

# ACTIONS YOU CAN TAKE TO BREATHE CLEANER AIR

Breathing clean air is crucial to ensuring children & young people can grow up healthy. Here are some ways you can help make this happen – indoors and out.

## INDOOR AIR QUALITY

### Open the windows



Gas cookers release harmful toxins into the air. Opening a window when the cooker is on can help get rid of these and helps prevent mould build up too. You could also use plug-in appliances instead like a microwave, air fryer, or sandwich toaster.

### Plants are your friends



Plants are air cleaners – they take in bad air (carbon dioxide) and give out good air (oxygen). Although you would need a lot of plants to help fully filter the air, they help boost your mood and brighten your living space.

### Ditch the aerosol



Aerosols like hairspray, deodorants, and cleaning products release chemicals called VOCs into the air we breathe. Switching to natural or homemade products, using roll-on deodorants, and using natural cleaners rather than bleach can help reduce pollutants in the air you breathe.

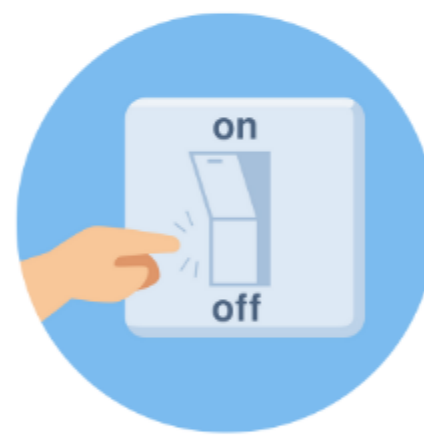
## OUTDOOR AIR QUALITY

### Walk or cycle



Walking or cycling short distances when you can instead of taking the car or bus can improve the air you breathe. Did you know the air quality inside a car can be worse than outside it? Also bikes and feet don't add to the harmful gases in the air like cars do.

### Save energy



Energy wasted from running lights and appliances on stand-by makes power plants work harder creating more air pollution by burning fossil fuels. Unplug chargers, game consoles and other devices to save energy – and ultimately keep the air outside cleaner!

### Recycle



Recycling means we don't need to make as many new things, which saves energy, burns fewer fuels and pollutes the air we breathe less. Recycling also keeps rubbish out of landfills, which stops more harmful gases from getting into the air.

This poster was created by the RCPCH &Us Climate Changers, a group of children & young people from across the UK committed to tackling the climate emergency.



Fun recipes using the microwave

More tips for improving indoor air quality

