BREATHE CLEAN BRENT

A healthier walking map for Claremont High School

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.

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!

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.**

This project was produced by MP Smarter Travel with Brent Council.

Department for Environment Food & Rural Affairs

Brent