Exhaust fumes from cars and other vehicles













Mould on walls and ceilings release harmful particles









Burning fossil fuels to power and heat our homes, schools and businesses













Smoke is released from wood burning stoves or open fires













Build up of dust on surfaces and in carpets







Chemicals in cleaning products and paints released into the air













Disposing of our waste through landfill sites and burning releases into chemicals into the air









Fertilisers added to crops release chemicals into the air











Switch off all lights when no one is in the room









Walk, cycle or scoot













Use eco-friendly lightbulbs









Switch off all appliances when not in use











Car share with others









Organise a walking bus









Clean and vacuum regularly









Use gel cleaning products rather than sprays

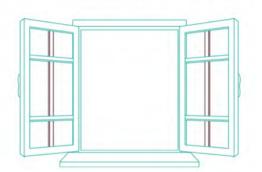








Opening windows to allow moist air out









Turn off engines when the vehicle is not moving









Purchase organic produce











Using dried out wood so it burns effectively









Recycling waste when possible







