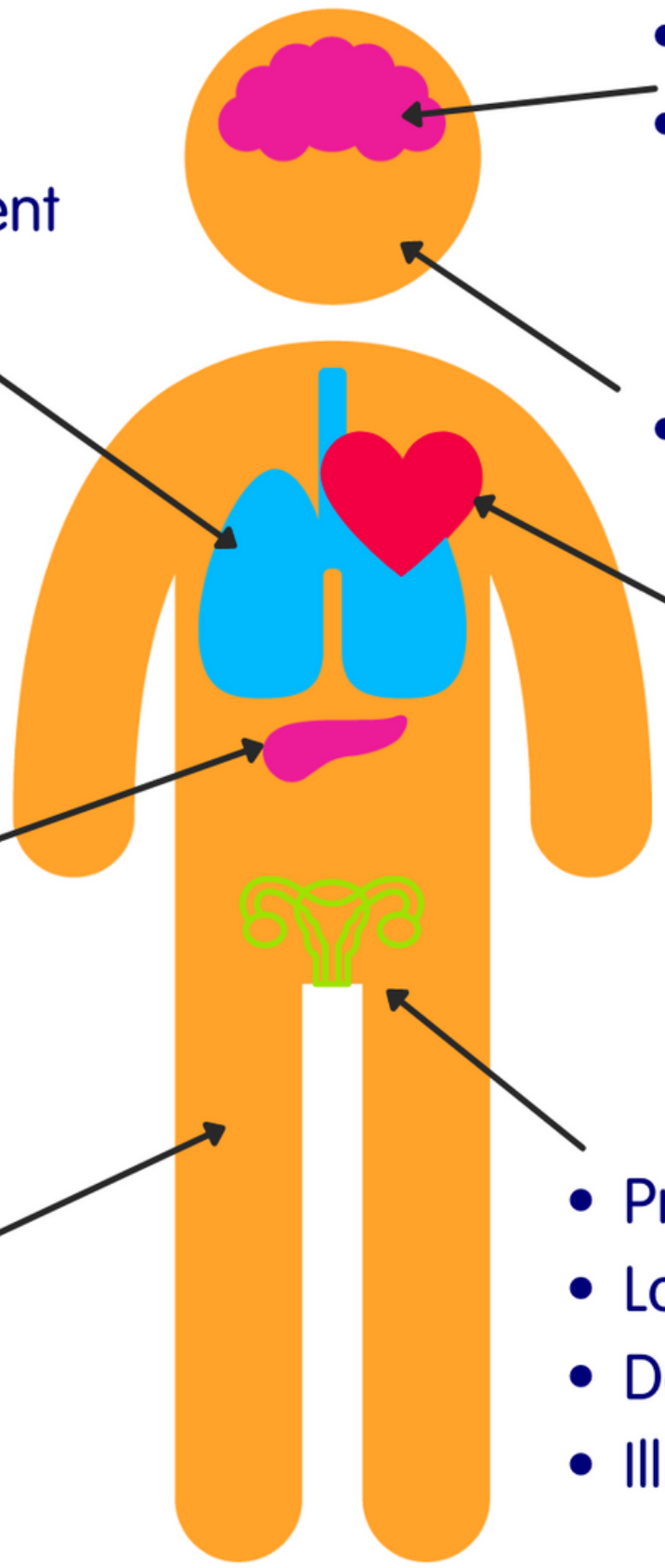
Air pollution impacts every organ in the body

- Lung diseases
- Asthma
- Lung cancer
- Lung development
- Pneumonia

- Stroke
- Brain development
- Mental health
- Dementia



- Skin ageing

- Heart disease
- High blood pressure

- Insulin resistance & diabetes
- Bone metabolism

- Blood clots

- Premature birth
- Low birthweight
- Decreased sperm quality
- Illness during pregnancy

Take steps to improve your health this #CleanAirDay

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