

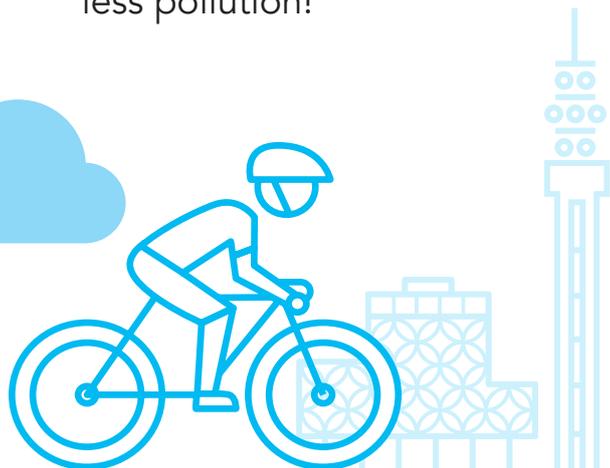


#brumbreathes

# What can you do to **improve air pollution?**

## Short Journeys (Under 1 or 2 miles)

- 25% of all car journeys made in Birmingham are less than a mile. If everyone who can walk or cycle short distances made the switch, this would significantly improve the quality of the air which everyone in our city breathes.
- Plan your journey by foot or cycle using quieter routes. It might even be quicker than by car, and you'll be exposed to less pollution!



## Turn engine off when stationary

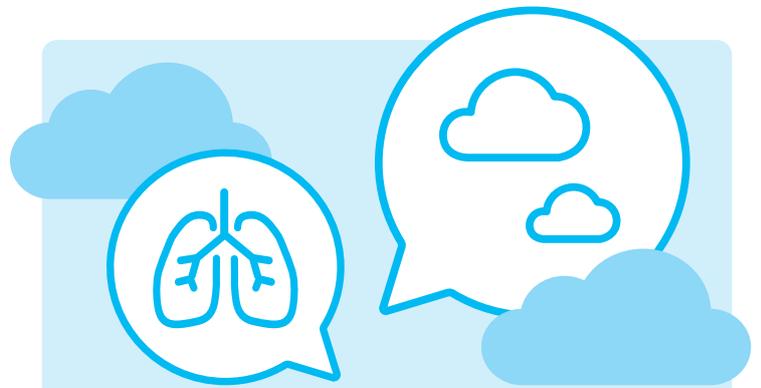
- Every minute, an idling car produces enough exhaust emissions to fill 150 balloons with harmful chemicals, including cyanide, NO<sub>x</sub> and PM<sub>2.5</sub>.
- Turning off your engine when you're not yet moving, will help reduce the amount of pollutants in the surrounding area.
- This is particularly important outside schools: turn off your engine when parked.



## Limit use of woodburners and other domestic fires

- Woodburning stoves produce around 3.1 grams per hour of particulate matter: the equivalent of 6 modern HGVs!
- Switching to a more efficient means of heating your home will significantly reduce your pollution output and improve the air quality in your local area.
- Indoor air pollution is a serious problem for lung and heart health, too. Changing to a cleaner type of heating will improve the quality of the air in your own home.

3.1g  
per hour



## Talk to other people about air pollution

- A lot of people aren't aware of the damage which air pollution does to our health. Organise a Brum Breathes Air Quality training session for your community. Contact: [brumbreathes@sustrans.org.uk](mailto:brumbreathes@sustrans.org.uk)
- Ask people in your local area about what the obstacles are which stop them from walking and cycling: are there things you can help them to overcome?
- Do people you know rely on their cars for journeys under 1 or 2 miles? Help them to plan these journeys by foot or bike.
- Download, read and share more resources from here: [www.sustrans.org.uk/brum-breathes](http://www.sustrans.org.uk/brum-breathes)
- Prepare for the Clean Air Zone at [www.brumbreathes.co.uk](http://www.brumbreathes.co.uk)