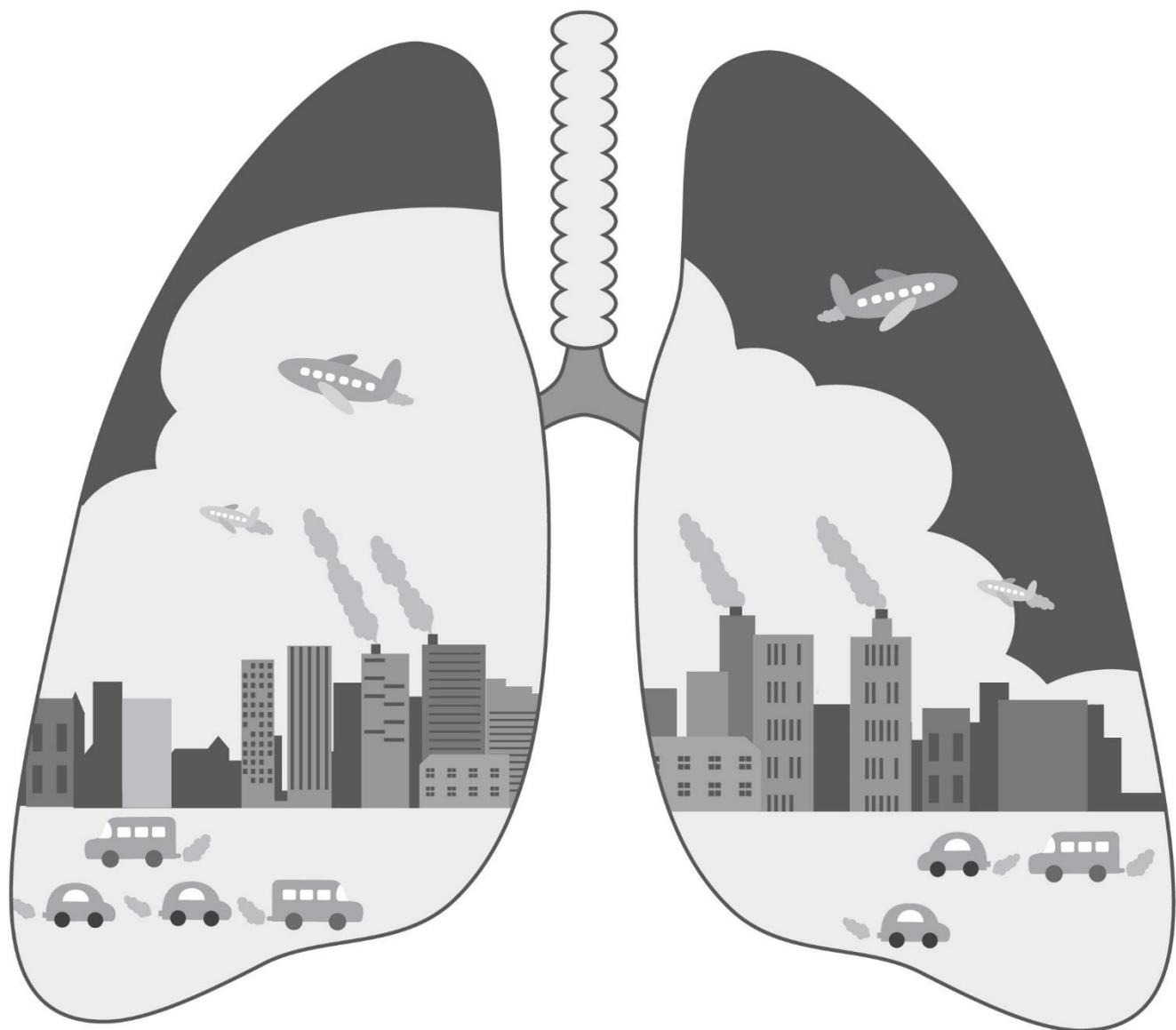




A guide to protect against air pollution



Air pollution is a major environmental risk to health. If you suffer from respiratory, heart or circulation problems, this leaflet will provide you with useful information on how to prevent air pollution from making your condition worse.

Air pollution in Lambeth

What is it?

- Air pollution is the presence of substances (pollutants) in the air that have harmful effects on humans
- Nitrogen dioxide (**NO₂**) and particulate matter (**PM**) are the main pollutants that pose a threat to human health
- In Lambeth the main sources of air pollution are road traffic, domestic and commercial heating and emissions from construction

What are the effects?

