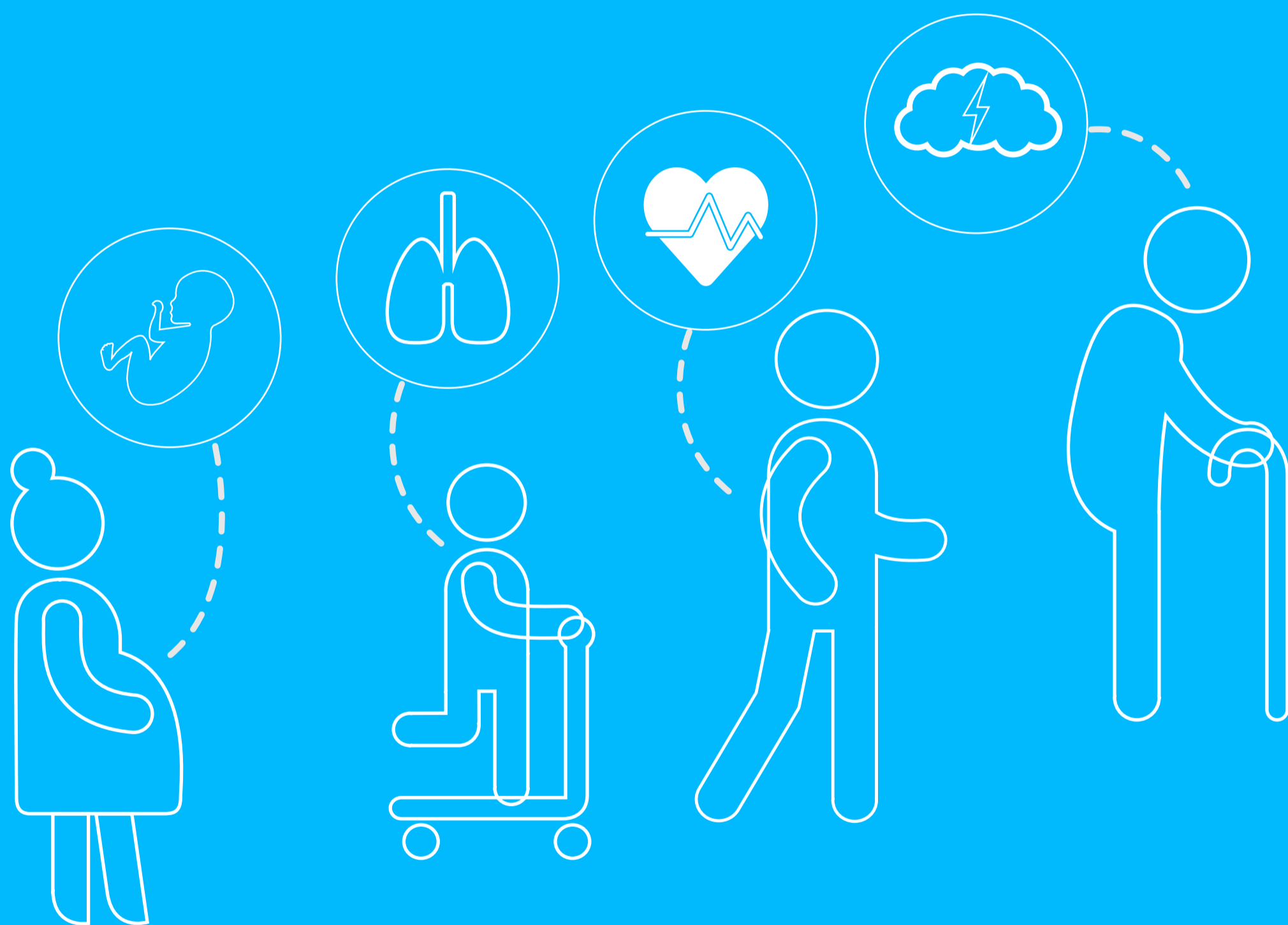
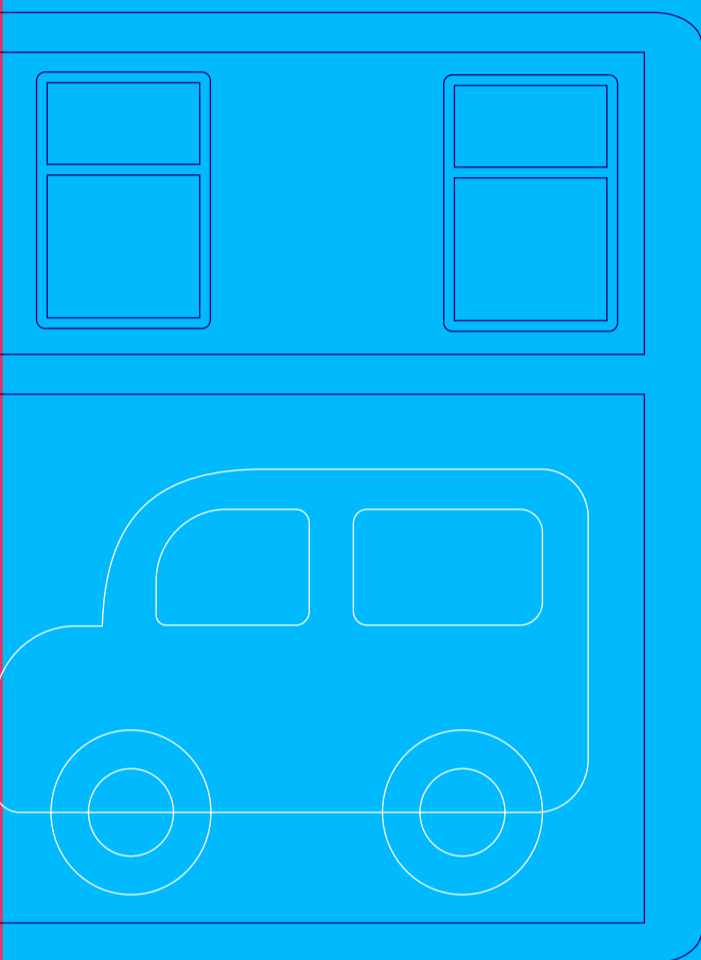


Air pollution affects you from your first