

BREATHE CLEAN BRENT

- Key**
- More polluted, higher traffic roads
 - Lower pollution routes
 - School Street
 - Example walking route
 - Railway
 - Primary school
 - Secondary school



A healthier walking map for St Gregory's Catholic Science College

Tips for healthier routes

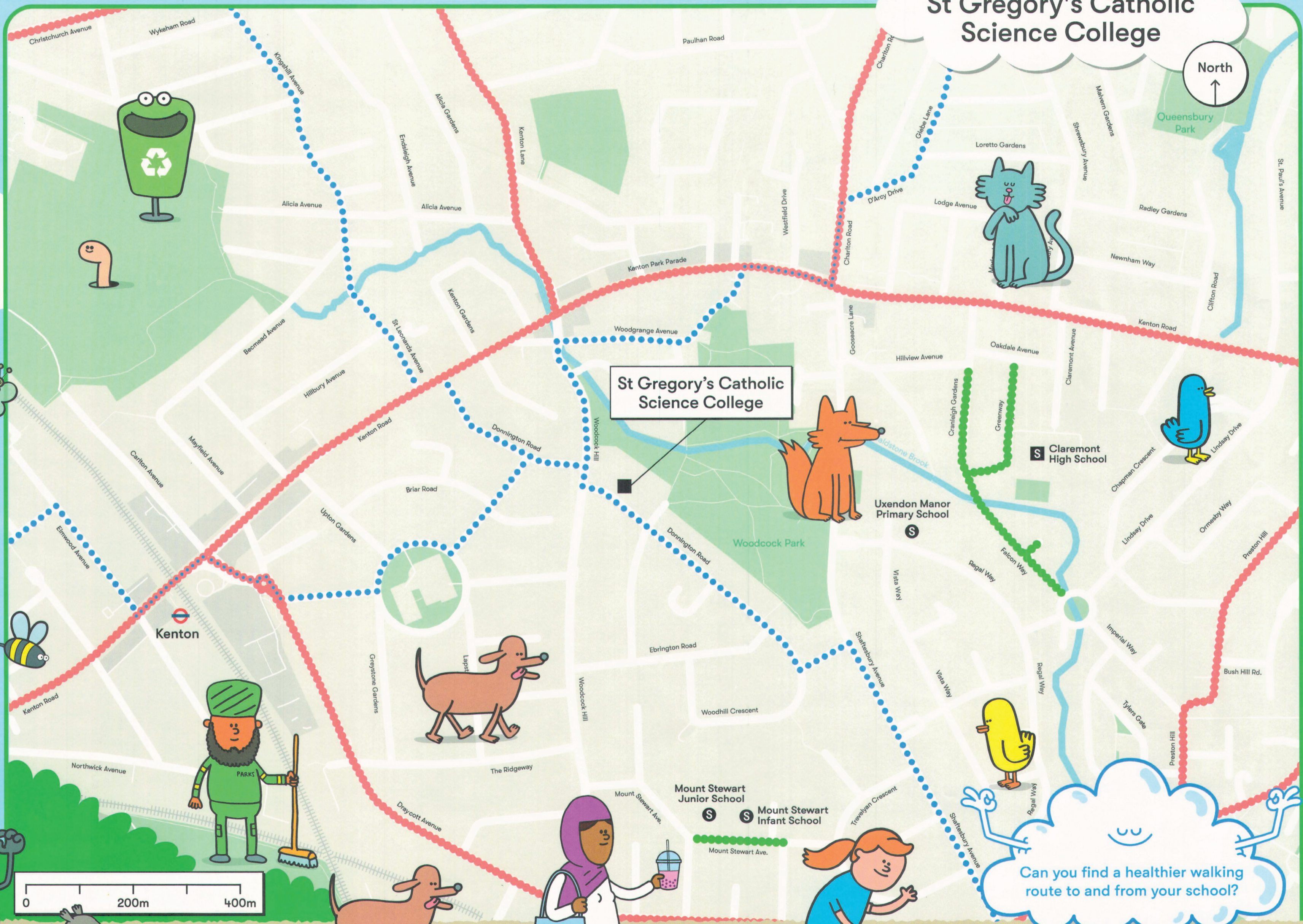
- 1 Choose the healthier walking routes on this map, rather than the higher pollution roads to reduce the pollution you breathe in.
- 2 Walking, cycling or taking public transport instead of driving will help improve the air quality where you live and at your school.
- 3 Walk (or scoot!) on the side of the pavement furthest away from the road for safety from vehicles and to protect yourself against air pollution.

Why should we care?

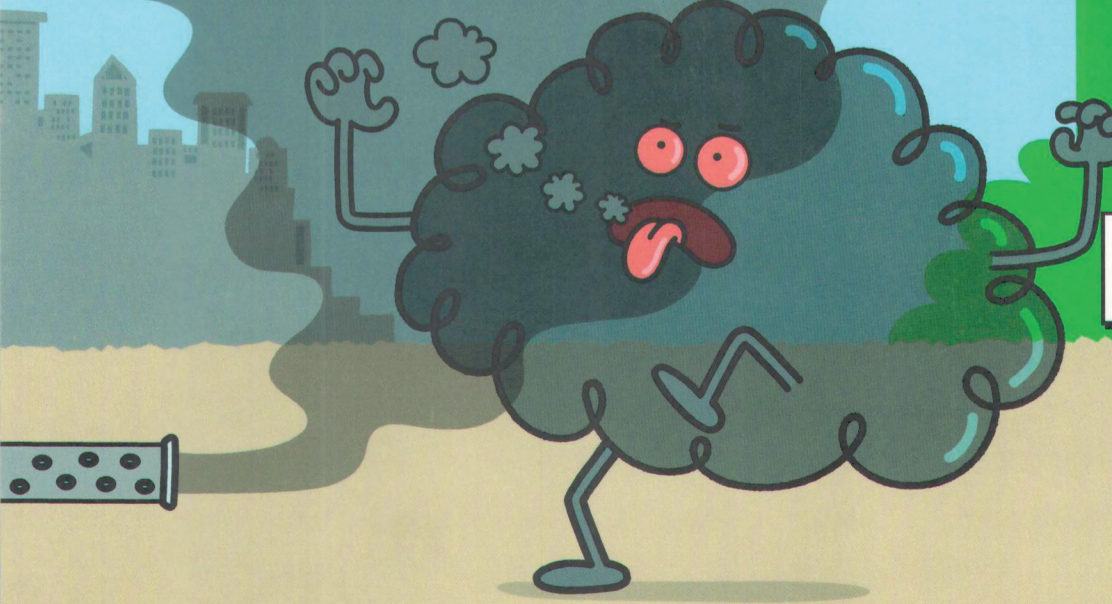
- 1 Our health — air pollution damages important organs and causes asthma, heart disease, headaches and a reduced attention span.
- 2 Our safety — you are much less likely to be involved in an accident if you stay away from the higher traffic routes.
- 3 Our environment — polluting gases contribute to the greenhouse gas effect and climate change. Air pollution also harms the health of plants and animals.

Did you know?

Breathing in air pollution damages your body and can make conditions like asthma worse. Air pollution can also give you headaches — and reduce your attention span!



Can you find a healthier walking route to and from your school?



Scan here to find out more...

Department for Environment Food & Rural Affairs

