


- Although invisible, **AIR POLLUTION** causes discomfort, diseases and **DAMAGES OUR HEALTH AND GROWTH**

- What is the **ROOT OF THIS PROBLEM?**  
The way we get around, how we heat our buildings, and our production and consumption patterns

- Among the **MOST DANGEROUS POLLUTANTS** are particulate matter, tropospheric ozone, carbon monoxide and sulphur and nitrogen oxides



# air quality

IS QUALITY OF LIFE

- Pollution affects, above all, the **MOST VULNERABLE PEOPLE**: children, pregnant women, babies, the elderly and the sick

- What can we do?

- **GET INFORMED** about quality of air in our environment
- Use **CARS LESS**. Walk. Use bicycles, public transport and electric vehicles
- Use heating **EFFICIENTLY** and reduce energy consumption

**JOIN AND PUSH FOR CHANGE!**

- Improving air quality **IS A CHALLENGE** for all of society. **OUR HEALTH AND OUR QUALITY OF LIFE** are at stake