breath to your last



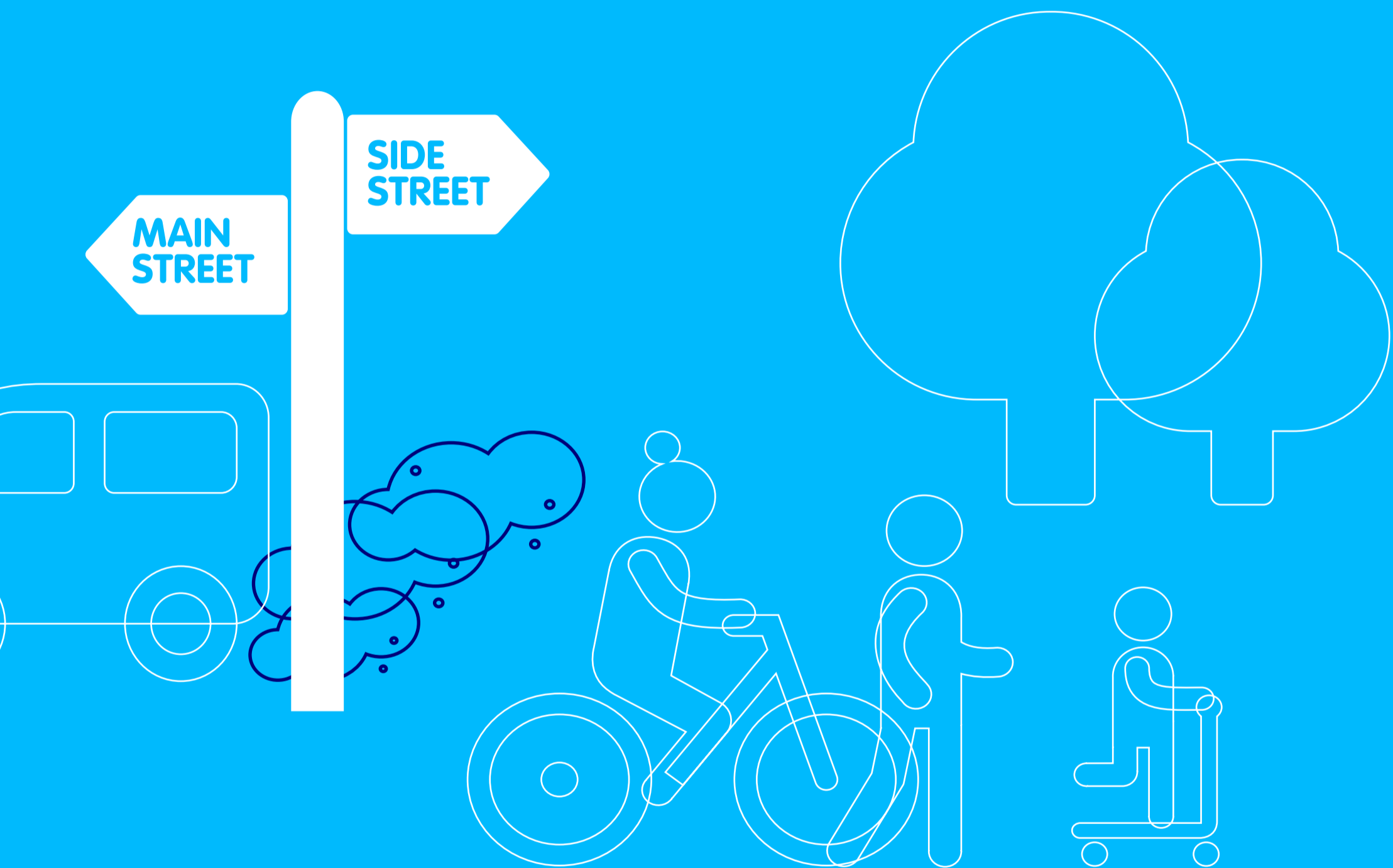
Air pollution affects you from your first breath to your last.
