

# Idling Gets You Nowhere

**Turn your engine off**— Parked in your car with the engine running at a store, school, or when using a smartphone?

**Unnecessary vehicle idling is harmful and wasteful to all of us**

- **Our Health.** Emissions contain toxic chemicals that can affect our respiratory systems. Children, the elderly, and individuals with asthma are most vulnerable.
- **Fuel Waste.** Idling gets minus zero MPG. In general, limit vehicle warm-ups to 30 seconds. Driving moderately is the most efficient way to warm up all vehicle parts.
- **Needless Engine Wear.** Many owner's manuals recommend limiting idling to avoid increased engine maintenance and shortened life of oil and spark plugs.
- **Climate Change.** Greenhouse gas emissions from vehicles, including carbon dioxide (CO<sub>2</sub>), contribute to climate change.



To learn more, visit [idlefreecalifornia.org](http://idlefreecalifornia.org)

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