

FRIENDS OF LIMEHOUSE

How to minimize the effects of air pollution on your health as a pedestrian



- **Cycle, scoot or use public transport**
- **Check out air quality data** and stay indoors during peak times
- **Stay on back streets**, avoiding the main roads with heavy traffic
- **Walk on the inside of the pavement**, away from the traffic
- **Keep your children further away from vehicle exhausts**
- Opt for a **low air pollution train ride** with @cair.london
- Go for a **greener route when cycling** with CleanAirRouteFinder
- You can **wear a mask** with an active charcoal filter



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How to minimize the effects of air pollution on Your Family's Health as a driver

- Only drive when you really need to
- Keep your **car windows closed**
- Turn on an **air recirculation button** when stuck in traffic
- **Check your tyres** regularly - the more worn out they are, the more PM2,5 is produced when rubbing the wheels against the road
- Choose **electric cars** when possible, but remember they produce a lot of PM2,5 because of heavy batteries
- **No idling**, particularly in front of schools
- **Park two streets away from a school** if you have to drive



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How to minimize the effects of indoor air pollution on Your Family's Health

- Minimize wood burning
- Turn on an extractor fan when cooking, particularly on gas
- Use natural cleaning products
- Have air-purifying plants, such as aloe vera
- Consider investing in an air purifier. Change filters regularly
- Check out @FriendsofLimehouse tips on Instagram to make your own air purifier

