

<p>Exhaust fumes from cars and other vehicles</p> 	<p>Mould on walls and ceilings release harmful particles</p> 
<p>Burning fossil fuels to power and heat our homes, schools and businesses</p> 	<p>Smoke is released from wood burning stoves or open fires</p> 
<p>Build-up of dust on surfaces and in carpets</p> 	<p>Chemicals in cleaning products and paints are released into the air</p> 
<p>Disposing of our waste through landfill sites and burning releases chemicals into the air</p> 	<p>Fertilisers added to crops release chemicals into the air</p> 

Switch off all lights when no one is
in the room



Walk, cycle or scoot



Use eco-friendly lightbulbs



Car share with others



Switch off all appliances when not in
use



Organise a 'walking bus'



Use gel cleaning products rather
than sprays



Clean and vacuum regularly



Opening windows to allow moist air out



Turn off engines when the vehicle is not moving



Purchase organic produce



Recycling waste when possible



Using dried out wood so it burns effectively

