

## Air pollution information

The World Health Organisation and the UK Government recognise that air pollution is the largest environmental health risk we face today.

To learn more about how air pollution could be impacting you and your family's health, visit [cleanairhub.org.uk](https://cleanairhub.org.uk).

Read our health expert approved guidance to **discover the simple steps that you can take to tackle air pollution and protect your health.**

[cleanairhub.org.uk](https://cleanairhub.org.uk)

If you are interested in joining forces with others to take action on air pollution please visit the Clean Air Hub. We have a section with practical actions individuals can take if interested to speak to local parents, politicians and organisations on the impact of air pollution and ways to improve air quality.

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

### Make travel choices for cleaner air



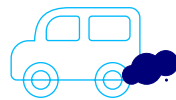
**Use people power** – Walk, scoot or cycle to work or school, or work from home if you can.



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

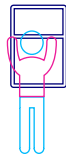


**Go electric** – There are lots of ways you can travel electric. Hire an electric car, taxi or test drive an electric vehicle today.

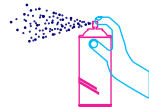


**Don't idle** – If you drive, turn off your engine when your vehicle is stationary, and it is safe to do so.

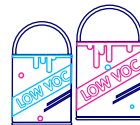
### Make cleaner air decisions in the home



**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.**



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



**Reduce home burning** (e.g. log burners or coal fires)

## Air Pollution & You



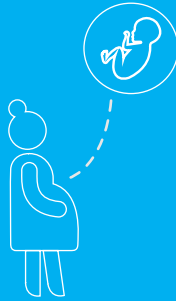
Children are especially vulnerable to dirty air. But there are things we can all do to help.

[Clean Air Hub](https://cleanairhub.org.uk)

## Why it matters

Air pollution affects you from your first breath to your last, as the damage to our health can start when we're a baby and carry on through into old age.

High air pollution is linked to low birth weight and can lead to premature birth and pregnancy loss.



Exposure to air pollution, both during pregnancy and after birth, can affect children's lung function development.

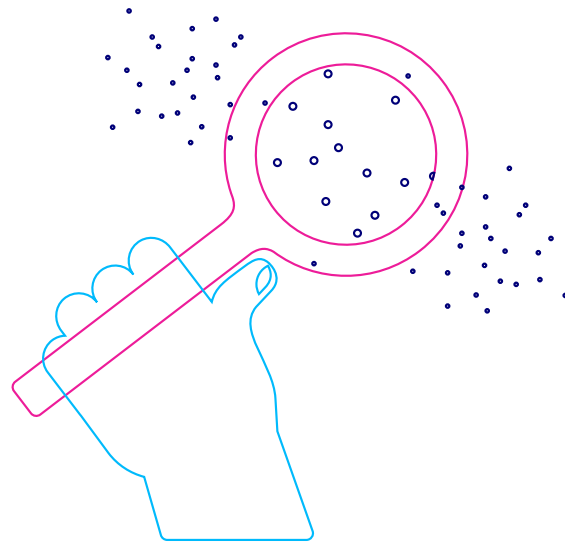


Air pollution can move from your lungs into your bloodstream and reach many organs. It causes heart and lung diseases and may even contribute to mental health issues.



Air pollution also potentially increases the risk of getting dementia.

## What is air pollution?

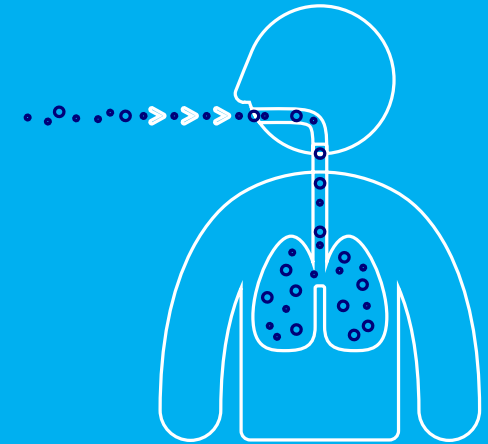


Air pollution is an umbrella term for lots of types of pollution in the air around us. All these pollutants can be inhaled and absorbed into your body.

Different types of pollution are caused by different things, and can affect your body in different ways. For the most part, air pollution is invisible to the naked eye, so just because you can't see it doesn't mean it's not there.

Air pollution can be found in both rural and urban areas.

## How does air pollution damage my children's health?



Children are still developing their organs and immune systems and their smaller bodies and airways make them especially vulnerable to dirty air.

Because of their size, children are also often closer to sources of air pollution, like car exhausts, than adults.

Air pollution can play a part in causing asthma for some children. For children who already have asthma, air pollution can increase how bad their symptoms are.

Being exposed to air pollution can also affect children's lung function development.

Research is beginning to point towards the effects of air pollution on children's developing brains, but more research is needed in this area.