



## 7. AVOID NON-ESSENTIAL VEHICLE USE

Concentrations of fine particles are generally highest during morning drop-off hours (07:00-09:00) due to higher traffic volumes and less favourable dispersion conditions when compared with afternoon pick-up hours (15:00-17:00). However, avoiding non-essential travel during both morning and afternoon peak hours can have a direct, positive impact by reducing traffic volume, congestion and journey times and consequently reducing the pollution exposure of children and their parents/carers during school runs.



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