

# Air Pollution and Children

Air pollution can worsen asthma symptoms including coughing, wheezing and breathlessness. The actions below can help:

## 1. Discover the side streets



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

## 2. Leave the car behind



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

## 3. Turn the engine off



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

## 4. Check the pollution forecast



Check air pollution levels in your local area at [uk-air.defra.gov.uk](http://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.

## 5. Keep the air clean inside too



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.

You can learn more about air pollution and find some simple ways to tackle it and protect your health at [cleanairhub.org.uk](http://cleanairhub.org.uk)

## My air pollution plan:

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

Please tick all that apply

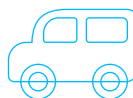
We will walk, cycle or scoot to school



We will use quieter routes to avoid roads with heavy traffic

We will turn the engine off when the car is stationary and it is safe

We will leave the car at home whenever we can



I will use my inhaler as recommended by my GP or asthma nurse

I will treat air pollution the same way I treat other asthma triggers

We will buy fragrance-free, milder cleaning products and avoid plug-in fragrances

When decorating, we will choose paints and varnishes labelled "low VOC"

We will ask people not to smoke in our home



We will avoid home burning as much as possible (e.g. log burners, coal fires or candles)

We will turn on the extractor fan when cooking



We will open a window when cooking and cleaning