



Today I learnt that _____

To reduce air pollution, I am going to _____

Clean Air Detectives is a **Global Action Plan** educational programme, in collaboration with **Johnson Matthey**, investigating air quality in the classroom and exploring the changes we can make at school, at home and in our community to help reduce air pollution and improve health.

Did you know that:

- Air pollution is linked to asthma, lung cancer and heart disease
- Children are highly vulnerable, as their lungs are still developing
- Even in the car, pollution is a threat to your health
- Air pollution can increase the risk of health problems later in life

Easy steps you can take:

- Walk and cycle more
- If you have to drive, switch your engine off when you're stationary
- Save energy by turning appliances and lights off when you're not using them
- Open windows when cooking and close these at rush hour



For further information visit: cleanairhub.org.uk



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