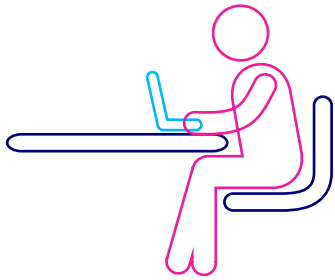


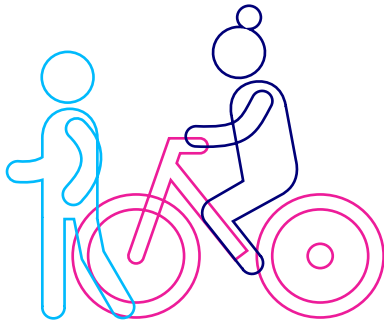
# Air Pollution & You

Children are still developing their organs and immune systems and their smaller bodies and airways make them especially vulnerable to dirty air. The actions below can help:

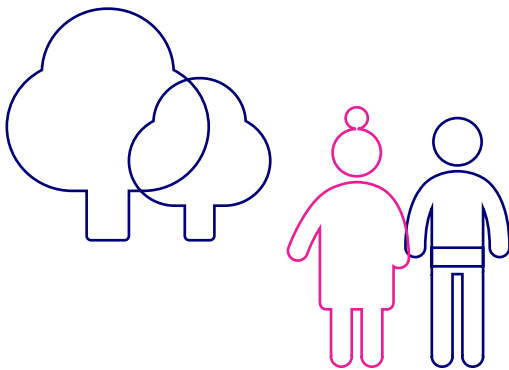


**Find out what tomorrow's air pollution levels will be and check your action plan (overleaf):**

[www.scottishairquality.scot](http://www.scottishairquality.scot)



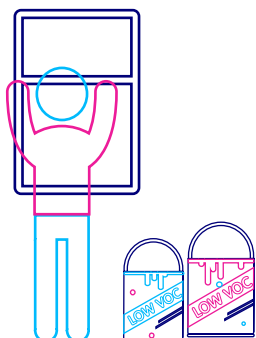
**Encourage your whole family to walk, cycle and scoot more.**



**Use quieter roads and paths to keep away from heavy air polluting traffic.**



**If you do need to use a car, ask the driver to turn the engine off when the car isn't moving.**



**Use fragrance free and low-chemical products. Stop air pollution collecting in your home by using extractor fans and opening windows away from busy roads.**

# My air pollution plan

Choose the actions you and your family are going to do, when you can, to protect your health from air pollution:

	On all days	On high pollution days
Use your inhaler if recommended by your GP or asthma nurse and follow guidelines for use	<input type="checkbox"/>	<input type="checkbox"/>
Treat air pollution the same way you treat other asthma triggers	<input type="checkbox"/>	<input type="checkbox"/>
Try to leave the car at home	<input type="checkbox"/>	<input type="checkbox"/>
Try to walk, cycle or scoot to school	<input type="checkbox"/>	<input type="checkbox"/>
Look up quieter routes to avoid roads with heavy traffic	<input type="checkbox"/>	<input type="checkbox"/>
Always turn the engine off when your car is stationary	<input type="checkbox"/>	<input type="checkbox"/>
Swap your cleaning products to fragrance free options	<input type="checkbox"/>	<input type="checkbox"/>
Turn on the extractor fan when cooking	<input type="checkbox"/>	<input type="checkbox"/>
Open the window when cooking and cleaning	<input type="checkbox"/>	<input type="checkbox"/>
Avoid or reduce home burning (e.g. log burners or coal fires)	<input type="checkbox"/>	<input type="checkbox"/>
Check paint is labelled "low VOC"	<input type="checkbox"/>	<input type="checkbox"/>
Ask people not to smoke in your home	<input type="checkbox"/>	<input type="checkbox"/>

For more information on how air pollution can affect you, and how you can protect your health visit [www.cleanairhub.org.uk](http://www.cleanairhub.org.uk)