Schools can promote mitigation measures to parents/carers, such as choosing alternative and low-traffic routes, minimising time spent at pollution hotspots, and using pram covers where applicable. Schools should also clearly signpost any available waiting areas in school premises for parents with pushchairs.

If your pushchair has a cover, you can use it to protect you from pollution near the road.

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Waterproof/solid pram covers may be utilised for short periods in cold weather conditions at pollution hotspots (e.g. traffic intersections and bus stops) as physical barriers between vehicle exhaust emissions and in-pram breathing zones. There is no readily available scientific evidence to say whether or not breathable covers (e.g. for sun protection) are similarly effective.

Pram cover use is not recommended for extended periods, in order to avoid the accumulation of carbon dioxide, nor in hot weather conditions.

Implementing approved/safety-tested pram or pushchair covers, especially around pollution hotspots such as traffic intersections or bus stops, could reduce young children’s exposure to fine particles by more than one-third during school runs.

Ideally, pram or pushchair covers should be used near busy roads or at pollution hotspots.