

5 simple ways to contribute lowering the levels of pollution

Whenever it's possible, make an effort to walk or ride to work or to the shops instead of driving.

You'll need some days to get used to it but it will lower motor vehicle emissions remain, which are the most common air pollutants.



2nd way

Turn off the television and make sure you flick the light switch when you leave the room.

It's something that can be done in the short term and it will make you save money on your electricity bill, it will save energy and it will be reducing emissions from coal-fired power stations.



Use environment friendly cleaning products and never pour chemicals or fertilizers down the drain.

It will require maybe a month to buy everything and to get used to it. Nonetheless, it will lower nutrient loads in rivers and excessive algal growth caused by the phosphorus in detergents.



4th way

When you have free-time, try planting some plants in your garden or balcony.

It may require a week but plants help remove carbon monoxide, harmful chemicals and dangerous compounds from the air, absorbing the toxins through their leaves. It will also help eliminate recurring colds and respiratory problems.



Keep your car tires properly inflated and make sure to check them from time to time.

A car check needs to be done just once or twice a year and keeping the tires properly inflated and aligned will consume much less fuel and the impact on the environment will be reduced.



Michela Cittadini