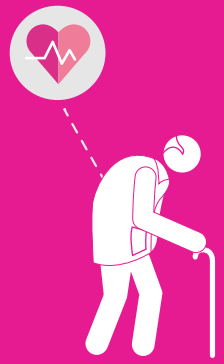
Why air pollution matters

Air pollution could be impacting your family's health.

Once inhaled, some smaller particles can end up deep in the lungs and can increase health risks.

The health effects of pollution depend on how much of it people are exposed to and for how long. Air pollution affects people in different ways; children, older people and those with heart or lung problems are more likely to be affected.



Breathing in pollutants can cause eye, nose and throat irritation. Breathing in pollutants over several years can increase health risks from heart and lung disease and lung cancer.

About Clean Air Day

Air pollution is largest environmental health risk we face today, according to the UK government and the World Health Organisation (WHO).

Clean Air Day is the UK's biggest air pollution campaign. It's a chance to find out more about air pollution, share information, and make the air cleaner and healthier for everyone.

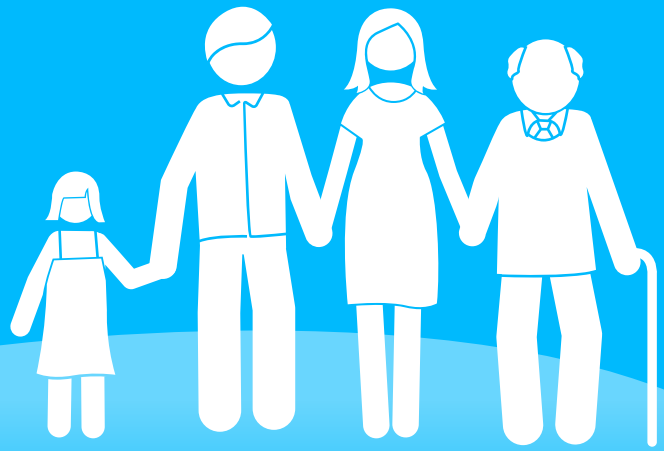
This Clean Air Day we will demonstrate our support for action on air pollution to show how much we care about building a clean air future for our children.

As we return to our lives, we must take this opportunity to create a healthy environment for our children where they can learn and play safely.

We have a once in a lifetime chance for change. Let's use it.

DiwrnodAerGlân
CleanAirDay

DiwrnodAerGlân
CleanAirDay



Find out how to play your part in keeping our air clean

#CleanAirDay #DiwrnodAerGlân
cleanairday.org.uk

Air pollution when we are out and about

Where does outdoor air pollution come from?

There are many sources of outdoor air pollution including road transport, energy generation, industry, open fires, stoves, and agriculture.

Play your part

During the COVID-19 lockdown we experienced a drop in traffic pollution levels.

Let's keep up the momentum to keep our air clean.

Drive less

Give your car a day off – Walk, cycle to work or school if you can.

Use quieter streets when you're on a bike or on foot to avoid polluted main roads.

Work from home more often – challenge your workplace to make this easier for you.

If driving is essential

Go 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.

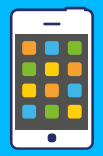
Avoid burning at home

Avoid using wood burning stoves and open fires - if it is essential, only burn dry, well-seasoned or 'Ready-to-Burn' labelled wood, or smokeless fuel and look for an accredited low emission appliance.

Avoid burning household and garden waste – take it to a waste recycling centre instead.

Wise up

Learn more about air pollution - visit and share cleanairday.org.uk/wales



Share your experiences – let others know what you are doing to tackle air pollution and help inspire others at @CleanAirDayUK #cleanairday.