

# Air quality



## Why is air quality important?

*The quality of the air around us is very important as it directly affects our health and the environment we live in*



Air is mostly gas but it also holds lots of tiny bits (particles). Some are natural like dust and pollen but some are human made. Burning fossil fuels like oil, gas, coal and peat, releases gases and chemicals into the air. The smoke and other particles from the burning of these fossil fuels are called air pollution. This air pollution is bad for the quality of our air. Car exhausts, electricity power plants and industry are some of the main sources of air pollution.

Air pollution is when gas, dust, fumes (or smoke) or smells are introduced into the air that are harmful to humans, animals and plants. The air becomes dirty.

In the last few years, governments and companies around the world have come under increasing pressure to act on this global air pollution crisis. Unlike the dense smog and smoking chimneys of the past, today's air pollution is largely considered invisible; caused mainly by very fine particles from car exhausts that can descend into the lungs and aggravate existing health problems such as asthma and heart and respiratory diseases.

The Green-Schools *Air quality toolkit* has lots more information, activities and project ideas. Here we have 3 of them for you to try:

- Sources of air pollution
- Get to know pollutants
- Air pollution around the world

The good news is that together we can all play our part in improving the air around us. Even small changes to our day to day lives can make a big difference. Have a look through some of the ideas in **Steps to breathing better are – What can we do?**

*“Don't do nothing because you can't do everything. Do something”*