

CAR IDLING NEGATIVELY IMPACTS YOUR HEALTH



Idling your vehicle is harmful to kids' health, your health, the environment, and your wallet. If you plan to be waiting in your car for more than 10 seconds, turn your key and be idle free!

Air Quality: Idling your car for even 5 minutes each day dumps 260 *pounds* of carbon dioxide into the air each year. (fcgov.com/breatheeasy)

Effects on Children: 6.2 million children nationally suffer from asthma. A car idling for 1 minute produces more carbon monoxide than the smoke from 3 packs of cigarettes. ([engines off.com](http://enginesoff.com))

Health Problems: The International Center for Technology Advancement says Volatile Organic Compounds (VOCs) and Carbon Monoxide (CO) levels are higher **inside cars, even with the windows rolled up**. Be especially concerned if you have small children with you when idling. VOCs have been proven to increase the risk of decreased lung function, cardiac disease, cancer, and other serious health problems.

Waste of Money: If you idle your car for 15 minutes a day, you'll be wasting \$4 per week on gas. This adds up to over \$200 per year!

Consider Going Electric: An electric car is a great alternative. Electricity is ***much*** cheaper than gas, you can easily recharge at home or on the go, and they save the environment. Go emission-free, drive an EV!

For more information, go to sustainableamerica.org and check out their EnginesOff movement

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