

Take Care of Your Air

Air pollution can affect your health – both outdoors and inside your home

Simple steps to help protect you and your family

When out and about:

- Keep vehicle windows closed
- Choose to walk and cycle away from busy roads
- Switch off your engine when parked or waiting



When at home:

- Tackle damp and mould
- Open your windows when cooking, washing and doing DIY
- Cut down use of scented aerosols and sprays

