

IDLING AFFECTS AIR QUALITY

Cars and trucks are a top source of **air pollution** in the Greater Cincinnati area. Like driving, idling releases harmful emissions into the air.

Vehicle exhaust contains:

- Particulate matter (PM)
- Nitrogen oxide (NOx)
- Volatile organic compounds (VOCs)
- Carbon monoxide (CO)
- Carbon dioxide (CO₂)

When mixed in the presence of sunlight and heat, NOx and VOCs can create ozone. To learn more about ozone, visit our website at SouthwestOhioAir.org.



Good air quality day.



Bad air quality day.

IDLING AFFECTS OUR HEALTH

PM (tiny particles, soot and dust in the air) can travel deep into the lungs and sometimes the bloodstream.

Inhaling PM can:

- Aggravate asthma
- Cause coughing or difficulty breathing
- Decrease lung function
- Exacerbate cardiovascular problems
- Lead to chronic bronchitis

NOx can cause or worsen **respiratory diseases** such as asthma, emphysema and bronchitis.

Certain VOCs can cause **cancer** and irritate the respiratory system.

CO slows the delivery of oxygen to the body's organs and tissues. Exposure to CO aggravates **heart disease** and can cause **headaches** and **visual impairment**.

IDLING AFFECTS OUR WALLETS

An idling vehicle gets the worst gas mileage possible—**0 miles per gallon**. As gas prices rise, **not idling** a vehicle is a quick and easy way to **save money**.

- On average, it wastes **73 gallons of gas** by idling for **ten minutes every day** for one year.
- At **\$3.69 per gallon**, 73 gallons of gas would cost **\$270.00!**



Children are particularly sensitive to air pollution because they breathe faster, taking in more air than adults.

BE IDLE FREE

TURN ENGINE OFF

BREATHE BETTER, SAVE MONEY



WHAT IS IDLING?

Idling is running the engine while the vehicle is parked or not in use. **Idling is harmful to our air quality, health and wallets.**

If you have ever left your vehicle running while waiting to pick someone up, running errands, or sitting at the drive-thru, you have idled your vehicle.

If your car idles for **30 seconds or longer**, it uses more fuel than turning the engine off and then restarting it. When not in traffic, if you are stopped for more than 30 seconds, **turn off your engine to breathe better and save money.**



Turn off your engine while waiting.

HOW CAN YOU REDUCE IDLING?

- Turn off your vehicle.
- Take the bus.
- Carpool.
- Don't use a remote starter.
- Drive off to warm up (if you must warm up your vehicle, idle for only 30 seconds and then drive off).
- Call your local elected officials and let them know idling is an important issue.
- Ask your business to post "Idle-Free Zone" signs where vehicles are known to idle. "Be Idle-Free" reminder window clings are available for fleet vehicles.
- Start your own Idle-Free Campaign by contacting the Southwest Ohio Air Quality Agency at 513-946-7754 or SouthwestOhioAir.org.

Idle Free Campaign support materials are available at no cost to schools, libraries, day care centers, parks, municipalities and businesses in Butler, Clermont, Hamilton and Warren counties in southwest Ohio.



Be Idle Free brochure



Be Idle Free window cling



Idle Free Zone sign and post

