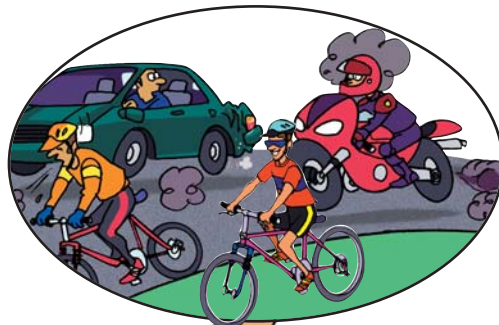


Air pollution solutions

Fewer cars on the road means cleaner air. People can get around by using public transport such as buses and trains, sharing a car, cycling or walking. This will help to cut down the traffic on our roads.



It's a fact:

Even on a cloudy day in Britain a solar panelled roof can generate enough electricity to play 70 episodes of Coronation Street and make 35 cups of tea!

It's a fact:

Building a 5000 mile cycle network costs about the same as building 15 miles of motorway

Electricity is useful. It helps us to heat our homes, watch TV and switch on lights. Electricity can be made by using the power of the sun or wind. Solar panels and wind farms can produce electricity cleanly and without air pollution.



biteback...
Youth and Education Programme

Friends of the Earth's Youth and Education Programme provides a range of publications exploring sustainable development, citizenship and environmental issues, designed to be used within a class, youth groups or by individual young people.

Why not read other leaflets in the Mad about... series?
For details telephone 020 7490 1555 or write to:
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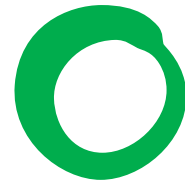


Friends of the Earth inspires solutions to environmental problems, which make life better for people

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Mad about... air pollution



**Friends of
the Earth**



Are you fuming about air pollution?

Clean air is important for the environment and our health. But our air is being polluted



Polluting cars

The millions of cars that we travel around in every day are a big cause of air pollution.

Car exhausts spew out a mixture of carbon monoxide, carbon dioxide, nitrogen oxides, hydrocarbons and dirty particles.

Some of these gases make smog. Breathing smog can harm your health.

It's a fact:

In Britain more than half of journeys made by car are under five miles and a quarter are under two miles

Energy

Every time you switch on a light, watch TV, heat your house or boil the kettle you could be adding to the problem of air pollution.

This is because electricity in your home comes from power stations that burn fuels like coal and oil.

These power stations pump out gases such as sulphur dioxide which cause air pollution and acid rain.



Health

Air pollution is bad for your health. It can give you headaches, irritate your nose, throat and lungs and make breathing problems like asthma worse.



Help cut air pollution

Travel wisely

- Use cars better. Try sharing the school journey with friends. It will be cheaper for your parents and fewer cars means fewer fumes.
- When it's safe to do so, use public transport like buses and trains. Or try walking to school in groups or cycling. Walking and cycling wherever you can will also help you keep fit.

Save energy

- Switch off lights if you don't need them and use energy efficient light bulbs.
- Ask for the heating to be turned down rather than opening windows.
- Take a shower instead of a bath.
- Boil the kettle with only the amount of water you need to make a drink.

Mad about... pollution

Electricity power stations using coal or oil pump out sulphur dioxide which causes acid rain.

Solar panels and wind farms can produce electricity without polluting the air.

Traffic fumes contain some of the most harmful substances known to humans, such as benzene.

Smoke and fumes from cars can seriously damage your health.

More cars are being driven. The countryside is under threat from the building of new roads.

Breathing problems, like asthma, can be made worse by traffic fumes.

DON'T MAKE A FUSS, GET THE BUS.

Fewer vehicles means less pollution. So walking, cycling or using public transport helps make our air cleaner.



Friends of the Earth