

Why air pollution matters

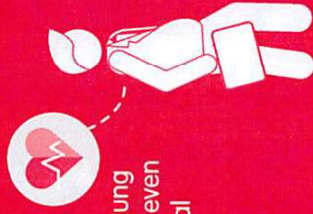
Air pollution affects us from our first breath to our last. The damage to our health can start when we're babies and carry on through into old age.



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 may even contribute to mental health issues.



Potentially increases the risk of getting dementia.



About Clean Air Day

Air pollution is 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.

Get involved

If we work together we could have clean air.

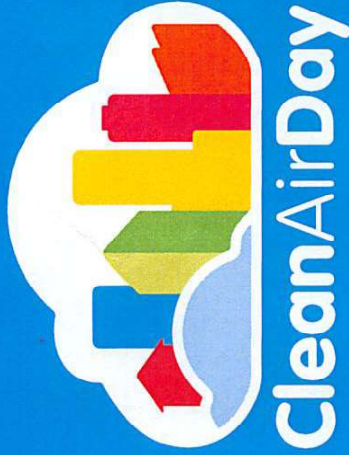
Could you:

- Talk to your neighbours about air pollution?
- Run an air quality event at your workplace?
- Coordinate a no-idling event in your community?
- Organise a walking bus to take the kids to school?

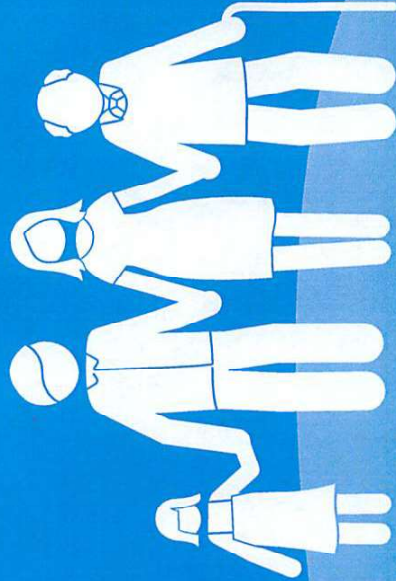
Find out more

To learn more about how air pollution could be affecting you and your family's health, read our expert guidance at

cleanairday.org.uk
#CleanAirDay



CleanAirDay



Where does air pollution come from? And what we can do about it.

#CleanAirDay
cleanairday.org.uk

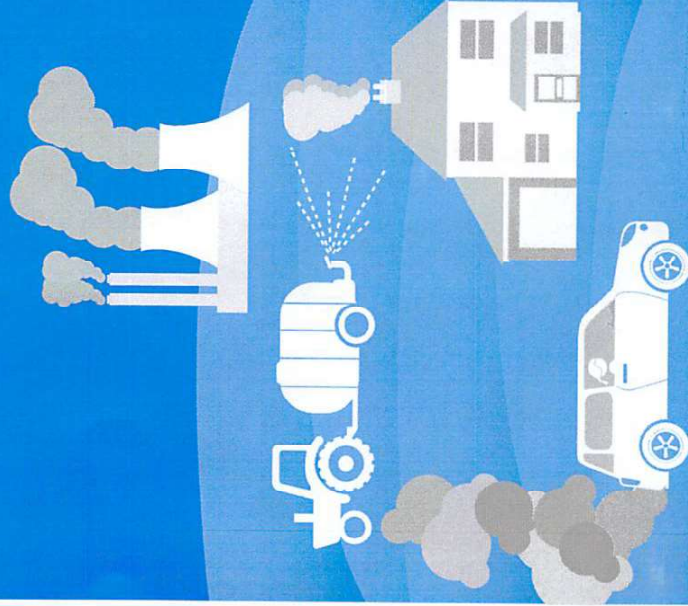


Air pollution when we are out and about

Air pollution is damaging you and your family's health. Every year, up to 36,000 people die from air pollution in the UK.

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.



Simple steps can have a big impact on the air your family breathes

Make cleaner air travel choices



Give your car a day off – Walk, cycle or take public transport to work or school, or work from home if you can.



Discover the side streets – Use quieter streets when you're on a bike or on foot to avoid polluted main roads.



Go electric – There are lots of ways you can travel electric. Hire an electric car, taxi or test drive an electric vehicle today.

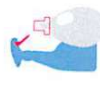


Don't idle – If you drive, turn off your engine when your vehicle is stationary, and it is safe to do so.

Make cleaner air decisions indoors



Ventilate your home - Open windows and use extractor fans when cooking or using cleaning products, but close windows near busy roads during rush hours.



Use fragrance-free milder cleaning products.



Only burn dry, well-seasoned wood or smokeless fuel on your stove, open fire or barbeque.



Choose paints and varnishes that are labelled low volatile organic compounds (VOCs).

Air pollution indoors

The UK population spends up to 90% of its time indoors which means the air we are most exposed to is inside.

Where does indoor air pollution come from?

Air pollution inside our buildings can come from many indoor sources, as well as from outside. These include:

- Heating and cooking
- Burning items such as solid fuels in stoves, open fires and candles
- Harmful chemical content in building products, for example paints and varnishes, chipboard furniture, carpets and sofas
- Fumes from cleaning and personal care products
- Mould found on your walls and windows

