**Email or intranet message**

**Air pollution dirties every organ in your body. Take steps to improve your health this Clean Air Day.**

**Clean Air Day**

**16 June 2022**

Air pollution is the biggest environmental threat to our health, no matter who you are or where you live. It 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 help us cut down on the pollution we cause. Any reductions in air pollution that we make will lead to health improvements for us and in our local community. But we can't do it alone - the government and industry need to be making decisions to create system-wide changes. We can use our voices to fight for this cleaner air future

This Clean Air Day:

* **Talk** to someone about the harms of air pollution.
* **Walk or cycle or scoot** for those short distance trips and leave the car at home, where you can.
* **Ask** local and national decision makers for a change in your local community that would make it easier for you to walk more, leave the car at home and breathe clean air.

Clean Air Day on 16 June is a chance to find out more about air pollution, learn how to avoid it and discover the practical things that people can do to cut local pollution. Learn more about air pollution at [www.cleanairhub.org.uk](http://www.cleanairhub.org.uk/)/

Join us in pledging to <INSERT ACTION HERE> for Clean Air Day. Share your pledge <INSERT WHERE>