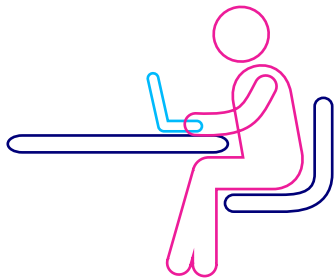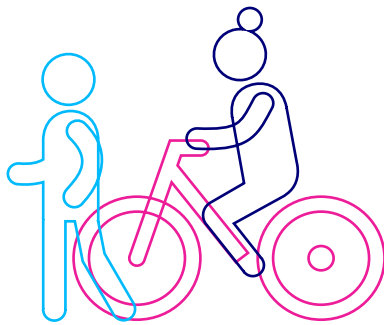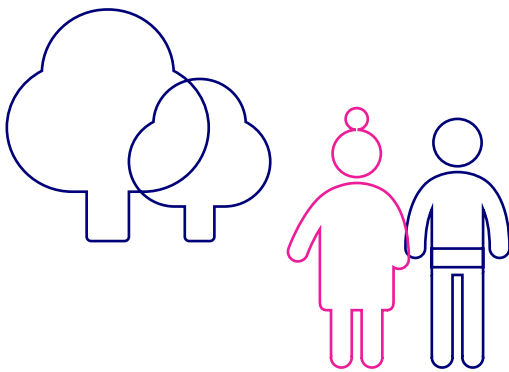# Air Pollution & You

Children are still developing their organs and immune systems and their smaller bodies and airways make them especially vulnerable to dirty air. The actions below can help:

Find out what tomorrow's air pollution levels will be and check your action plan (overleaf): cleanairhub.org.uk/forecasts
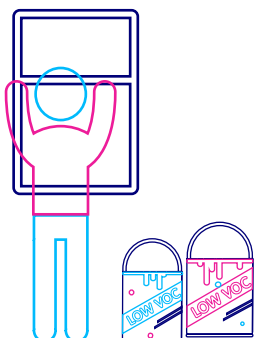
Encourage your whole family to walk, cycle and scoot more.

Use quieter roads and paths to keep away from heavy air polluting traffic.

If you do need to use a car, ask the driver to turn the engine off when the car isn't moving.

Use fragrance free and low-chemical products. Stop air pollution collecting in your home by using extractor fans and opening windows away from busy roads.

My air pollution plan

Choose the actions you are going to do, when you can, to protect your health from air pollution:

	On all days	On high pollution days
I will use my inhaler as recommended by my GP or asthma nurse	☐	☐
I will treat air pollution the same way I treat other asthma triggers	☐	☐
We will trey to leave the car at home	☐	☐
I will try to walk, cycle or scoot to school	☐	☐
I will look up quieter routes to avoid roads with heavy traffic	☐	☐
We will always turn the engine off when our car is stationary	☐	☐
I will swap my cleaning products to fragrance free options	☐	☐
I will turn on the extractor fan when cooking	☐	☐
I will open the window when cooking and cleaning	☐	☐
I will reduce home burning (e.g. log burners or coal fires)	☐	☐
If we paint, we will check it is labelled "low VOC"	☐	☐
I will ask people not to smoke in my home	☐	☐

For more information on how air pollution can affect you, and how you can protect your health visit **www.cleanairhub.org.uk**

Clean Air Hub