

Cooking

- Open a window and use an extractor fan (if you have one) while cooking
- Cover frying pans and pots, keep grills and pans clean
- Cook with less oil
- Take care not to burn foods, but if you do, open a window

Heating

- Avoid using any wood or coal fuels for heating or cooking in your home
- Make sure your gas boiler is checked and serviced routinely, and that exhaust gases are not entering your property

Cleaning products

- Avoid high-chemical products like bleach, disinfectant and glass or furniture polish
- If you do use them, open a window
- Where possible, choose fragrance-free products – in many cases, warm water and soap will work

Sprays

- Avoid using air fresheners and other scented products – open windows to remove smells
- Choose liquid or solid scents and deodorants instead of aerosol products

Smoking

- Stop or reduce smoking and ask smokers not to smoke inside or near your home

Incense and candles

- Avoid burning incense, scented candles or paraffin candles – if you do, open a window

Black mould (mould that forms from condensation and water vapour)

- Cover pots when boiling water, and open a window if possible
- Open a window and use an extractor fan (if you have one) while showering
- Avoid drying clothes on radiators – hang laundry outdoors if you have the option

Furniture and decorations

- If you can, choose furnishings which do not contain chemical glues. Avoid leather, pressed wood products and materials containing 'formaldehyde' – solid wood furnishings are likely to be safer
- If you can, select 'low-VOC' or 'non-toxic' paints, varnish and other products
- Ventilate your home thoroughly by opening windows for a while after decorating or purchasing new furniture



The air you breathe affects your health

There are steps you can all do to reduce your exposure to air pollution.



This leaflet explains the steps you can take to minimise the effects of air pollution on your health.

Find out more



Clean air is important for everyone

- 'Air pollution' means gases, particles and chemicals in the air which are harmful to our health or the environment
- Air pollution comes from many different sources and can be found outdoors and indoors, in our homes, schools and workplaces
- Some indoor spaces can have more air pollution than outdoors
- Air pollution affects everyone, throughout our lives
- 'Clean air' means air which has lower levels of air pollution and is safer for our health

How does air pollution affect our health?

- Air pollution can harm our lungs, hearts and brains
- Exposure to air pollution can make us unwell by triggering existing illnesses, such as asthma
- Children, older people, pregnant women, and people with existing health conditions are most vulnerable to air pollution
- Even if we feel fit and healthy, exposure to air pollution will increase our risk of developing a range of health conditions later in life

Air pollution and asthma

- Air pollution is closely linked with asthma – many hospital visits due to asthma are caused by air pollution
- If we reduce air pollution and our exposure to polluted air we will protect our own health and the health of our family, friends and community

The key to living healthily with asthma:

1. Make sure you or your child have an asthma management plan
2. Check that you know how to correctly use an inhaler
3. Get an annual asthma review each year

Clean air outdoors:

We can take steps to reduce outdoor air pollution and our exposure to it.

Road vehicles

- Walk, cycle, or scoot if you can, or take public transport, rather than driving (air pollution is worse inside vehicles than outside)
- Choose walking or cycling routes which have less traffic. Stand further away from the road where you can, for example at junctions and crossings
- Turn off your engine when parked or stopped at the side of the road

Restaurants and markets

- Avoid sitting or standing near to cooking areas (either indoors or outside), especially if you have asthma or other health conditions (especially charcoal grills, pizza ovens, and deep fat fryers)

Barbeques and garden fires

- Avoid sitting or standing near to barbeques, fire pits and other garden fires, especially if you have asthma or other health conditions
- Avoid burning any garden waste

Fireworks

- If you have asthma, consider avoiding fireworks displays or bonfires, and make sure you have used your preventer inhaler and have your reliever inhaler ready if you do go

Shops where chemicals are used

- Consider avoiding or reducing the number of times you go to places where chemicals are used, for example nail salons and dry cleaners

Available in community languages

ALWAYS use your preventer as prescribed and ALWAYS carry your reliever with you



For further information and resources visit nclhealthandcare.org.uk/airqualityandasthma

