



# Clean Air Day



# Why is clean air important?





Air pollution can damage your lungs and impact your breathing.



Exposure to air pollution can cause asthma, or make symptoms of asthma worse.

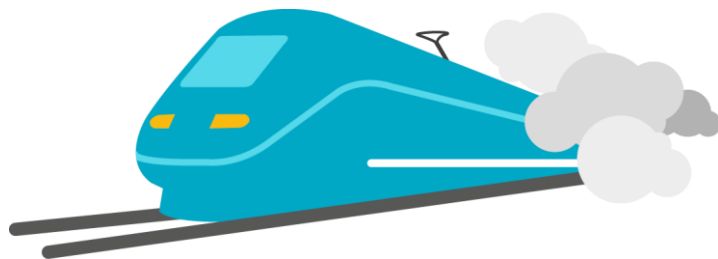
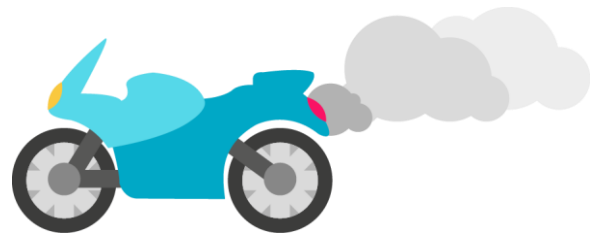


Breathing air pollution can impact your heart and cause future heart problems.



What stops our air being clean?





What can we do to avoid air  
pollution?





Be physically active



Take low pollution  
routes and avoid  
main roads



Avoid sitting in  
heavy traffic



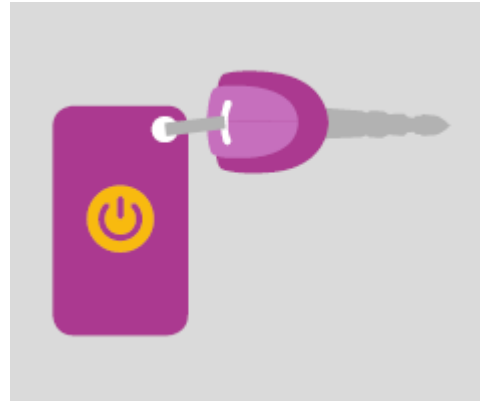
What can we do to reduce the amount of pollution we produce?







Walk, cycle or scoot  
instead of taking the  
car



Switch off engines  
when not moving



What could we do to reduce air  
pollution at school?

