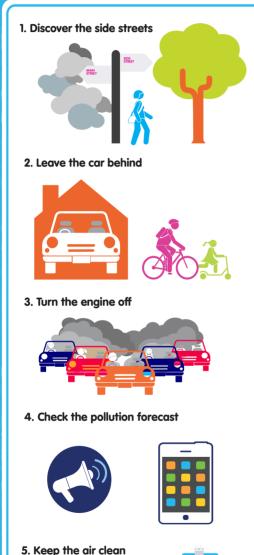
## Air Pollution and you

Air pollution affects us all from our first breath to our last, causing many health effects throughout our lives. Air pollution can worsen many long-term health conditions and cause respiratory and heart disease. It is linked with high blood pressure, strokes and dementia. It can also impact pregnancy and make people more likely to suffer infections like bacterial pneumonia and possibly COVID-19. The actions below can help:



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Use guieter roads and paths to keep away from heavy polluting traffic.

Encourage your whole family to walk, cycle and scoot more - air pollution can be higher inside a car than outside.

driver to turn the engine off when the car isn't moving.

If you do need to use a car, ask the

Check air pollution levels in your local area at uk-air.defra.gov.uk - this site provides hourly measurements and forecasts. Remember that air pollution increases significantly near busy roads, especially during rush hour.

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

inside too

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## **Air Pollution Checklist**

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Please check the actions you are going to do, when you can, to protect your health from air pollution:	Please tick all that apply
Leave the car at home whenever I can	
Walk and cycle more whenever I can	
Use quieter routes to avoid roads with heavy traffic	
Turn the engine off when the car is stationary and it is safe to do so	
Use inhalers as prescribed by my GP or practice nurse	
Buy fragrance-free, milder cleaning products and avoid plug-in fragrances	
Turn on the extractor fan when cooking	
Open the window when cooking and cleaning	
Avoid home burning as much as possible (e.g log burners, coal fires or candles)	
When decorating, choose paint labelled "low VOC"	
Ask people not to smoke in my home	

For more information on how air pollution can affect you, and how you can protect your health visit

## www.cleanairhub.org.uk



Department for Environment Food & Rural Affairs

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