



Take Care of Your Air

**Simple steps to protect
you and your family
from air pollution**



Breathing polluted air affects everyone

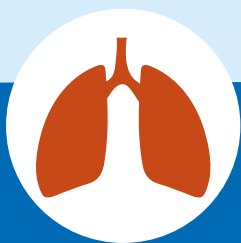
It is especially harmful to children, older adults, pregnant women, and people with existing lung, heart or other health conditions.

Short-term exposure can:

- Irritate the eyes, nose and throat
- Cause headaches, dizziness and tiredness
- Trigger breathing problems

Long-term exposure can increase the risk of:

- Lung disease
- Heart and circulation problems
- Cancer
- Dementia
- Early death



Tips to reduce your exposure when out and about

Outdoor air pollution comes from road traffic, construction, industry, and farming.

- Keep vehicle windows closed in traffic.
- Choose walking and cycling routes away from busy roads.
- Switch off your engine when parked or waiting.
- Exercise early or later in the day when pollution levels are often lower.
- Children in prams and wheelchair users are closer to exhaust fumes – take extra care.
- Check air quality forecasts to help plan when to spend time outdoors.



Tips to reduce your exposure when at home

Indoor air pollution can come from everyday activities, household products, heating and poor ventilation. Sometimes, the air inside can be worse than the air outdoors.

- Tackle damp and mould.
- Keep your home well ventilated – open windows or use an extractor fan when cooking, showering, drying clothes or doing DIY.
- Cut down use of scented aerosols, sprays, air fresheners and cleaning products.
- Avoid smoking or vaping and burning candles or incense.
- Keep lids on pans when cooking.



- Reduce use of wood burners and open fires, which release harmful smoke and particles. Choose Ready to Burn certified fuel or properly seasoned wood, and avoid burning coal, paper or plastic.



Find out more



The Met Office app and website provide daily air pollution forecasts.

www.metoffice.gov.uk



Get info about air quality and simple everyday tips to reduce your exposure.

[www.healthysuffolk.org.uk/
air-quality-advice](http://www.healthysuffolk.org.uk/air-quality-advice)

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