

www.ikecoalition.org  
317.902.3610

**Improving  
Kids'  
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www.statehealth.in.gov/programs/asthma

317.233.1325

**Asthma Program**  
Indiana State Department of Health

# Great Reasons Not To Idle

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## **It reduces air pollution.**

An idling car produces air pollution, even though the car is not going anywhere. Ten minutes of idling per day adds more than 50 pounds of carbon monoxide, particles, nitrogen oxides and other toxic gases to the air per year. If you idle more than 30 seconds, your car will emit more air pollution than if you turn it off and on again.

## **You help people who have asthma or other respiratory diseases.**

Air pollution can bring on an asthma attack and make breathing hard for people whose respiratory systems are sensitive.

## **You set a good example.**

By conserving fuel and protecting the environment, you set a great example for your children, and you help spread the word to other adults.

## **It's easy to do.**

Just follow "The 30 Second Rule." Don't idle more than 30 seconds to warm up your car. And, turn your engine off if idling more than 30 seconds except in traffic. Following this rule helps the environment and your car.

## **You save money by saving gas.**

Ten minutes of idling per day can use as much as \$180.00 worth of gas per year. Wasted gasoline adds up to lots of wasted dollars – and it doesn't even get you anywhere!

## **You avoid waste.**

Nobody likes waste. Unnecessary idling is wasteful, because your car is burning gasoline but not taking you anywhere. Since oil is not a renewable resource, we should use it wisely and not waste it.

## **It's better for your engine.**

Cars are not designed to run for extended periods of time at idle. Idling causes unnecessary wear and tear on your engine and actually results in deposits of fuel residues on your engine's cylinder walls that can contaminate oil and damage components.

## **It won't hurt your starter.**

Your vehicle's starter is designed to turn the car off and on thousands of times without causing any damage to the starter or any of the engine components.

## **You prevent theft.**

According to the Indianapolis Metropolitan Police Department, as many as 25% of stolen cars were left with the keys in the ignition and the motor running!

