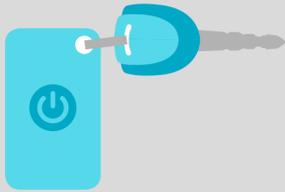




# YOU are the key to cleaner air!



Idling is a significant contributor to local air pollution. It is less polluting to turn your engine off and restart it after a minute or longer than to leave your engine running.



It can take up to an hour for an engine to cool down. Turning off your engine but keeping the ignition on and the fan blowing will provide warm air for some time.



Modern batteries need less engine running time to work and don't need the engine on constantly to keep them charged.



Over 50% of Particulate Matter (PM)  
in cities can come from taxis and cars...

You can make a difference to air quality  
in our community!

To get involved in Clean Air Day and learn more about how air pollution could be affecting you and your family's health, visit [cleanairday.org.uk](http://cleanairday.org.uk) or search #CleanAirDay.

# Make cleaner air travel choices

- 1 Give your car a day off** Walk, cycle or take public transport to work or school, or work from home if you can.
- 2 Discover the side streets** Use quieter streets when you're on a bike or on foot to avoid polluted main roads.
- 3 Go electric** There are lots of ways you can travel electric. Hire an electric car, taxi or test drive an electric vehicle today.
- 4 Don't idle your engine** If you drive, turn off your engine when your vehicle is stationary, and it is safe to do so.



# Make cleaner air decisions in the home

- 1 Ventilate your home:** open windows and use extractor fans when cooking or using cleaning products, but close windows near busy roads during rush hours.
- 2 Use fragrance-free milder cleaning products.**
- 3 Only burn dry, well-seasoned wood or smokeless fuel on your stove, open fire or barbeque.**
- 4 Choose paints and varnishes that are labelled low volatile organic compounds (VOCs).**

