



Air pollution

Where does it come from?

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What is air pollution?

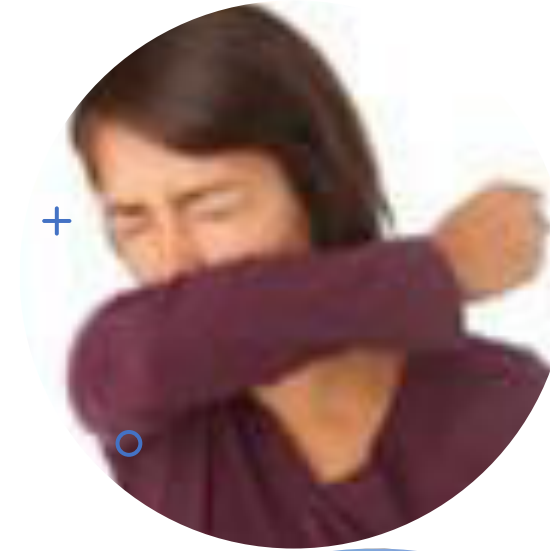
You can't see it but air pollution kills!

But don't despair we are on a mission to clean up this hidden menace and there are lots of things you can do to help!

AIR POLLUTION

Air pollution is one of the worlds biggest killers, breathing in air pollution can increase the risk of heart disease and stroke. It can make asthma symptoms worse and can even cause lung cancer.

Petrol and diesel cars cause most of the air pollution, because of this the government has banned the sale of new petrol and diesel cars from 2030.





Everyone is affected...

Children are most vulnerable to air pollution, but everyone is affected. Air pollution damages children's lung development and can make breathing and heart problems even worse for older people.

The poorest people tend to suffer more, as they usually live near main roads with lots of traffic where air pollution is worst.



How can you help?

Almost $\frac{3}{4}$ of car journeys are very short distances.

Being shut inside a car increases your exposure to pollution by 8 times!

- If you can walk, scoot or cycle you are helping to reduce air pollution for everyone. You can make it safer for yourself by avoiding busy main roads when you are walking.
- If you can't avoid a main road, walk as far away from the kerb as you can – even a few meters will reduce the amount of pollution you breathe in.



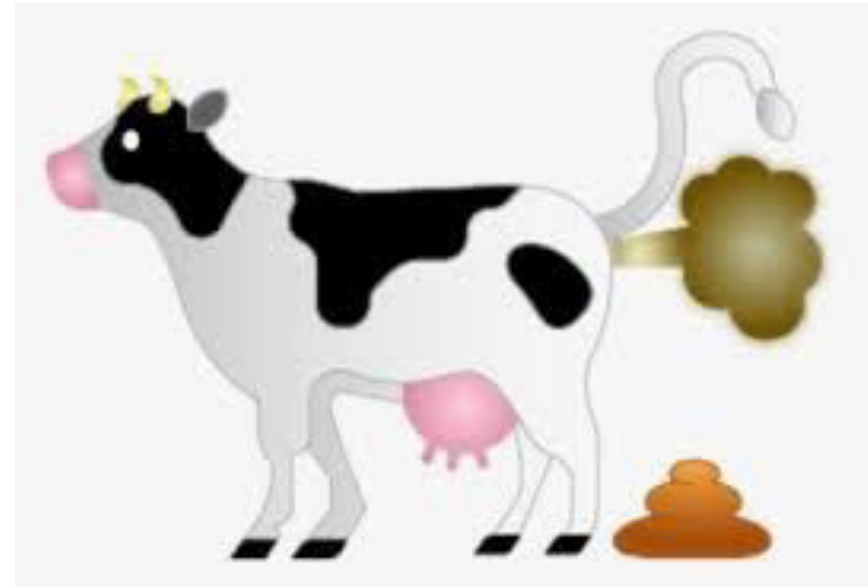
How else can you help?

Believe it or not, eating less meat can also help reduce air pollution! The more meat we eat, the more farmers need to produce. You may be wondering what this has got to do to air pollution...

COWS TRUMPS is the answer to this!

Cows produce **LOTS** of gas in their trumps. This gas is damaging the environment and is called 'greenhouse gases'. It is actually more damaging to the environment than car pollution.

So, less meat = less cows = less trumps = less pollution!





**SAVE THE
PLANET**



*You can make a
difference!*



What can you do to help our Earth ?

The End

By Freya Beau Logan-Hall 50.



Save Our Earth