Air pollution may not be visible but it can kill. In the short term, it causes people with asthma, respiratory and heart diseases to feel worse.

In Lambeth in 2013 air pollution contributes to:

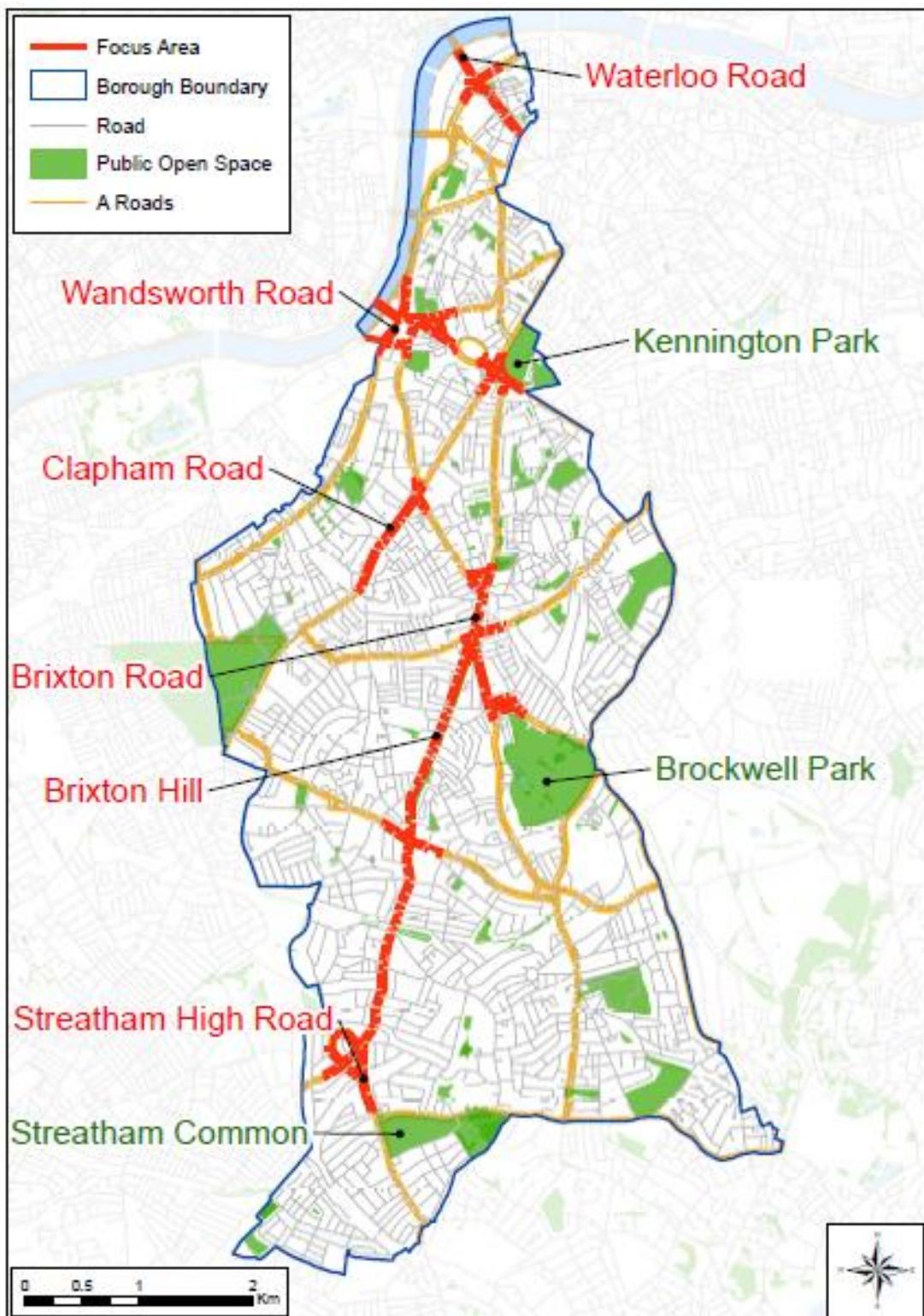
- **400** emergency admissions for lung disease
- **351** emergency admissions for heart disease¹

Long term exposure to air pollution is now known to cause medical conditions such as lung cancer, type 2 diabetes, and heart and lung diseases

If you already have a lung or heart disease, you are most at risk. Even inside a car, you may be exposed to higher levels than when you walk.

