

Keeping lungs healthy

Using petrol or electric vehicles instead of a diesel car can make a significant effect, especially in towns and cities where NO₂ levels are expected to be greatest.

1



Addressing air pollution by providing good quality infrastructure and public transport and encouraging people to walk and cycle rather than drive can help people to become fitter and healthier

2



Adults and children who smoke passively are at risk of premature mortality, sickness, and disability. Stopping smoking is the best way to improve your lung health and overall health.

3



Encouraging individuals to monitor their exposure to air pollution by using online tools like the DEFRA website, and avoiding the most polluted areas like main roads.

4



Get vaccinated to help prevent illnesses from spreading. People with lung conditions and other health issues are more susceptible to lung infections, and vaccinations can help reduce risk for all.

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