



# CALIFORNIA CLEAN AIR DAY

A PROJECT OF THE COALITION FOR CLEAN AIR

## NO IDLING TOOLKIT

Idling is leaving a vehicle's engine running when parked. Whether it's waiting to pick up the kids from school, swinging by a friend's home or warming up the car on a cold morning, it all contributes to air pollution.

### REASONS NOT TO LEAVE YOUR ENGINE IDLING:

- Switching off the car saves gas and money. In fact, today's engines warm up best by easing into driving and avoiding excessive engine revving.
- Every 10 minutes of idling contributes one pound of carbon dioxide to the atmosphere. Save the planet, turn off your car!
- Idling can be a risk to your health. It's linked to increases in asthma, allergies, and heart and lung disease.
- Breathing exhaust fumes from idling cars can damage brain cells.
- Idling the engine may damage internal components.
- Sitting in an idling car causes you to breathe dirty exhaust that leaks into the passenger cabin. It's better to get out and move away from vehicle emissions.

### WHAT CAN BE DONE:

- Establish "No Idling" policies at your place of work
- Encourage local school districts and cities to adopt a resolution calling for the creation of idle-free zones in locations where kids, seniors and other vulnerable populations gather.

## **MESSAGE TO DRIVERS:**

- Turn off your engine if waiting more than 10 seconds. Idling for just 10 seconds wastes more gas than restarting the engine.
- Plan ahead: set navigation, check traffic, dial or text before starting the car engine.
- When listening to the news or a conversation on radio or a podcast before leaving your vehicle, shut-off the engine.