

Why is idling a problem?

- Studies have linked pollution from vehicles to increased rates of asthma, allergies, lung disease, heart disease and cancer.
- Children breathe in 50 percent more air per pound of body weight than adults.
- Childhood exposures to air pollution build up over time and can cause long-term lung damage.
- Idling costs you money. Idling for more than 10 seconds uses more fuel than turning off and restarting your engine.

What can you do?

- Turn off your engine when you are stopped for more than 30 seconds, except when in traffic.
- Limit your warm-up time. Driving slowly is the best way to warm up your car.
- Avoid drive-thrus, especially in the summer.
- Talk to your family and friends about how reduced idling helps improve our region's air quality.



For more information, visit:
www.cleanaircarolina.org
or call: (704) 307-9528

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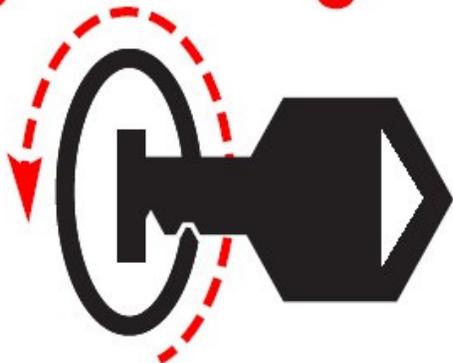
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