

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.



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).

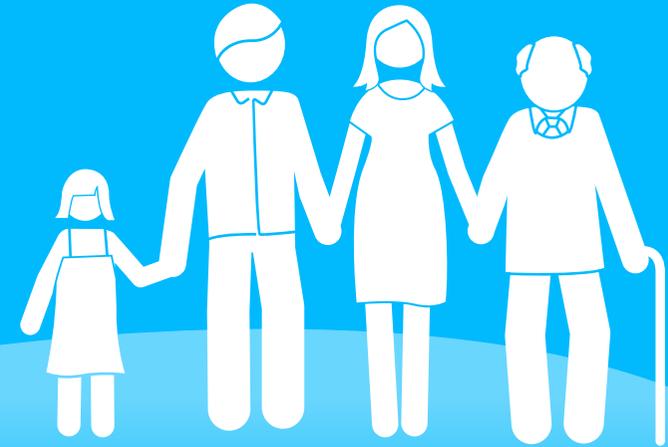
Clean Air Day is the UK's biggest air pollution campaign. It's a chance to find out more about air pollution, share information, and make the air cleaner and healthier for everyone.

Protect our children's health

This Clean Air Day we will demonstrate our support for action on air pollution and speak out to show how much we care about building a clean air future for our children.

As we return to our lives, we must take this opportunity to create a healthy environment for our children where they can learn and play safely.

We have a once in a lifetime chance for change. Let's use it.



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

#CleanAirDay
cleanairday.org.uk

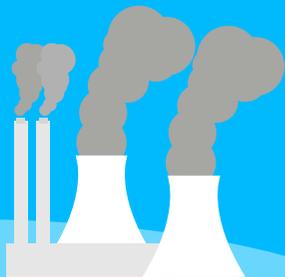


Air pollution when we are out and about

Air pollution is damaging you and your family's health. Every year, air pollution is estimated to contribute towards up to 36,000 deaths 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.



Our air pollution crisis is solvable and there are simple steps we can all take to help our family avoid toxic air and cut down on the pollution we emit - good for us and good for the planet too.

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 – 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.

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 with everything you need to know about air pollution in one place.



Support local change – talk to your local Councillors and MP about air pollution in your area and ask what you can do to support the local plan (and if there isn't one, demand one).



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.