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 including the brain. 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 contributes to mental health issues and brain conditions.

Increases the risk of getting dementia.

About Clean Air Day

Air pollution is the largest environmental health risk we face today, according to the UK government and 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.

Clean up our air to look after your mind

Cleaning up our air is good for us in many ways: it not only benefits our physical health and the environment, but can also protect our mental and brain health.

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

This Clean Air Day, let's clean up the air so we can enjoy healthier, happier lives.

#CleanAirDay
cleanairday.org.uk

Air pollution when we are out and about

Air pollution is damaging you and your family's health.

Where does outdoor air pollution come from?

There are many sources of outdoor air pollution including road transport, energy generation, industry, open fires, stoves, and agriculture.

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, wheel or take public transport to work or school.

Use quieter streets when you're wheeling or walking 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 – If you drive, turn off your engine when your vehicle is stationary, and it is safe to do so.

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.

Take action

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

Act: 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.

Ask: 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.