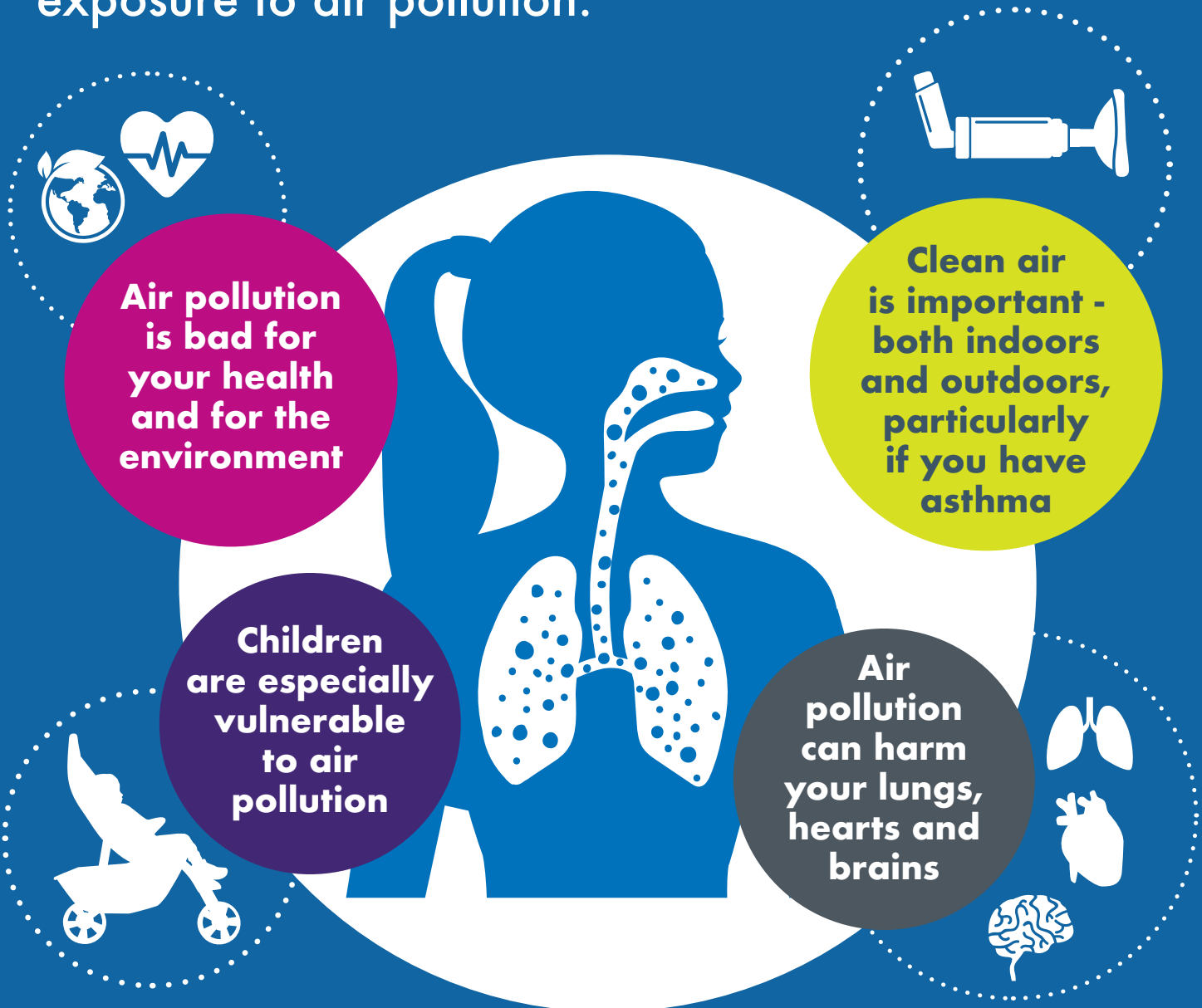




The air you breathe affects your health

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



Air pollution is bad for your health and for the environment

Clean air is important - both indoors and outdoors, particularly if you have asthma

Children are especially vulnerable to air pollution

Air pollution can harm your lungs, hearts and brains

Find out more



[nclhealthandcare.org.uk/
airqualityandasthma](https://nclhealthandcare.org.uk/airqualityandasthma)