How does **air pollution** damage my health?

Air pollution affects us from our first breath to our last. It enters your lungs and travels around your bloodstream, harming every organ in your body.

Any amount of air pollution can damage your health – **the more you breathe in, the greater the risk.**

Air pollution can cause and worsen heart and lung diseases, lung cancer, high blood pressure and strokes.

Air pollution is linked to issues during pregnancy, including low birth weight, premature birth, and pregnancy loss.

Air pollution affects your brain, impacting mental health and contributing to memory issues and dementia.

But there are things we can all do to protect our health.

Learn the simple steps that you can take to clean the air and protect your health at cleanairhub.org.uk

global action plan
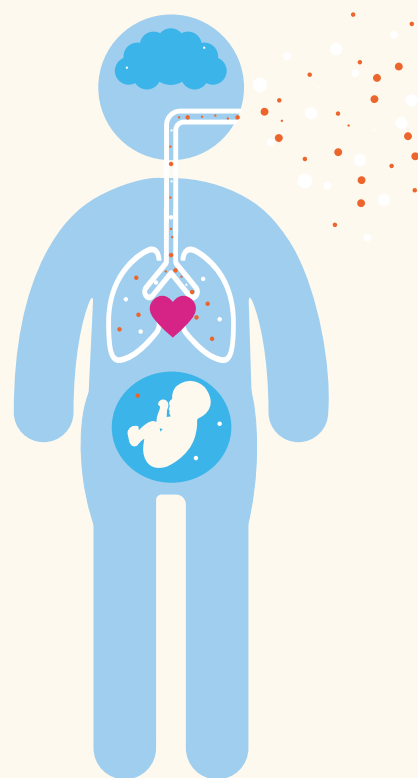
Actions we can all take to breathe cleaner air

Make travel choices for cleaner air

Walk or wheel to work or school, using **greener routes** with less traffic when you can (including places like Southampton Common and East Park).

Consider switching to an **electric vehicle** or **leaving the car at home**.

If you need to drive, **turn the engine off** when you are not moving and it is safe to do so.

Find out what air quality is like in your local area using **southampton.gov.uk**.

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 that are labelled '**low VOC**'.

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

Avoid home burning (e.g. log burners, coal fires, or candles).

Open windows that are away from main roads to ventilate your home.

global action plan

Department for Environment Food & Rural Affairs

tec
the Environment Centre (tec)

SOUTHAMPTON
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