**Air Pollution: How you can help reduce it**

* Can you reduce your use of the car?
* Walk instead of using the car for some short trips
* Use a bike instead of the car for some trips
* Get the bus instead of the car for some trips
* Reduce idling engine time – switch off
* Can you drive outside usual peak traffic times?
* Car share
* Fewer vehicle journeys – combine them and do different things
* Consider getting a ‘green’ vehicle – electric, hybrid, gas or biofuel
* Consider getting a newer vehicle, with lower emissions
* Reduce vehicle use at work
* Occasional home working?
* Keep your vehicle well maintained
* Keep tyres properly inflated
* Try to drive at a lower, steadier speed
* Avoid warming your vehicle up while stationary
* Switch off your air conditioner
* Avoid using a roof rack
* Get deliveries ordered to a pick-up point near you