AIR POLLUTION: WHAT IS TRAP?

Traffic is a major source of air pollution especially in urban areas. Traffic-related air pollution (**TRAP**) is a mixture of gases, particles, and many different chemicals from cars, buses and trucks. **TRAP** includes emissions from exhaust, evaporation of fuel, and tire and brake wear.

WHAT IS THE GOVERNMENT OF CANADA DOING ABOUT AIR POLLUTION FROM TRAFFIC?

Strict regulations have been put in place to reduce air pollutant emissions from cars, buses, trucks, and motorcycles. Reductions in emissions from these regulations are mainly due to:

- ➜ Improved engine performance
- ➜ Adoption of the latest emission control technologies
- ➜ Cleaner fuels, including fuels with low sulphur content

HOW DOES TRAP AFFECT MY HEALTH?

Health Canada assessed the effects of **TRAP** on asthma, allergy, and lung function.

TRAP can lead to asthma and worsen symptoms in children

TRAP may worsen asthma symptoms in adults

TRAP may worsen allergies

TRAP can reduce lung function

DOES TRAFFIC TAKE YOUR BREATH AWAY?

WHAT ARE THE TRAP POLLUTANTS?

- ➜ Nitrogen dioxide (**NO_2**)
- ➜ Particulate matter (**PM**)
- ➜ Black carbon (**BC**)
- ➜ Ultrafine particles (**UFP**)
- ➜ Carbon monoxide (**CO**)
- ➜ **Benzene** and other volatile organic compounds (**VOCs**)
- ➜ Polycyclic aromatic hydrocarbons (**PAHs**)

DID YOU KNOW?

Under the **National Air Pollutant Surveillance Program**, dedicated roadside air monitoring sites in Toronto and Vancouver monitor common air pollutants and **TRAP** emissions in real-time.

HOW CAN I PROTECT MYSELF AND MY FAMILY FROM TRAP AND AIR POLLUTION?

Eliminating all **TRAP** and other sources of air pollution is not possible, but you can reduce your exposure by following a few simple guidelines:

- ➜ Choose low-traffic routes for walking, running, or cycling, especially during rush hour
- ➜ Exercise in parks and green spaces away from major roads
- ➜ Avoid or reduce strenuous outdoor activities when air pollution levels are high
- ➜ Know the best times to be active outdoors:
  - Check the **Air Quality Health Index** in your community (**airhealth.ca**)
  - If you have a heart or lung condition, talk to your health care professional about additional ways to protect your health when air pollution levels are higher

HOW AM I EXPOSED TO TRAP?

Exposure to **TRAP** is highest near major roads and highways. Travelling in vehicles, working or living near busy roads, and being outdoors near traffic can increase your exposure to **TRAP**.

DID YOU KNOW?

You can help to reduce **TRAP** emissions:

- ➜ Choose alternate ways to travel such as walking, cycling, public transit, or carpooling
- ➜ Avoid unnecessary idling of your vehicle
- ➜ Maintain a steady driving speed, while avoiding heavy braking or acceleration when possible
- ➜ Maintain your vehicle and equipment for optimal engine performance

For more information on air pollution, please visit **www.canada.ca/en/health-canada/services/air-quality.html** or **contact us** at: **HC.air.SC@canada.ca**

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