



Clean Air Day 2019

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Transport

How did you get to school today? By bus, car, bike or walked?

How do you usually travel?

Why should we think more about how we choose to travel around?



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Air Pollution

Air pollution is the contamination of air by harmful substances that can cause problems to our health and the environment.

Poor air quality is a major problem in cities around the world including Southampton, Portsmouth and Winchester.

Road transport is the biggest source of air pollution in towns and cities. Over **30 million** cars are driven in Britain, and they release pollution from their exhausts.



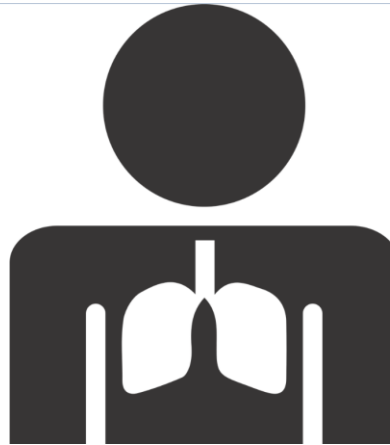
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Why should we be worried about air pollution?

Air pollution is a mixture of particles and gases.
The main air pollutants of concern nationally are

- particulate matter (PM)
- and nitrogen dioxide (NO₂).

This type of air pollution is so small that it can't be seen by the naked eye and can be inhaled deep into the lungs. Once inhaled they can pass directly into the bloodstream.



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Who does air pollution affect?

In the UK, up to 50,000 early deaths each year can be attributed to exposure to particulate matter and nitrogen dioxide



Impacts from high pollution:

- more coughs and wheezing,
- more visits to A & E and
- decreased lung function.

The Royal College of Surgeons has reported that children, older people and those with chronic health problems are the most vulnerable to air pollution.



Impacts from high pollution:

- Accelerated decline in lung function
- Asthma
- Poor cognition
- Heart attacks, heart failure and strokes
- Lung cancer.

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What can we do to stay healthy?

- Keep fit and active by choosing to travel on foot, by bike or even by skateboard whenever possible.
- If travelling further distances, choose public transport to reduce the number of cars on the roads.
- Remind drivers to switch off their engines when stationary.
- Breathe cleaner air by avoiding busy roads that have higher levels of air pollution.
- If you must drive to school, Park and Stride.



Park and Stride

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Do we breathe cleaner air inside cars?

Cyclists and pedestrians often breathe cleaner air than drivers in their cars!

When driving in heavy traffic, use the recycled-air setting on your fan so your car doesn't suck in harmful fumes.



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Grow more plants

Green walls, trees and plants can help to improve air pollution.

Hedgerows and screens with climbers on can provide barriers to air pollution from adjacent roads.

House plants are effective at purifying air.



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What can you do to help to improve air quality this Clean Air Day?

Encourage lift sharing at school?

Run a 'no idling' campaign with posters, information stand, pledges and champions?

Hold a car free day at school?

Promote a new Park & Stride site?

Run a quiz on air quality?



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