¹ Health Burden Attributable to air pollution in Lambeth – final report . 2016 . LSE Msc & Public Health (unpublished)

Below is a map of hot spots (in red) which you should avoid during episodes of high pollution:



What can you do to protect yourself from air pollution?

1. Keep up to date with local air pollution levels

- **Subscribe to AirText** on airtext.info/signup and download the mobile app to be alerted prior to high pollution episodes in Lambeth.
- **Check the LondonAir pollution forecast in your area** on londonair.org.uk/LondonAir/Forecast/ or on the mobile app.
- We are working on an Air Quality Alert system for people with lungs and heart disease. Email us at sustainability@lambeth.gov.uk if you'd like to receive alerts when this is ready.

In case of high pollution episodes:

- Avoid strenuous activities outdoor
- Keep any medication you need with you at all times, you may need to use them more often
- Avoid hotspots as shown on the map above

2. Avoid areas of high air pollution

- Avoid the roads with dense traffic as they have the most air pollution (find them on the Lambeth map above).
- Use the route planner Walkit on walkit.com to help you map out a personalised clean air route.
- Take advantage of Lambeth parks. Walking in parks allows you to breathe cleaner air, while improving your general health. Join a free walking group in one of Lambeth's park:
 - **Brockwell Park Active Walk** (Tuesdays at 11am, meet at Brockwell Lido).
 - **Kennington Park Active Walks** (Wednesdays at 1:30pm and also at 2pm, meet at the Café).
 - **Streatham Common Active Walk** (Thursdays at 1pm, meet at the Rookery Café).

Contact healthylifestyles@lambeth.gov.uk OR 0207 926 0761 and check lambeth.gov.uk/social-support-and-health/health-and-wellbeing/healthy-lifestyles for more details.

3. Effectively manage your existing condition

- Ask your GP if you could benefit from a Pulmonary Rehabilitation course.

If your long term lung condition is affecting your day to day life, it could help you manage your disease. For more details see <https://www.kch.nhs.uk/service/a-z/pulmonary-rehabilitation>

- Join a support group to meet other patients and share experiences.

British Lung Foundation's Breathe Easy Southwark support group: Last Tuesday of every month from 11am to 1pm, at Christ Church Centre, 263 Barry Road Dulwich, London, SE22 0JT. Call 03000 030 555 or visit blf.org.uk/support-in-your-area/breathe-easy-southwark-support-group

British Heart Foundation, Guy's and St Thomas' Cardiac Support Group: Every second Monday in the month at 7pm, at Cardiac Outpatients, 1st Floor, Southwark Wing, Main Block, Guy's Hospital, Great Maze Pond, London, SE1 9RT. Call 0753 977 5052 or visit bhf.org.uk/about-us/find-bhf-near-you/guy-s-and-st-thomas-cardiac-support-group

Did you know?

Over 50% of the air pollution in London comes from road traffic. You can help to reduce, and or avoid the amount you contribute to pollution by simple actions like:

- Give up your car for short distance trips, cycle or walk instead. Consider using public transport for longer trips (underground, buses and trains).
- **Avoid idling** (leaving your engine running while stationary) which creates pollution and is almost always unnecessary. For more information see idlingaction.london

Research has shown that people are exposed to higher levels of pollution in a car than on a bike!

- Cycling also improves your general health
- Avoiding busy roads as you cycle or walk can reduce the amount of pollution you breathe
- The [route planner tool](http://www.breathelondon.org) on the breathe London website (www.breathelondon.org) can help you choose low pollution routes
- There are many cycling schemes available in Lambeth:
 - **Free 1-2-1 cycle skills training** (Ask your GP if you qualify)
 - **Try Before you Bike** to borrow a bike from Lambeth for a month for only £10
 - **Dr Bike** to benefit from free bike maintenance
 - **Bike markets** to buy a cheap second hand bike

For more information see love.lambeth.gov.uk/cycling/

- You can also access Santander cycles from many stations in Lambeth. Check tfl.gov.uk/modes/cycling/santander-cycles/find-a-docking-station to find your closest station

If you would like to access this information in large print or braille, please email us at sustainability@lambeth.gov.uk