Let's clear the air

Protect those that need it most this Clean Air Day

15th June

Air pollution affects everyone's health, but **children are more vulnerable** as their bodies are still developing. **Get involved this Clean Air Day to help us work towards cleaner air for everyone!**

Department for Environment Food & Rural Affairs

Hertfordshire

Clean Air Day - 15th June 2023

Breathing in **air pollution can seriously harm children's physical health,** their ability to learn, and will eventually impact their lifespan.

There are loads of simple steps we can take to help us and our children breathe a little easier. Things like:

- Taking the quieter route when we travel
- Leaving the car at home and walking, cycling or using public transport instead
- Trying not to use log burners at home and using the correct fuel if you do have to use them
- Turning our car engines off at every stop
- Taking garden waste to the dump instead of burning it at home

Discover simple steps to protect yourself and others at: **hertfordshire.gov.uk/cleanerair** or scan the QR code