

So what we can do?



Join/start a community walking campaign

Walking is great for your health - and it produces no emissions!



Tell your friends

Now you know the facts, speak with your friends about it and discuss how you can do something together to make your city better!



Write to your MP

Use ClairCity's handy postcards in our Educator Pack and ask your MP to do more to improve things!



Share your story

Record yourself walking along a polluted road, or write a song, poem or even act out how pollution affects you. Share your story. Get social!



Start a campaign

If you have a particular idea in mind, why not start a campaign at school or with friends.

Group activities

- Host a Citizen Assembly at your school/online (page 23 of the pack)
- Survey your classmates/friends, asking them what they would like to do
- Fill jars with water and add different amounts of black food colouring to represent air quality in different cities. Discuss with friends what this might be like to live there
- Design your own air pollution face mask

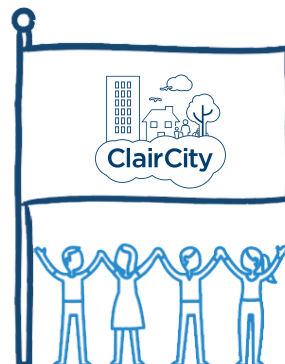
For more ideas, explore our Educator Pack!

For a future with clean air

claircity.eu



claircity@uwe.ac.uk



Making my city a healthier place to live



Facts on air pollution and climate change... and what to do about it



Our future with clean air
www.claircity.eu



The facts

Air pollution is linked to **1 in every 8 deaths**. Most EU cities are **breaking the law** because air pollution emissions are so high.

According to scientists, we have to make **BIG** lifestyle changes in the next **10 years** to prevent runaway climate change from happening - a situation which would make the planet unsuitable for humans to live! Many countries say they will stop producing **greenhouse gases** (the pollutants that contribute to climate change) by 2050 ... the scientists say we need action much sooner!



We all need to play a part in reducing air pollution and carbon emissions. Read on to learn what this all means and what you can do!

Why is pollution so bad?



IT'S YOUR HEALTH

BREATHING POLLUTED AIR CAUSES HEART ATTACKS, STROKES AND LUNG CANCER. IT MAKES RESPIRATORY CONDITIONS LIKE ASTHMA OR BRONCHITIS WORSE

Pollution comes from our actions. These include the travel choices we make, the food, drinks and gadgets we buy (and waste) and the energy we use to heat our homes and buildings. Flying planes, driving diesel cars and eating meat and processed food that comes from far away are among the biggest polluters.

DIESEL VS PETROL

DIESEL CARS CAUSE MORE AIR POLLUTION THAN PETROL CARS, BUT HAVE LOWER CARBON EMISSIONS



Air pollution is often invisible but it affects us all. In cities, we produce air pollution mainly through how we travel and how we heat our homes. Petrol and diesel cars, vans and lorries produce lots of gases - called **nitrogen dioxides** (NOx) and

particulate matter (PM) - and they are tiny particles that stay in the air for weeks, irritating our lungs and causing our bodies harm.

Soot is another air pollutant, and it also adds to climate change. Diesel transport and household wood burners are two of the world's major sources of soot.

Transport contributes to 25% of all **carbon dioxide** (CO₂) emissions, and these emissions make climate change worse.

Who's at risk?



Young people, older people and people with health conditions are especially vulnerable.