actions to breathe cleaner study.

Citizen Science Detective Notes.

What can we do to reduce our exposure to air pollution?

- Air pollution can happen inside and outside.[1]
- Outside we need to avoid road traffic (cars, buses, motorbikes) and factories.[1]
- Inside pollution can come from: cooking without the fan, cleaning products, paints and other chemicals, candles, fires, etc.[2]
- Wearing face masks can help to reduce the amount of pollutants you breathe in at/when crossing busy roads.[1]
- A clean nose is better for filtering the air you are breathing.[3]
- When you walk and cycle you breathe better quality air than when you travel in a car. If you need to travel by car keep windows closed and air filtering.[4]

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1. https://www.thecleanbreathinginstitute.com/evidence/management/ Accessed October 2021
2. https://www.bbc.com/future/article/20200909-why-indoor-air-pollution-is-an-overlooked-problem Accessed 2021
3. https://www.rhinologyonline.org/Rhinology_online_issues/manuscript_102.pdf Accessed October 2021
4. https://www.bbc.co.uk/news/av/science-environment-49976247 Accessed October 2021