

# Idling Gets You **Nowhere**

Idling creates pollution that is bad for our planet *and* our health.



## Turn off your car!

No matter where you're parked—visiting a school, bank, post office or store—turn your engine off when stopped for more than 10 seconds.

Car exhaust is a leading source of air pollution.

### Idling leads to **AIR POLLUTION and HEALTH PROBLEMS**

- We each take 20,000 breaths every day. Children breathe 50% more air than adults.
- Car exhaust contains toxic chemicals that impair our lungs and hearts.
- Breathing car exhaust increases the risk of death from heart and lung disease and lung cancer—especially for children, the elderly and people with asthma.
- Asthma symptoms increase as a result of air pollution and car exhaust:
  - Asthma is the third leading cause of hospitalization among children under the age of 15.
  - More and more children are being diagnosed with asthma each year. We estimate that \_\_\_\_\_ of children in Cleveland have asthma.
  - Almost \$15 million were spent in the U.S. in 2006 on asthma-related hospital care, physicians' services and prescription drugs.

### Idling **WASTES FUEL** and is **EXPENSIVE**

- Idling for 10 seconds or more uses more gas than restarting your engine.
- One hour of idling burns up to a gallon of fuel.
- Restarting your engine frequently has little impact on your engine.

### Idling **HARMS THE ENVIRONMENT**

- Car exhaust includes carbon dioxide (CO<sub>2</sub>). Excessive amounts of CO<sub>2</sub> in the atmosphere can increase global warming.
- For each gallon of gas your car burns, it releases about 19 pounds of CO<sub>2</sub>.

## What is Idling?

Have you ever left your car running while...

- waiting to pick someone up?
- running errands?
- "warming up" your car?

**Idling means leaving a vehicle's engine running when it is stopped, in park or not in use.**



CITY OF CLEVELAND  
Mayor Frank G. Jackson



For more information, visit [www.clevelandhealth.org](http://www.clevelandhealth.org).