Page 1

1

Traffic Routes / Pavements Next to Busy Roads

Pollution: Being close to congested roads exposes you to heavy traffic pollution, including $PM_{2.5}$ particles that affect heart and lung health.

Alternative: Walk or cycle on quieter streets, use green corridors or parks, and advocate for pedestrian-friendly routes.

Pollution Compound = NO_2 $PM_{1, 2, 10}$

Page 2

2

Cooking

Pollution: Frying and grilling indoors can release fine particles and fumes that linger in your home.

Alternative: Use well-ventilated spaces, range hoods and air purifiers. Open all the windows when cooking and let the kitchen ventilate.

Pollution Compound =VOC & $PM_{1, 2, 10}$

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3

Personal Care Products (Deodorants, Perfumes, Sprays)

Pollution: Many personal care products release volatile organic compounds (VOCs) that contribute to smog and indoor air pollution.

Alternative: Choose fragrance-free or natural products, look for low-VOC labels, or use essential oils sparingly, spray outside or where there is ventilation. Use roll on's.

Pollution Compound = VOC

Page 4

4

Household Products (Cleaning Sprays, Aerosols)

Pollution: Many cleaning and aerosol products emit VOCs and harmful chemicals that degrade indoor air quality.

Alternative: Choose eco-friendly, non-aerosol, or DIY cleaning products using vinegar, baking soda, and lemon.

Pollution Compound = VOC

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5

Wood Burning / Bonfires / Fireworks

Pollution: Burning wood, fireworks, and open fires release smoke and fine particles that irritate lungs and pollute your neighbourhood.

Alternative: Opt for smokeless firepits, laser light shows, or community-approved clean-burning stoves.

Pollution Compound = $PM_{1, 2, 10}$

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6

Driving / Idling Vehicles

Pollution: Cars, lorries, and buses emit nitrogen oxides and particulate matter that worsen air quality and harm health.

Alternative: Walk, bike, use public transport, carpool, or switch to electric vehicles. Avoid idling—even for short waits.

Pollution Compound = NO_2 $PM_{1, 2, 10}$

Back Cover

Possible York Air Map branding?

Website Information

Front Cover

Catchy Title for Young Adults

- Air Pollution Detox
- Be Air Aware
- Fresh Air Club

(No idea, we can have a think)

Spring

Sources:

Pollen and dust stirred by winds

Gas-powered lawn mowers and garden equipment

Household cleaning sprays with VOCs

Alternatives:

Keep windows closed on high-pollen days, use air purifiers

Use manual or electric garden tools

Switch to natural, fragrance-free cleaning products

Summer

Sources:

Vehicle traffic and idling

Outdoor barbecues and campfires

Fireworks during festivals

Summer holiday flights in and out of the UK

Alternatives:

Walk, bike, or use public transport

Opt for smokeless grilling or clean-burning stoves

Choose laser light shows or eco-friendly fireworks

Staycations or train journeys to Europe

Autumn

Sources:

Leaf burning

Wood stoves and fireplaces

Foggy mornings trapping vehicle emissions

Fireworks & Bonfires

Alternatives:

Compost or mulch leaves

Use certified clean-burning stoves or electric heating

Walk on less busy streets or use masks on high-traffic days

Choose laser light shows or eco-friendly fireworks

Winter

Sources:

Heating with wood, coal, or gas

Indoor cooking fumes

Vehicle exhaust in cold weather

Alternatives:

Switch to cleaner heating or insulate homes

Cook with induction or electric stoves, ventilate well

Walk, bike, or use public transport instead of short car trips