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 TRAP?**

**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

**WHAT 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.

**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 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 (NO₂)
- Carbon monoxide (CO)
- Particulate matter (PM)
- Benzene and other volatile organic compounds (VOCs)
- Black carbon (BC)
- Polycyclic aromatic hydrocarbons (PAHs)
- Ultrafine particles (UFP)

**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.

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