Find out what you can do to protect yourself and your family visit www.cleanairhub.org.uk

Be more active, try leaving your car at home



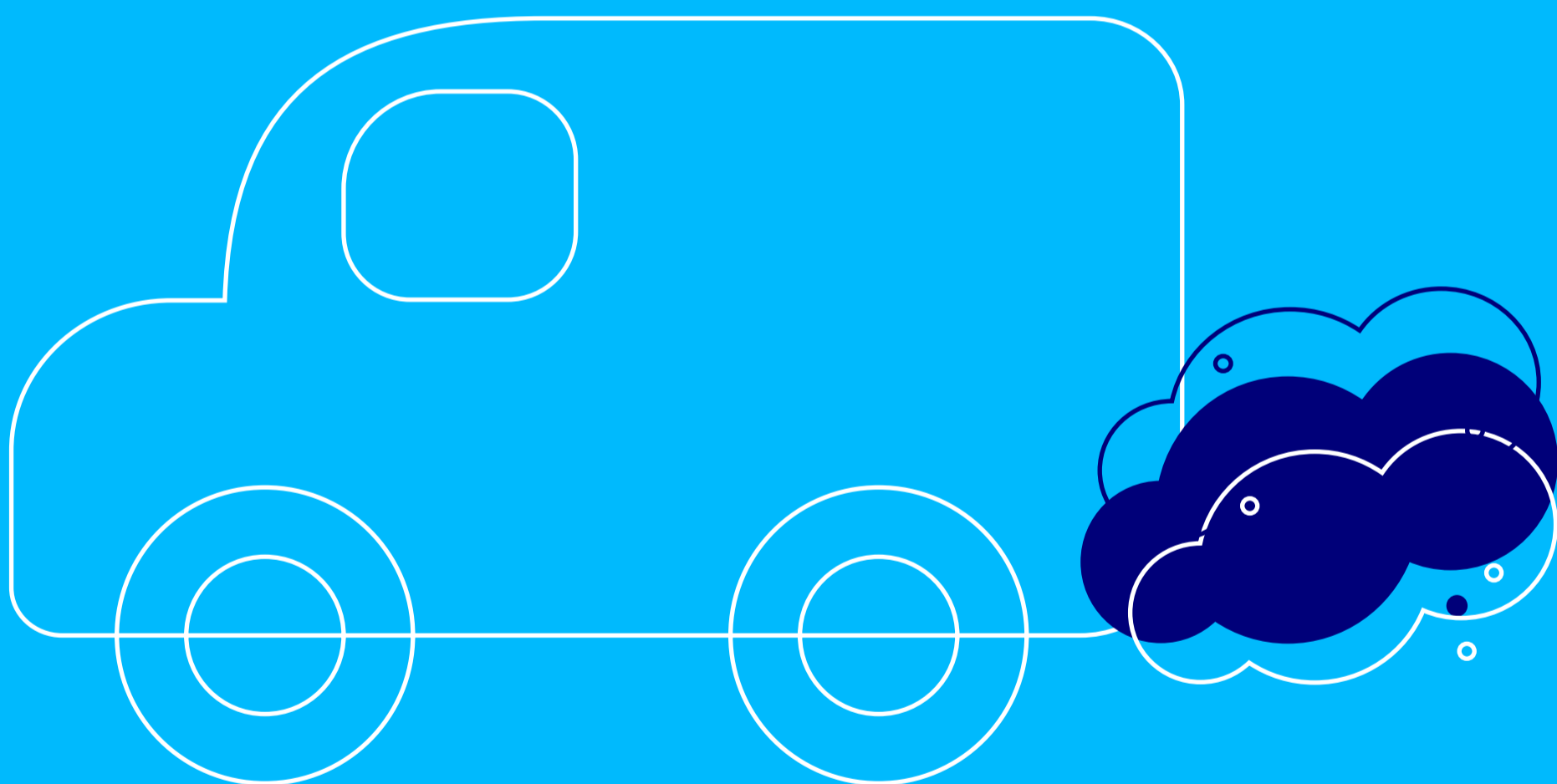
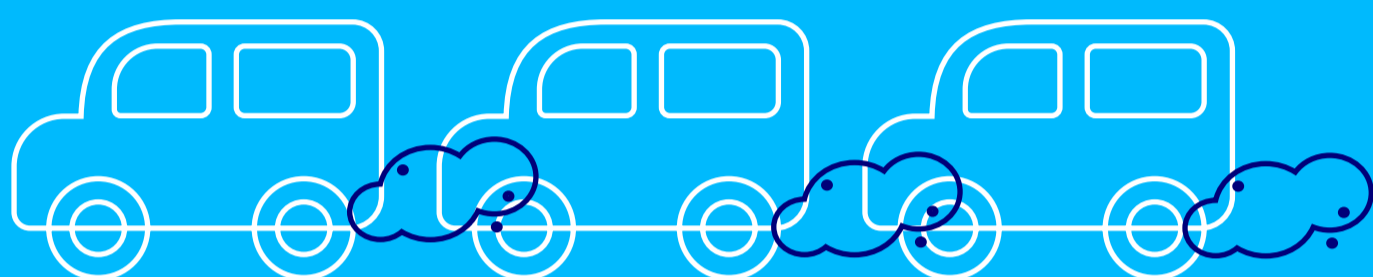
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Discover the side streets on your school run



