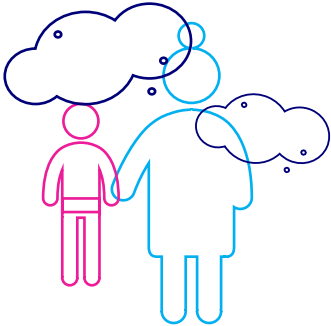


# Air Pollution & Child Health

## How does air pollution damage your child's health?

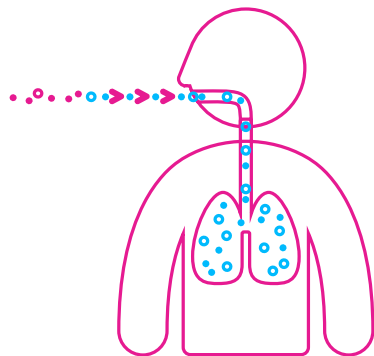


○ Air pollution is generally invisible but affects our health from before birth right through to old age. It enters our lungs when we breathe and gets into our blood, leading to effects throughout the body. There is no safe level of air pollution and there are many causes, inside and outside the home.

○ Children are especially sensitive to dirty air because their bodies are still growing. Their lungs, immune systems and brains are impacted by air pollution, and it also affects their ability to learn.

○ Air pollution can play a part in causing asthma and can make symptoms worse.

○ We are all affected by air pollution whether we live in the town or countryside. It is generally worse near main roads because of traffic and, because children are small, they often are closer to sources of air pollution such as car exhausts.



**But there are things we can all do to help.**

You can learn more about air pollution and find some simple ways to tackle it and protect your health at

[cleanairhub.org.uk](http://cleanairhub.org.uk)

# Simple steps can have a big impact on the air your family breathes

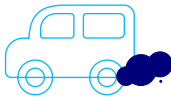
## Make travel choices for cleaner air



**Use people power** – Walk, scoot or cycle to school as often as you can.



**Discover the side streets** – Use quieter streets when you're walking or on a bike to avoid the higher levels of air pollution on main roads.



**Don't idle** – If you have to drive, turn off the engine when you are not moving, and it is safe to do so. Consider switching to an electric vehicle. Air quality can be worse inside the vehicle than outside.

## Make cleaner air decisions in the home



**Use fragrance-free, milder cleaning products and avoid plug-in fragrances.**



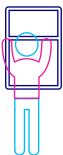
**When decorating, choose safer paints and varnishes labelled 'low VOC'** (volatile organic compounds).



**Ask people not to smoke in your home.**



**Reduce home burning as much as possible** (e.g. log burners, coal fires or candles).



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