



We'd love to hear from you.

Contact us on 0203 0305978 or email [healthyair@clientearth.org](mailto:healthyair@clientearth.org)

Visit us at [www.healthyair.org.uk](http://www.healthyair.org.uk)



Air pollution is an invisible killer - it is linked to heart attacks, strokes, asthma and underdeveloped lungs in children.

Traffic fumes, particularly from diesel vehicles, are the main source of air pollution.

London is among the worst cities in Europe for air pollution, yet the Government doesn't plan to meet legal limits until 2025 - 15 years after the deadline.

It's not fair and it's not legal. But it's not hopeless - join us in helping banish bad air!



The Healthy Air Campaign works to raise awareness of the health impacts of air pollution, encourage behaviour that helps cut air pollution and exposure to it and persuade all levels of government to take stronger action so that the UK complies fully with air quality law.

The coalition is coordinated by ClientEarth and supported by partners.



London's air pollution levels are illegal and cause 4,300 early deaths each year.

It doesn't have to be like this. You have the right to breathe clean air.

You can take steps to protect yourself and your family. ...

## Step 1: Know where and when air pollution is particularly bad.

You can cut your exposure drastically by taking a road with less traffic.

Try [walkit.com](http://walkit.com) for low pollution routes.



Find out when air pollution is moderate or high with alerts from [airtext.info](http://airtext.info)

The two pollutants of most concern are nitrogen dioxide, a toxic gas, and particulate matter – tiny particles which can be up to 100 times thinner than a human hair and penetrate deep into your lungs.



**Frances:** "I can remember the smogs of the 1950s, but unfortunately the problem hasn't gone away, it's just become invisible. Our air is still making people sick."

## Step 2: Know how to reduce your own contribution.

You're not protected by being inside a car. If you walk or cycle you can choose a less polluted route whilst improving your health by taking exercise, safe in the knowledge that you're not adding to air pollution.



**Londonair.org.uk shows current, past and predicted pollution levels and where legal limits are being broken. Download their app and access this information wherever you are.**



**Fiona:** I worry about the effect of polluted air on my young daughters and it makes me wonder if we should move out of London. But we can't all just move away from the problem, it needs to be sorted out."

**Malachi:** "Nine months after moving to London I started to have breathing problems and the doctor told me I had developed a mild form of asthma. I love living in London but I think we can do better than this."



## Step 3: Visit [healthyair.org.uk](http://healthyair.org.uk) for info and support

We are keen to meet with interested groups and make sure you are heard by the right people.

