4 WAYS TO REDUCE EMISSIONS AND POLLUTIONNS AND POLLUTION

1. Be aware of the impact of CO2 emissions

Global warming caused by carbon dioxide (CO2) and other greenhouse gases (GHG) emitted by humans since the industrial revolution is a proven reality. The Paris Climate Summit Agreement (COP 21), signed by 195 countries plus the European Union (EU), aims to be the definitive starting point to make the international community and citizens aware that action must be taken.

2. Reduce private car use

Driving 50 kilometers less each week reduces CO2 emissions by 450 kilograms. The massive use of fossil fuels is the main responsible for these emissions. One of its main causes is road transport: in Spain it produces 25% of total domestic emissions (in Europe, 20%). The equation is simple: the less you use the car, the less emissions. If there is no other option but to use it, at least make the most of it, sharing its space with other occupants, and practicing an "ecological" driving style.

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3. Increase our energy efficiency

Adjusting the thermostat 2 degrees lower in winter and 2 degrees higher in summer reduces CO2 emissions by 900 kilograms. Putting two washing machines a week with a temperature of 40 degrees reduces the emission by 225 kilograms of CO2. Being energy efficient, we maintain comfort and our needs covered. In turn, we reduce energy expenditure and, with it, CO2 emissions.

4. Follow a diet with a low a carbón footpritn

Food is responsible for at least 20% of greenhouse gases. This percentage could be even higher if indirect emission sources were taken into account, according to various studies. Following a low-carbon diet not only benefits your health, but also the environment. To do this, avoid products that require more energy or natural resources, are transported from far away or require complex packaging