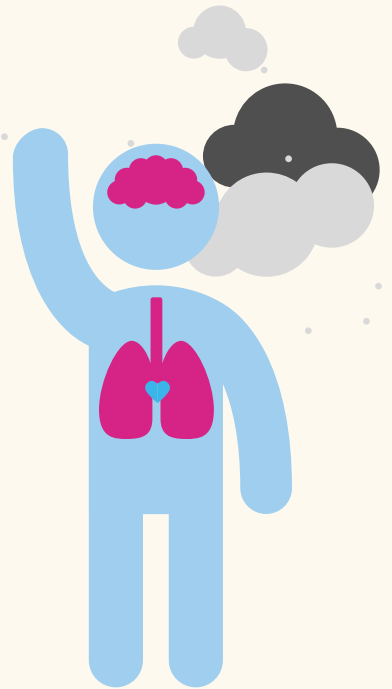


Air pollution can cause or worsen health problems in **children**

These actions can help protect your child:

- 1. Use quieter, greener routes:** Take quieter paths through green spaces to keep away from polluting traffic.
- 2. Leave the car behind:** Encourage your family to walk or wheel more.
- 3. Turn the engine off:** If you need to use a car, turn the engine off when you are not moving and it's safe to do so.
- 4. Check the pollution forecast:** Use SouthamptonAir.org.uk to find out the air quality in your local area.
- 5. Clean the air in your home:** Use fragrance-free, milder cleaning products, and avoid home burning. Use 'low VOC' products when painting or decorating. Open windows if they are away from busy roads to ventilate your home.



Find out more about air pollution and how to protect your family's health at cleanairhub.org.uk



My air pollution plan _____

Choose the actions that you and your family are going to take to protect your health from air pollution

We will **walk or wheel** to school

We will buy **safer cleaning products and paints**

We will use **quieter, green routes** to avoid heavy traffic

We will ask people **not to smoke** in our home

We will **leave the car at home** when we can

We will **avoid home burning** (eg. log burners, coal fires and candles)

We will **turn the engine off** when the car is not moving

We will **open a window** when cooking and cleaning

