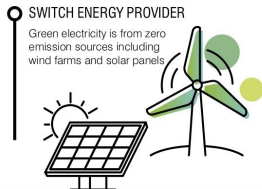


How to keep your air clean

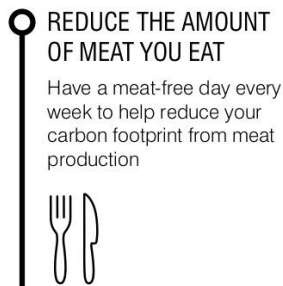
At home

What you can do to help improve air quality starts at home, right at your front door! Did you know a doormat can help remove pollutants from your shoes when you enter your house?



Have you considered switching to an eco friendly energy provider?

There are a few now that receive most of their energy from solar and wind farms. You can also research having solar panels on your house. Over time, this can save you money as well as helping to improve air quality.



By having one meat free day a week it can reduce your carbon footprint. Take a look here for some tasty, quick and simple meat free dishes to work into your weekly meal plan! Veganuary has been such a success that many supermarkets now offer many different meat substitutes and vegan and vegetarian dishes.



Do you burn wood to keep warm?

It is important to stay warm and well, but wood burning can cause harmful particulate air pollution. Can you burn better, cleaner and less?

More information available at <https://www.southampton.gov.uk/environmental-issues/environmental-health/smoke-nuisance.aspx>



Spruce up your space! Can you plant anything in your garden? Or, if you don't have a garden can you put in a window box or buy another house plant? House plants are great to help clean the air inside your house, so when you next go to buy a friend flowers, why not buy them a house plant!

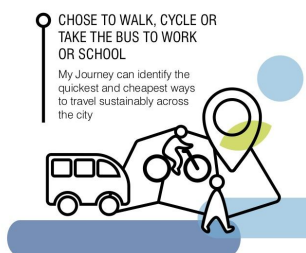
Lots of companies now plant trees when you make a purchase, take a look around when you shop online and see if you can offset your purchases with tree planting!



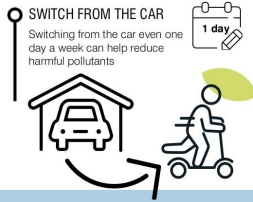
The UK has one of the largest waste per person, so have a look at what you produce each week. It's worth working out what you can recycle and what could be composted. Zero waste shops are also becoming more popular and offer refills so you can re-use your bottles. Often, they also offer non chemical cleaning alternatives. If you do need to use chemicals, remember to ventilate your house to keep your air clean.

Out and about

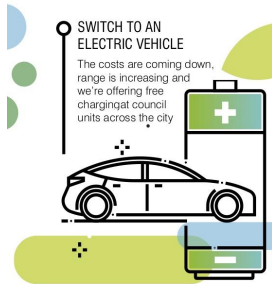
Small changes out and about can make a big difference to air quality. Changing your driving habits can help, by driving defensively and anticipating traffic and avoiding sudden braking and gear changes all make a difference! By turning off your car and not idling when in traffic and waiting for friends, it reduces emissions.



If you are able to swap your car for cycling, walking or public transport, it is the most sustainable way to travel across Hampshire. Head to MyJourney for help identifying the cheapest and quickest ways to travel.



Think about swapping your shorter journeys for more active travels, scoot or walk to the shops for picking up small bits! Even changing one journey a week can help reduce harmful pollutants. Why not consider flexible working, to avoid traffic where possible. For ideas on how to get around in Southampton without using your car, head to MyJourney.



With free charging points across the city, electric cars are becoming more common and easier to use. Find out more about electric vehicles here - [If you are a Taxi driver and are a looking for more information on electric vehicle concession click here.](#)