

# Take Care of Your Air



Air pollution outdoors and inside your home can cause health problems

Simple everyday actions can help protect you and your family:

- Walk or cycle away from busy roads
- Open windows when cooking, washing and doing DIY
- Switch off vehicle engines when waiting



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

