

## What you can do to protect yourself and your family from air pollution when you are out and about

Walk/cycle your kids to school or walk/cycle to work.



Book a test drive of an electric vehicle.

Change the default delivery settings for websites you order from to click and collect.



## What you can do today to guard your family from air pollution in your home

Burn smokeless fuels or dry, well-seasoned wood on your barbecue or stove – this is particularly important as pollution from burning fuels damages the air for those who are outside as well.



Ensure your heating and cooking appliances are well maintained – book an annual boiler service.

Air pollution causes heart disease and worsens asthma

Find out how to protect yourself and your family. Join Clean Air Day

[cleanairday.org.uk](http://cleanairday.org.uk) #CleanAirDay

Walk or cycle to work or school today and breathe in the difference

Find out how to protect yourself and your family. Join Clean Air Day

[cleanairday.org.uk](http://cleanairday.org.uk) #CleanAirDay

Air pollution in the home – the invisible killer

There are more than 13 sources of air pollution inside our homes

Find out the sources of air pollution and how to protect your home and family. Join Clean Air Day

[cleanairday.org.uk](http://cleanairday.org.uk) #CleanAirDay



[cleanairday.org.uk](http://cleanairday.org.uk)  
#CleanAirDay



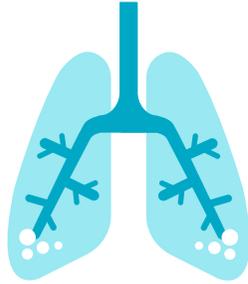
Coming together on one day to change the air we breathe today and for our future



# Clean Air Day

## Why it matters

Air pollution is damaging to the health of all of us but particularly young children and those with heart and lung problems. There are straightforward things which every one of us can do immediately to protect ourselves and our families.



## Air pollution when we are out and about

Air pollution affects our health as we go about our daily activities, while we travel and at work. As many as 29,000 deaths each year are caused by the air we breathe when we are outside.



## Air pollution in our homes

There is pollution in the air in our homes which can be damaging to our families' health. Air pollution in the home can be particularly difficult to protect ourselves against as it can come from many sources and it is hard to see.

Research indicates that the UK population spends up to 90% of its time indoors so we need to make sure that air is clean.



## Causes of outdoor air pollution

Air pollution outside is mainly due to:

- People driving cars, especially diesel cars.
- Cars not being well maintained and tyre not being properly inflated.
- Emissions from deliveries.
- Open fires and stoves.

## Causes of indoor air pollution

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

## What you can do to protect yourself and your family

- 1 Travel differently – think before you use your car. Walk, cycle, take public transport or reduce your journeys by working from home.
- 2 Using quieter streets when you're on a bike or on foot will lower your exposure to air pollution.
- 3 Try an electric vehicle for your next journey and consider using an Electric Vehicle as your car in the future.

## What you can do to protect yourself and your family

- 1 Open your window when cooking or using cleaning products.
- 2 Think about how you do your cleaning: keep dust levels low, use fragrance free or naturally scented products, switch to mild cleaning products and avoid aerosols.



Air pollution causes illnesses such as heart disease and worsens illnesses such as asthma.

The more of us who take steps to protect ourselves, the better for everyone else. And that is what Clean Air Day is all about.



The simplest thing you can do from today is walk or cycle rather than drive – you, your family and everybody in your community will benefit if you leave that car at home!

