



HAVE YOU EVER IDLED YOUR VEHICLE WHILE...

- Waiting to pick someone up?
- Running into the store on a quick errand?
- Stopping to talk with family or friends?

CHANGING THIS COMMON HABIT IS A GREAT WAY TO

Save money-by reducing fuel use.

Breathe easier-by preventing unhealthy exhaust from building up in and around your vehicle.

Protect the environment-by reducing idling emissions that contribute to smog.



UTAH DEPARTMENT OF ENVIRONMENTAL QUALITY



**For more information about
IDLE REDUCTION
visit www.idlefree.utah.gov
www.deq.utah.gov
1-800-458-0145**

IDLE REDUCTION IS EASY...

A FEW SIMPLE STEPS ARE ALL IT TAKES TO REDUCE IDLING AND IMPROVE HEALTH AND AIR QUALITY.

- **If you know you're going to wait, turn your vehicle off.**
- Newer, gasoline powered vehicles need no idle time on cold mornings.
- Drive your vehicle normally on frigid mornings to warm up the engine.
- While reducing idling around town is great, you should never turn your vehicle off in traffic.
- Don't turn your vehicle on until you are ready to leave.
- Use remote starters wisely.

One idling vehicle isn't the main culprit of air pollution, but thousands of them are. Small changes and individual actions make a difference.

IDLE FREE UTAH



**SAVE MONEY
BREATHE EASIER
PROTECT THE ENVIRONMENT**

A FACT SHEET ON IDLE REDUCTION

HOW AIR POLLUTION AFFECTS YOUR HEALTH

The common effects of air pollution on most people are those you can feel: Irritation of the eyes, nose, throat, and lungs.

These effects may be more severe and serious if you have certain health conditions such as a cold or have asthma, emphysema, or allergies.

Effects of air pollution are also more serious if you have a heart or circulatory disease.

Air pollution levels above the federal standards can:

AGGRAVATE ASTHMA

AGGRAVATE ALLERGIES

CAUSE COUGHING OR

DIFFICULTY BREATHING

DECREASE LUNG FUNCTION

EXACERBATE CARDIOVASCULAR

PROBLEMS

LEAD TO CHRONIC BRONCHITIS

FURTHER WORSEN THE SYMPTOMS OF

UPPER RESPIRATORY ILLNESSES

Limiting idling reduces air pollution and helps protect your health.



HOW IDLING AFFECTS AIR QUALITY

Cars, trucks, and buses, are major sources of air pollution in our communities.

Car exhaust emitted while driving or idling contains: Nitrogen Oxides (NO_x), Volatile Organic Compounds (VOCs), Particulate Matter (PM), Carbon Monoxide (CO), and Carbon Dioxide (CO₂). Excessive amounts of these chemicals in the air contribute to air pollution.

“Hot Spots”...idling creates small pockets of concentrated exhaust pollution in areas where there are many idling vehicles. Hot spots are commonly found in school pick up/drop off zones, park and ride lots, and drive-thru areas.

People outside (and inside) their vehicles may be exposed to higher than normal pollution levels in these hot spot areas.

Children breathe more quickly and take more air per minute into their lungs than adults do which makes them more vulnerable in idling hot spots.

Other Ways You Can Improve Air Quality

Park your vehicle and walk into fast food restaurants, pharmacies, dry cleaners, banks and other drive-thru locations.

Walk, carpool, telecommute, take public transit or ride your bike.

Walk to lunch, or pack a lunch and eat in.

Combine errands into one trip.

Drive smarter by keeping your vehicle maintained:

- Replace air filter regularly.
- Keep vehicle well tuned.
- Keep tires properly inflated.

Use cruise control on highways.

Accelerate gradually.