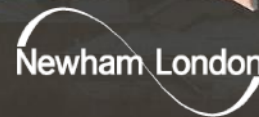


Air pollution

what is it and what can we do about it?



**What is air
pollution?**

Air pollution is in the air
that we breathe in.

There are tiny pieces of
pollution in the air called
particles and gases. They
can enter our bodies and
damage our health.

They are often so small
that we can't see them!



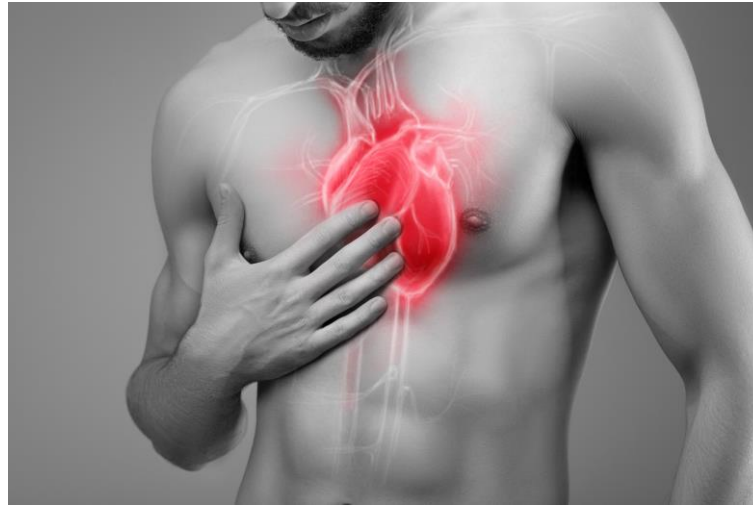
**Where does air
pollution come
from?**



**Why can air
pollution make us
unwell?**



It can damage
your lungs.



It can damage
your heart.



It can damage
your brain.

**We can all do simple things to help us enjoy
healthier and happier lives!**

Source → **Head**

**Health
effect** → **Shoulders**

Solution → **Knees**





Make asthma symptoms worse



Avoid heavy traffic



sure we can

Vans

PARCEL 101
4x25KG



Walk, cycle or wheel



Lead to future heart problems



Strong-smelling sprays and toiletries



Open windows when cooking and cleaning



Leave the engine running



If you have to drive, drive an electric car



More coughing



Avoid main roads and use quieter routes, where possible

**How can we play
our part?**

Reduce air pollution outdoors



Walk, cycle, wheel or take public transport whenever you can instead of driving



Discover the side streets – avoid main roads and use quieter streets, where possible



Go electric – if your parents have to replace their car, ask them to think about choosing an electric one



Don't idle – ask your parents to turn off their engines when the car isn't moving

Reduce air pollution indoors



Open windows to let fresh air in – especially when cooking or cleaning



Switch to fragrance-free – ask your parents to use milder cleaning products.



Don't use your open fire or wood burner – ask your parents not to light it, if you have another way to heat your home.



Air Aware

