

Why air pollution matters

Air pollution could be damaging your family's health.

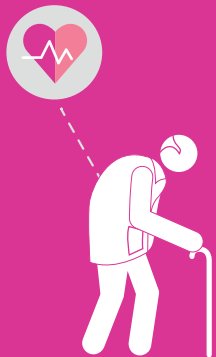


Air pollution can move from your lungs into your bloodstream and reach many organs. It can particularly affect individuals who are more vulnerable to harm, including those with heart and lung disease, children and the elderly.

Air pollution has been linked to COVID-19. Those with health conditions that are caused or worsened by air pollution – such as asthma, heart disease and COPD – are more vulnerable to complications, if they contract COVID-19.



Emerging evidence also suggests that air pollution may be contributing to the number of COVID-19 cases by making those exposed to high levels of air pollution more susceptible to catching the disease.



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).

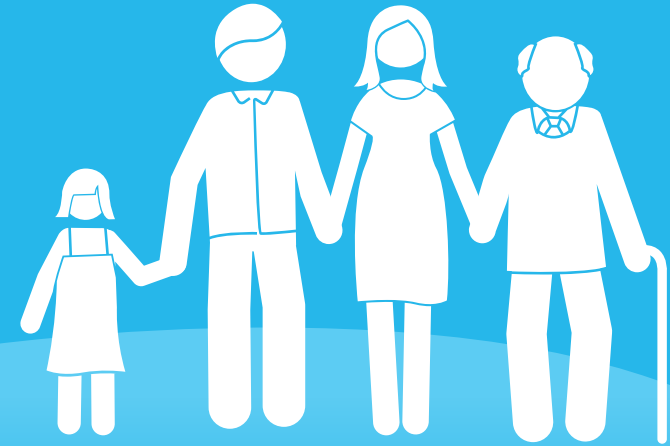
Clean Air Day is the UK's biggest air pollution campaign. It's a chance to find out more about air pollution, share information, and make the air cleaner and healthier for everyone.

Go to the website to find out how you can play your part and how social distancing is no barrier to taking action on Clean Air Day.

cleanairday.org.uk
#CleanAirDay



CleanAirDay



Find out how to play your part in keeping our air clean

#CleanAirDay
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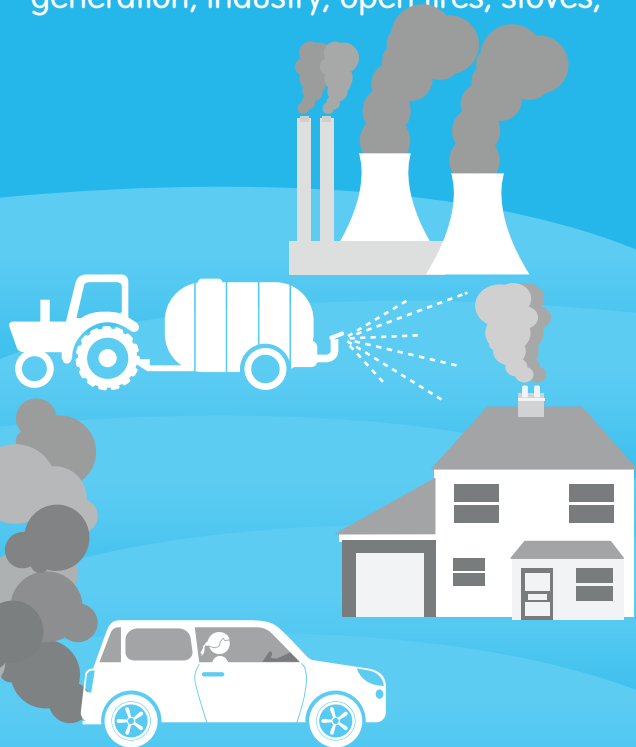


Air pollution when we are out and about

Air pollution could be 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,



Play your part

Clean air was one of the few silver linings of the COVID-19 lockdown. Through our collective actions we saw and experienced improvements in outdoor air quality. Let's keep doing these behaviours to keep our air clean.

Drive less



Give your car a day off – Walk, cycle or take public transport to work or school.



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



Work from home more often – challenge your workplace to make this easier for you.

If driving is essential



Go 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.

Avoid burning at home



Avoid using wood burning stoves and open fires – if it is essential, only burn dry, well-seasoned or 'Ready-to-Burn' labelled wood, or smokeless fuel.



Avoid burning household and garden waste – take it to the tip instead.

Wise up



Learn more about air pollution – visit and share the cleanairhub.org.uk



Support local change – talk to your local Councillors and MP about air pollution in your area.



Share your experiences – let others know what you are doing to tackle air pollution and help inspire others at [@CleanAirDayUK](https://twitter.com/CleanAirDayUK) [#cleanairday](https://twitter.com/CleanAirDayUK).