



## The science bit

Air pollution is mostly made up of nitrogen oxides (NOx) and particulate matter (PM).

NOx comes mainly from burning fuels in vehicles and homes and is a gas that we breathe in. It can inflame your lungs and cause serious health problems.

PM are tiny particles that break off from tyres and brake pads and burning solid fuels like wood and coal. It is sometimes called soot. We breathe in these particles and they get trapped in our lungs, causing damage to our health.

Pollution also comes from spores and chemicals in our toiletries and household products.



## What the council is doing

- Monitoring pollution
- Running anti-idling events to build awareness and stop idling.
- Working with schools, teaching air quality as part of the Key Stage 2 curriculum
- Walking zone maps for schools to show less polluted walking routes
- School Streets - closing roads outside primary schools during drop off and pick up times
- Mapping clean air walking routes across the borough. You can find this map at the website below
- Helping businesses and residents into sustainable travel and a reduction in emissions.
- Prioritising walking, cycling and new public spaces.
- Working towards electric-only power on our canals to reduce pollution from stoves.
- AirTEXT, a free text service in London, alerting you to high pollution
- Ultra Low Emission Vehicle (ULEV) streets - closing roads to vehicles not classed as ultra-low emission at peak times

For more details about any of the work we are doing, please go to [www.islington.gov.uk/airquality](http://www.islington.gov.uk/airquality)

# Air Quality

## What are you breathing?





## The problem

Air pollution is harmful to the health of all of us but especially young children and those with heart and lung problems.

- It's estimated that the equivalent of 40,000 lives are lost each year because of the polluted air we breathe.
- Pollution has been linked to lung cancer, heart disease, type 2 diabetes and asthma.



## What you can do at home

We spend 90% of our time inside so it's essential that we are breathing clean air. Indoor air pollution comes from many sources and it's hard to spot, so many people don't realise they are at risk.

### The causes:

- Heating and cooking
- Mould on walls and windows
- Chemicals in paints, varnishes, chipboard furniture, carpets and sofas
- Fumes from cleaning products and toiletries
- Wood burning stoves and BBQs

### What you can do:

- Open windows when cooking and cleaning to ventilate the room
- Use mild, fragrance free cleaning products and toiletries
- Keep dust levels low
- Get your boiler checked annually
- Avoid using chimneys and wood burning stoves. For information about what fuel is legal in Islington, see our website.



## What you can do outside

Many of us are more aware of the pollution we experience when we are outside. But we don't all know how to reduce or avoid it.

### The causes:

- Vehicles, especially diesel vehicles
- Cars not being well maintained and tyres not being properly inflated
- Emissions from deliveries

### What you can do:

- Cycle, walk and take public transport. Try bike sharing schemes like Santander. Use cargo bikes to carry bigger loads.
- Take side streets. Avoid busy, main roads and use quieter side streets where pollution levels are lower. Find our Clean Air Routes online.
- Join an electric car sharing club such as DriveNow or Zipcar. Car share with colleagues, friends and neighbours.
- Don't idle. Turn off your engine when not moving to reduce your emissions. You can be fined for idling in Islington.
- Use Click and Collect to receive parcels and reduce the amount of travelling delivery vehicles make
- Goelectric. Book a test drive today and choose electric when replacing your car.

