

Everyone can help make our air cleaner!

Actions CHILDREN can take

Travel to school

- ✓ Walk, cycle or scooter to school! It is good exercise and can reduce air pollution.
- ✓ Use public transport: take the bus, tube or train instead of the car.
- ✓ If you have to travel to school by car, try car-sharing with other friends.



No idling

- ✓ If you have to be picked up by car, tell your parents not to leave the engine on while they wait for you. This is called 'idling' and it is a big cause of air pollution around schools. Turning off the engine could reduce air pollution and also save your parents' money.
- ✓ You can design signs and posters to tell people 'no idling' around your school.



Spread the word!

- ✓ Discuss air quality issues with your teachers, friends and family.
- ✓ Make sure everyone you know is aware of the dangers of air pollution.

Simple actions at home!

- ✓ Energy saving actions: such as switch on equipment only when needed, set the thermostat at the lowest comfortable temperature within an average of 18°C and 21°C. These simple actions can reduce CO2 emitted which contribute to air pollution.

Actions PARENTS & TEACHERS can take

Promote sustainable travel

- ✓ Encourage your children and their friends to walk and cycle.
- ✓ Encourage friends and family to walk and cycle or car-share.
- ✓ Reduce the amount your family uses the car.
- ✓ Discuss air quality issues with your school, friends and family.



If you must drive

- ✓ Fully inflate car tyres so your car uses less petrol.
- ✓ Switch the engine off while waiting for your child after school.
- ✓ Ensure that you have your vehicle serviced at regular intervals.
- ✓ Try to use your car less frequently to reduce pollution, particularly for journeys under 2km.
- ✓ Don't start your engine until you're ready to travel. Turn the engine off if you are waiting or stuck in a traffic jam.
- ✓ Avoid rapid acceleration and heavy braking: they both increase fuel consumption and air pollution.
- ✓ Stay within the speed limit: you use 30% more fuel to travel the same distance at 70mph instead of 50mph.



Actions COMMUNITY can take

▪ Monitor

- ✓ Monitor air pollution using diffusion tubes, lichen studies and particulate meters, to build a bigger picture of local air quality.
- ✓ Work with your friends to encourage taxis and delivery vehicles not to idle their engine.
- ✓ Become a lichen observer and set up a lichen study team to increase awareness and knowledge about local air quality.



▪ Organise

- ✓ Create a car pool club in your community group or school.
- ✓ Hold an event to raise awareness of the effects of air pollution and the simple steps that people can take to reduce their exposure and emission.
- ✓ Hold events with other communities and groups to form a network, making your voices louder and your evidence stronger.
- ✓ Events such as a walking and cycling to school/work week.

▪ Share

- ✓ Hold an event to share your monitoring results with your community.
- ✓ Talk to your family and friends about air pollution to increase awareness in the whole community.
- ✓ Give out leaflets publicising the disadvantages (Higher NO₂ / PM emissions) of diesel engines.



Actions EVERYBODY can take to reduce exposure and emissions

▪ Exposure

- ✓ Walk along quieter roads, avoiding main roads.
- ✓ Avoid walking along roads which are enclosed by buildings and trap pollution.
- ✓ Go jogging early in the morning before pollution builds up throughout the day.
- ✓ Download the King's College London Pollution app to see live pollution levels and choose cleaner walking routes

▪ Emission

- ✓ Don't idle your engine when waiting to pick children or friends up
- ✓ Drive smoothly with gentle acceleration to reduce your emissions
- ✓ Walk and cycle as much as you can

