

ACTIONS TO REDUCE AIR POLLUTION

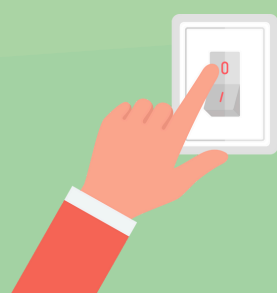
Human activities are the main sources of air pollution, along with natural sources, like deserts. Small changes can go a long way to reduce the emission of air pollutants and protect our health. Here, find a few simple actions you can take.

1 WALK, CYCLE OR TAKE THE BUS

Cars and other motor vehicle are one of the major sources of air pollution. Walk, cycle, carpool, or use public transport, especially when travelling short distances. Also, choose routes with less traffic to reduce exposure to pollutants.



2 USE LESS ENERGY



Burning fossil fuels to generate electricity for domestic and other use releases air pollutants. Small actions can help reduce energy consumption, for example: use energy-efficient appliances, use less energy for heating or cooling, turn off the lights and unplug devices when not in use.

3 TAKE LESS FLIGHTS!

Airplanes contribute to air pollution and climate change, so avoid flying where possible. If you have to travel over long distances, you can use the train, bus or other forms of public transportation.



4 STAY INFORMED!



Regularly check the AQI in your area. If the AQI is low, then the air quality is good and you can enjoy outdoor activities. But, if the AQI is high, it means that the air quality is bad, and your health could be at risk, so it is best to avoid outdoor activities.

5 REDUCE THE IMPACT OF CARS

Choose a fuel-efficient car, avoid idling when not using the car, and ensure that your car is properly maintained. Preferably, refuel at night since gasoline gases can react with sunlight and produce ozone.



6 CHOOSE RENEWABLE ENERGY

Where possible, choose renewable energy, such as solar and wind energy, to reduce air pollution coming from fossil fuels use.



7 REDUCE POLLUTING ACTIVITIES AT HOME

At home, reduce the use of kerosene, wood, coal and other polluting fuels for cooking or heating, and avoid gas-powered garden equipment.