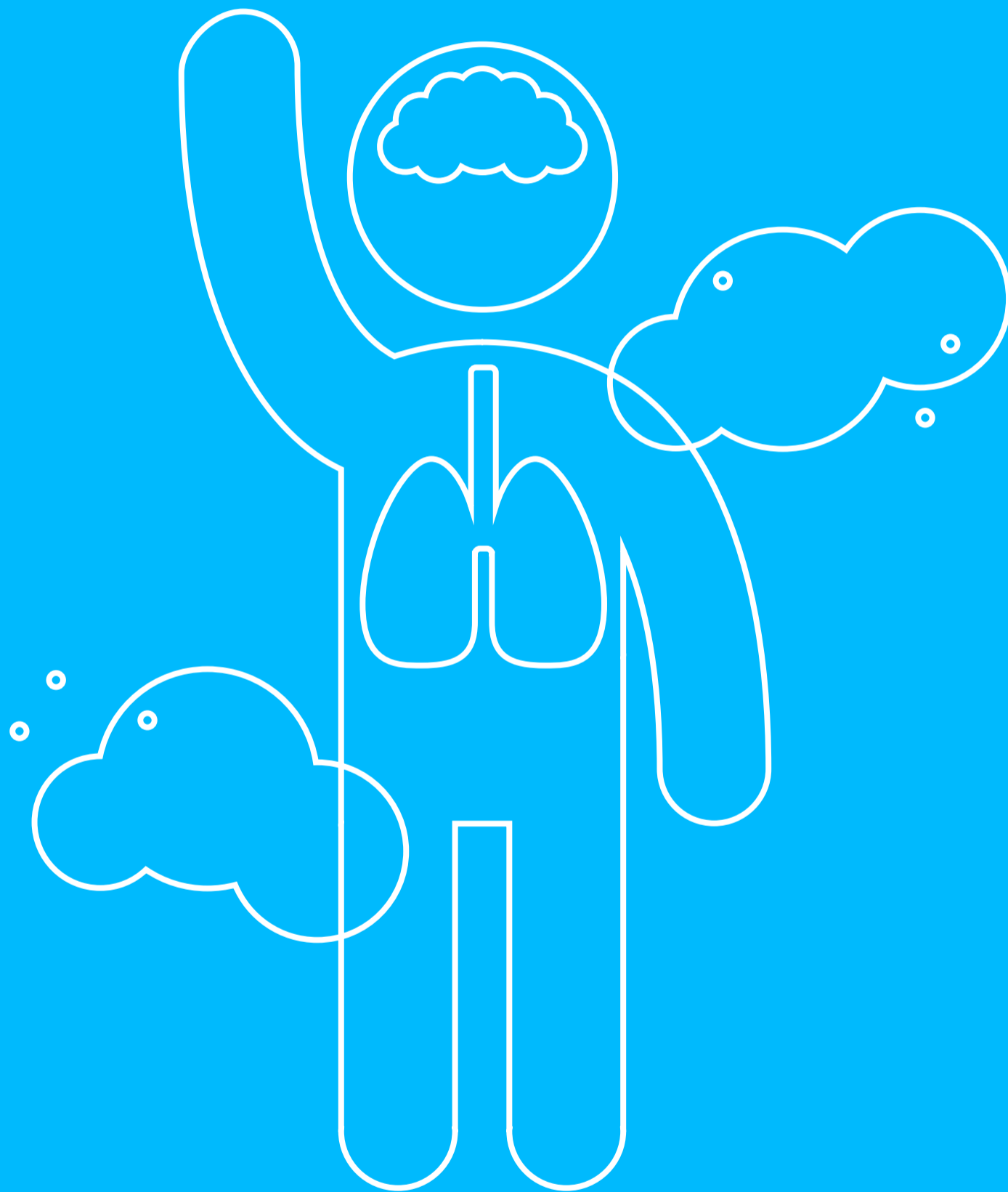
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If you have to drive, don't leave your engine on when stationary



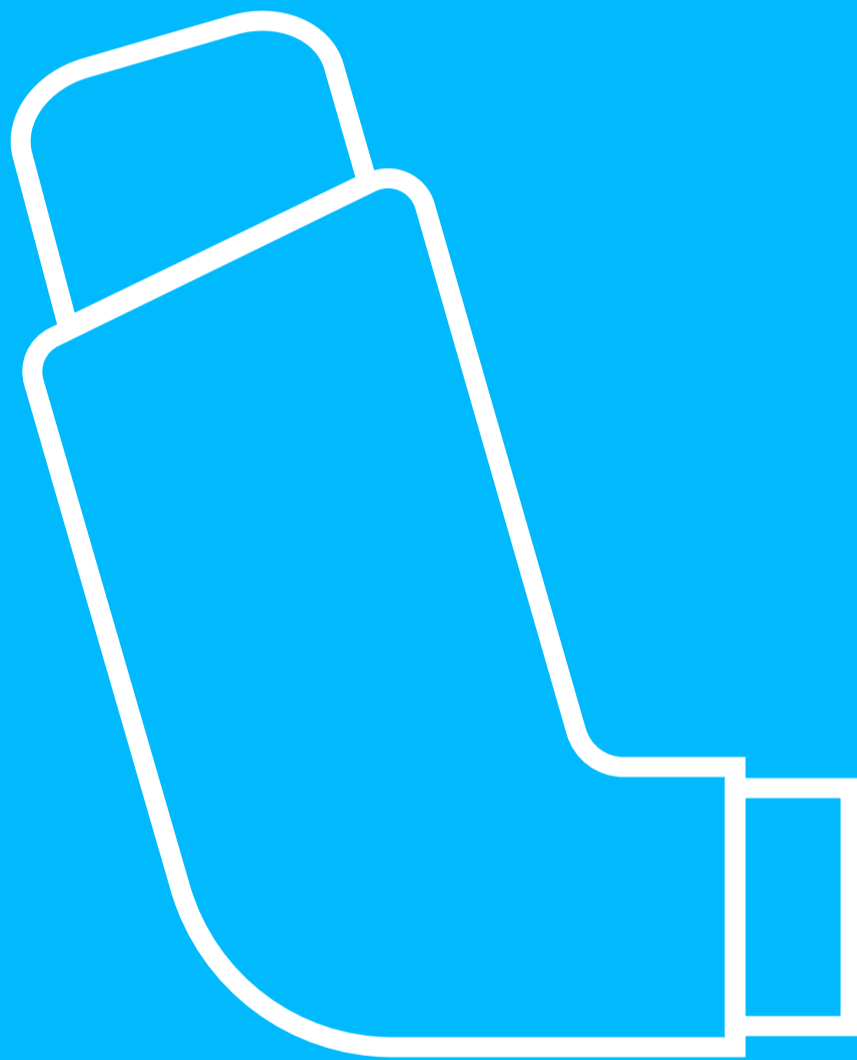
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Children are especially vulnerable to dirty air



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Stick to your preventer routine so you can cope better with air pollution



Air pollution can worsen symptoms connected to respiratory health conditions
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