

# AIR POLLUTION AND HOW IT AFFECTS YOU

## OUR TOXIC AIR IS A DEADLY PROBLEM.

Air pollution contributes to thousands of early deaths each year and it affects the day-to-day life of many more who suffer from the long-term illnesses it causes. Particulate air pollution (PM2.5) is estimated to be responsible for 5.1% of all adult deaths in the UK. And it affects the day to day life of many more who suffer from the long term illnesses caused by it.

## THE YOUNG AND THE OLD ARE MOST VULNERABLE.

Maternal exposure can result in premature and low birth-weight babies. Inhaled tiny carbon particles have even been found in mothers' placentas. Children living in highly polluted areas of London are more likely to have reduced lung growth. In old age a lifetime of exposure can result in reduced life expectancy, and increased risk of stroke and heart attacks.

## LINKS TO ASTHMA, HEART DISEASE, STROKES AND LUNG CANCER.

There are also suggested links to brain and breast cancers, diabetes, dementia, impaired memory, reduced ability to learn, poorer exam performance, mental health problems including bipolar disorder and schizophrenia, depression and teenage psychotic episodes.

*My five-year-old son is one of many children affected by air pollution. He's been to hospital 12 times with breathing difficulties, two of his attacks were life threatening. All our kids should be able to grow up healthy.*

**RUTH**



HIGHLY POLLUTED AREAS CAN  
**STUNT CHILDREN'S LUNG GROWTH**  
BY **14%**

MUMS  
FOR  
LUNGS

CLEAN AIR | HEALTHY KIDS

# AIR POLLUTION

## WHAT YOU CAN DO ABOUT IT



### STOP BURNING WOOD

It causes more particulate matter (PM2.5) air pollution in the UK than traffic. Bonfires, fireplaces, fire pits, DEFRA approved eco-stoves and even the newest Eco Design stoves all release harmful levels of particulates into your and your neighbours' homes.



### WALK, CYCLE, SCOOT - DON'T POLLUTE!

Ditch the car for short trips to school and the shops. For longer journeys use public transport or a bike. Did you know pollution inside a car can be more than three times higher than outside?



### WALK AWAY FROM THE KERB

As a pedestrian, the closer you are to the traffic, the higher the pollution levels. Keep as far from the road as you can, especially when waiting at crossings, and try to walk down quieter streets with less traffic.



### NO IDLING

Turning your car engine off whenever you pull over is a really easy way to stop polluting the air, and it saves fuel.



### RETHINK ONLINE DELIVERIES

Collect deliveries from a local shop rather than get them delivered to your home, as this cuts down the amount of courier driving. Most courier vans are powered by diesel which is far more polluting than either petrol or electric. Better still, shop locally on foot and by bike.



### ELECTRIC CARS

If you have to have a car, ensure it is the least polluting option. Diesel cars are much more polluting than petrol cars. Electric cars do not pollute from the exhaust pipe, but they still emit particulate matter (PM2.5) through tyre, brake and road wear.



### TRY CAR-SHARING

Many cities have a large network of cars which can be rented by the minute, hour or day. Drive to your destination and leave the vehicle there, no need to take it back home or pay while you're not using it. Easy to book, cars are often brand new, insured, include fuel and increasingly, many are electric.

### WHAT IS AIR POLLUTION?

It's a mix of particles and gases that harm you when you breathe them in. Particulate matter (PM2.5) is one of the most dangerous pollutants, it's made up of tiny particles of soot and dust. Gases, like nitrogen dioxide, are emitted by (mainly diesel) vehicles.

Find out more information on our website

[MUMSFORLUNGS.ORG](https://www.mumsforlungs.org)



@MUMSFORLUNGS

MUMS  
FOR  
LUNGS

CLEAN AIR | HEALTHY KIDS