

ACTIONS AGAINST AIR POLLUTION

Our activities and habits are the main sources of air pollution. Small changes in our habits can go a long way to protect our health and help improve air quality. Here, find a few simple actions you can take.

1 WALK, CYCLE OR TAKE THE BUS!

Cars and other motor vehicle are one of the major sources of air pollution. Walk, cycle or use public transport, especially when travelling short distances. Also, choose routes with less traffic to reduce exposure to pollutants.

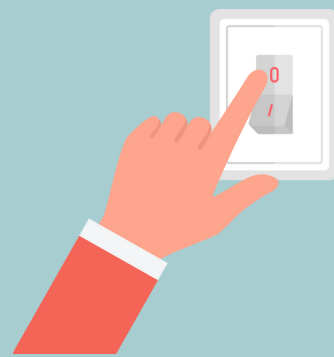


2 TAKE LESS FLIGHTS!

Airplanes contribute to air pollution and climate change, so avoid flying where possible. If you have to travel over long distances, you can use the train, bus or other forms of public transportation.

3 USE LESS ENERGY!

Burning fossil fuels to produce and use electricity releases air pollutants into the air. Small actions can help reduce energy consumption, for example: use energy-efficient appliances, use less energy for heating or cooling, turn off the lights and unplug devices when not in use.



4 STAY INFORMED!

Regularly check the AQI in your area. If the AQI is low, then the air quality is good and you can enjoy outdoor activities. But, if the AQI is high, it means that the air quality is bad, and your health could be at risk, so it is best to avoid outdoor activities.

5 REDUCE THE IMPACT OF CARS

Choose cars that pollute less and avoid idling when not using the car. Ensure that your car is properly maintained. Refuel at night, since gasoline gases can react with sunlight and produce ozone.



6 CHOOSE RENEWABLE ENERGY

Where possible, choose renewable energy, such as solar and wind energy, to reduce air pollution coming from fossil fuels use.

