# AIR QUALITY AND YOUR HEALTH

What is air pollution?

'Air pollution' includes gases (nitrous oxides) and particulate matter (PM) in the air that are harmful to our health, both outdoors and inside buildings.

Air pollution is produced when we burn fuels to power vehicles and heat buildings and when materials and surfaces are broken down.

Sources of pollution health damage in Camden (NOx + PM)

- Construction, 5%
- Diesel trains, 5%
- Cooking and food preparation, 10%
- Buildings (heating), 36%
- Road vehicles, 42%
- Other, 2%

How does air pollution affect health?

Air pollution can affect everyone's health, at any stage in our lives.

Children, older people, and people with existing health conditions are more vulnerable to air pollution.
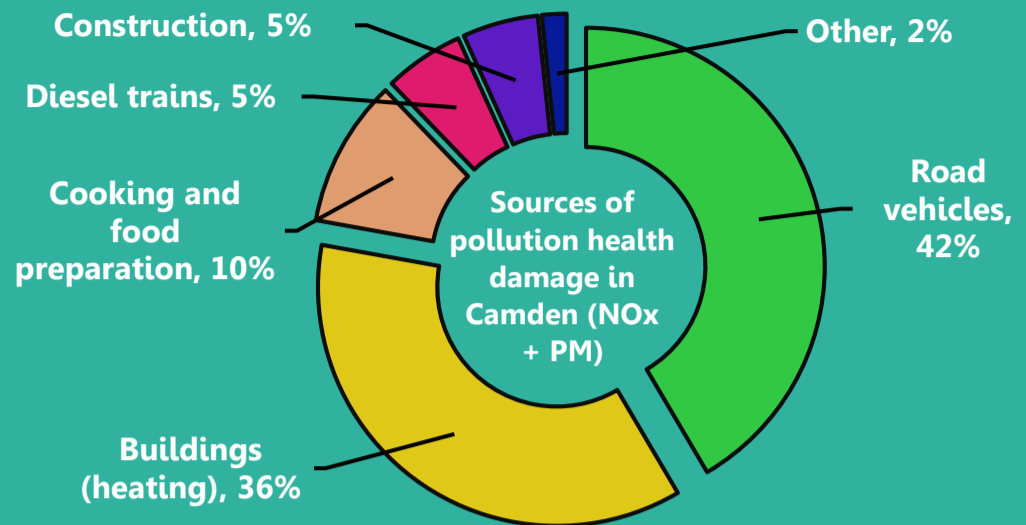
Short-term effects:
- Asthma
- Cough, wheeze, shortness of breath

Long-term effects:
- Respiratory and cardiovascular disease
- Stroke
- Lung cancer

How can you avoid air pollution?

- Avoid driving, whenever possible. Driving not only causes air pollution, but air quality can be worse inside your vehicle
- When walking, cycling or scooting, take quieter routes with less traffic
- Air pollution is found indoors too: avoid using chemical cleaning products and ventilate your home when cooking
- Stay clear of open fireplaces and wood burning stoves

How can you improve air quality?

- Avoid driving whenever you can
- Don't leave your engine running when parked
- Improve the energy efficiency of your home
- Do not burn wood, coal or garden waste

What is Camden Council doing to improve air quality?

Camden Council was the first in England to adopt World Health Organization air quality limits, recognising the need to do more to protect health from air pollution.

Read our Clean Air Action Plan to find out how we are working with communities, schools, businesses and other partners to protect everybody's health.

How polluted is the air today?

Some weather conditions can lead to higher levels of air pollution.

For people with existing respiratory or cardiovascular (heart) conditions it is best to avoid being outdoors too long on high-pollution days.

AirText is a free air pollution forecasting service. You can check current air quality and sign up for pollution alerts by visiting the website **https://www.airtext.info/**, or by scanning the QR code here.

CLEAN AIR FOR CAMDEN

To find out move visit https://www.camden.gov.uk/air-quality
Or email us at AirQuality@camden.gov.uk

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