IDLING & YOUR HEALTH

airQ

Leaving your engine running is costly and unhealthy

Ozone pollution
DID YOU KNOW?

- More than half of all ozone-forming pollutants are generated by everyday people doing everyday things, such as driving, doing yard work and grilling.

- Ozone pollution, also known as ground-level ozone or smog, can cause wheezing, difficulty breathing and shortness of breath even in healthy adults.

- Children may be more affected by ozone pollution because they breathe more air per pound of body weight than adults.

Car performance
DID YOU KNOW?

- Idling doesn't get you anywhere! You're still using gas even when you're not moving, which wastes money.

- Idling for more than five seconds wastes more fuel than shutting off and restarting your engine.

- Restarting your engine has little to no impact on the wear and tear on your car.

- Many mechanics agree that lengthy warm-ups aren't necessary. One of the best ways to warm up your car when it's cold is to drive it gently. On especially cold days, you don't need to warm up your car for longer than it takes to scrape off the ice.

CUT YOUR IDLING TIME BY SIX MINUTES PER DAY, AND YOU CAN PREVENT ABOUT 270 POUNDS OF GREENHOUSE GAS EMISSIONS EACH YEAR.
Source: Natural Resources Canada Idling Calculator

Idling alternatives

- Walk, bike or take the bus.

- Start your engine only when you're ready to go and turn it off as soon as you arrive.

- Bring hot or cold beverages in reusable containers and keep blankets in the car to manage extreme hot and cold weather.

- When picking someone up, such as a child at school, park several blocks away and walk to meet the person instead of waiting in line.

- When using a drive-through window, turn your engine off while you're waiting. Or simply go inside.

Asthma
DID YOU KNOW?

- More than 25,000 children in the Kansas City metro area have asthma.

- Children with asthma are absent from school an average of about two more days per year than their healthy peers.

- The chemicals and small particles in vehicle exhaust are known causes of asthma symptoms.