

# Particle Pollution in Copenhagen

Particle pollution continues to affect the health of Copenhagen citizens even though monitored particle concentrations are below the limits regulated by the EU. Fine particles caused over 3,500 premature deaths between 2016 and 2018, and exposure to ultrafine particles can lead to cancer. The highest concentrations of outdoor particle pollution in Copenhagen occur at the street-level of heavily trafficked areas. Citizens can aid the city in efforts to reduce particulates in the emissions from diesel vehicles to help protect the health of pedestrians, cyclists, and other road users.



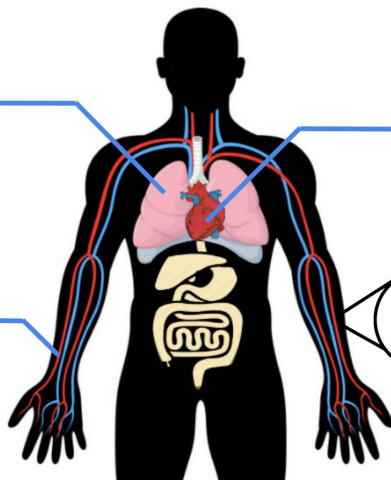
## Health Effects of Particle Pollution

### Respiratory Diseases

- asthma
- bronchitis
- COPD

### Nervous System Damage

- Parkinson's disease
- Alzheimer's disease



### Cardiovascular Diseases

- leukemia
- heart failure

### Genetic Damage

- cell mutations
- cancer

Short term exposure to particle pollution can increase symptoms of asthma and bronchitis. Long term exposure can result in more severe issues such as heart disease and nervous system damage.

Exposure to ultrafine particles can result in genetic damage and carcinogenic mutations that can be passed on to future generations.

## Make A Difference

Citizen action is an important incentive for large-scale change. As a citizen, you can help contribute to a future with cleaner air by engaging in efforts to reduce traffic related particle pollution. Your effort helps raise awareness about current problems with polluting vehicles and encourages the city to take swifter action.

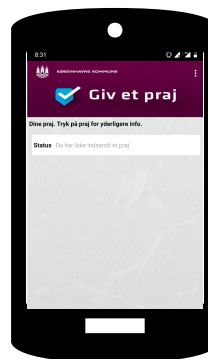
### Handkerchief Emissions Test



- 1 Attach white handkerchief or kitchen towel to tailpipe
- 2 Drive car or rev engine
- 3 Check towel; if dirty, the filter is malfunctioning and should be brought in for maintenance

The handkerchief test is a simple test you can use to check the emissions from your vehicle. Current emissions tests used during car inspections are not always effective at determining if the particle filter is working properly. By using the handkerchief test, you can supplement the outdated test while the government passes regulations for a test that is effective.

### Giv et Praj



You can also use the municipality's 'Giv et Praj' app to report cases of unnecessary idling or polluting public vehicles if you observe them during your travels within the city. Since the app is managed by the municipality, citizen documentation about polluting vehicles will make the issue more visible to the city.

Together, we can help eliminate preventable particle pollution and reduce the health risks of particle exposure.