

Air pollution information

The World Health Organisation and the UK Government recognise that air pollution is the largest environmental health risk we face today.

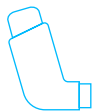
To learn more about how air pollution could be impacting you and your family's health, visit cleanairhub.org.uk.

Read our health expert approved guidance to **discover the simple steps that you can take to tackle air pollution and protect your health.**

cleanairhub.org.uk

If you are interested in joining forces with others to take action on air pollution please visit the Clean Air Hub. We have a section with practical actions individuals can take if interested to speak to local parents, politicians and organisations on the impact of air pollution and ways to improve air quality.

Simple steps can have a big impact on the air you breathe



Remember your inhaler – Watch for high forecast days and always have your inhaler to hand.

Make travel choices for cleaner air



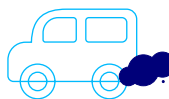
Use people power – Walk, cycle or take public transport to work or work from home if you can.



Discover the side streets – Use quieter streets when you're on a bike or on foot to avoid air polluted main roads.

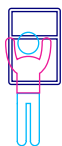


Go electric – There are lots of ways you can travel electric. Hire an electric car, taxi or test drive an electric vehicle today.



Don't idle – If you drive, turn off your engine when your vehicle is stationary, and it is safe to do so.

Make cleaner air decisions in the home



Ventilate your home - Open windows and use extractor fans when cooking or using cleaning products, but close windows near busy roads during rush hours.



Use fragrance-free milder cleaning products.



Choose paints and varnishes that are labelled low volatile organic compounds (VOCs).



Reduce home burning (e.g. log burners or coal fires)

Air Pollution & You



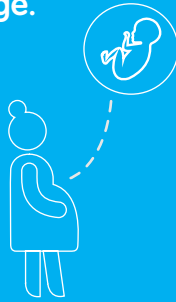
Air pollution can worsen symptoms connected to respiratory health conditions. But there are things we can all do to help.

[Clean Air Hub](https://cleanairhub.org.uk)

Why it matters

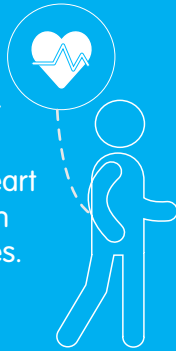
Air pollution affects you from your first breath to your last, as the damage to our health can start when we're a baby and carry on through into old age.

High air pollution is linked to low birth weight and can lead to premature birth and pregnancy loss.



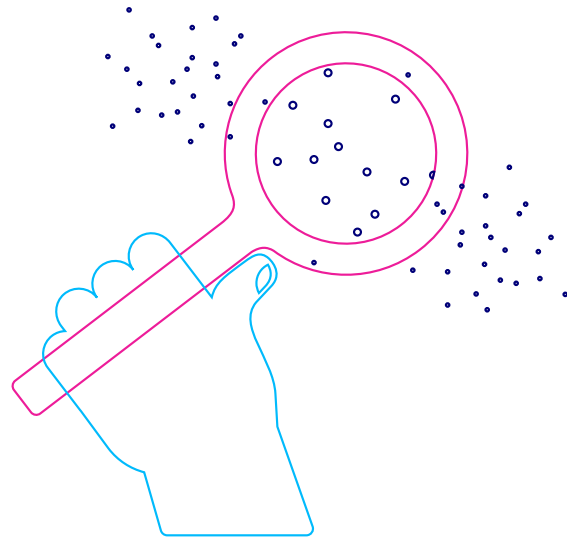
Exposure to air pollution, both during pregnancy and after birth, can affect children's lung function development.

Air pollution can move from your lungs into your bloodstream and reach many organs. It causes heart and lung diseases and may even contribute to mental health issues.



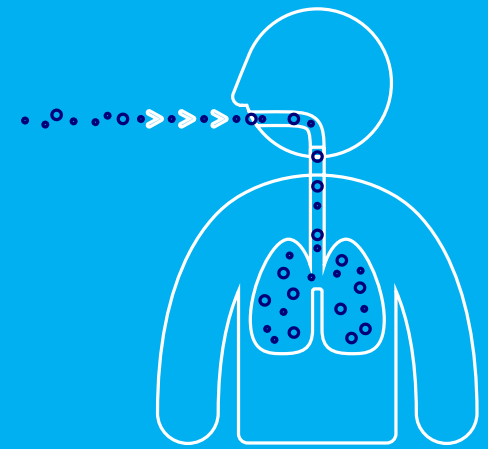
Air pollution also potentially increases the risk of getting dementia.

What is air pollution?



Air pollution is an umbrella term for lots of different types of pollution in the air around us. All these pollutants can be inhaled and absorbed into your body. Different types of pollution are caused by different things, and can affect your body in different ways. For the most part, air pollution is invisible to the naked eye, so just because you can't see it doesn't mean it's not there.

Air pollution comes from lots of different sources and can be found in both rural and urban areas.



How does air pollution damage my respiratory health?

Air pollution affects your body in lots of ways. It can increase the risk of some health problems, and can make existing health problems worse.

Exposure to air pollution can increase cough and phlegm symptoms for adults, it is linked to increases in bronchitis and it can increase the risk of getting bacterial pneumonia.

Over the longer term, your exposure to air pollution can increase your risk of lung cancer.

There is a strong link between air pollution and the worsening of asthma symptoms and it also plays a part in causing asthma in some individuals.