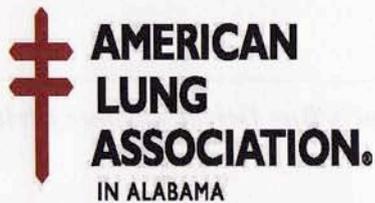


**Thanks to  
our Partners**



## **No Idling Young Lungs at Work**

Alabama schools can establish a No Idling Zone to improve air quality and create a healthier environment for our students.

### **How It Works**

- Schools place signs to establish No Idling Zone.
- Parents and bus drivers are encouraged to turn off their engines while waiting at school.

### **Why We Care**

- Children are more vulnerable to the health impacts of vehicle emissions than others.
- Children breathe 50% more air per pound than adults.
- Children are closer to the ground; therefore closer to vehicle tailpipes.
- Asthma symptoms in children increase as a result of exposure to car exhaust.
- Asthma is the most common chronic illness in children and the cause of most school absences.

### **Benefits to You, Your Children and Your School**

- By not idling, you keep three pounds of pollution per month from going into the air.
- You save money! One hour of idling burns up to a gallon of fuel.
- Not idling reduces car exhaust and decreases your child's exposure to unhealthy emissions.

*Thanks for Turning Off Your Engine!*

# **Healthy Air Alabama**

*No Idling Campaign*

**YOUNG LUNGS  
NEED CLEAN AIR**



**NO IDLING ZONE  
TURN OFF YOUR ENGINE**

ADPH



ADEM

AMERICAN LUNG ASSOCIATION

[www.adem.state.al.us](http://www.adem.state.al.us)

For more information please call

**1-800-533-ADEM (2336)**

# Healthy Air Alabama

## No Idling - Young Lungs at Work

The purpose of the No Idling Campaign is to reduce pollution from idling buses and cars that negatively affect a child's healthy lung growth and development.

The need for action is clear: excessive idling unnecessarily exposes vulnerable populations of children and adults to unhealthy plumes of exhaust filled with pollution particles. Airborne particles can cause nasal, throat, respiratory, and eye problems, and are particularly harmful to those with asthma.

Children are more vulnerable to the impacts of vehicle pollution than other populations:

- Their lungs are still in the development phase.
- They breathe, on average, 50 percent more air per pound of body weight than adults.
- They are closer to the ground; closer to tailpipes.
- The World Health Organization found that particle pollution and ground level ozone aggravated asthma in children and contributed to an increased risk of respiratory tract infection.

### Eight Great Reasons Not To Idle

**It reduces air pollution.** An idling car produces air pollution, even though the car is not in motion. 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 are going to be idling for more than 30 seconds, your car will emit more air pollution than if you turn it off and on again.

**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 will be helping people who have asthma or other respiratory diseases.**

Air pollution can bring on an asthma attack and make breathing difficult for people whose respiratory systems are sensitive. Try breathing through a straw to see how it feels when your lung passages are constricted.

**You prevent theft.** According to the statistics, as many as 25% of stolen cars were the result of keys left in the ignition and the motor running!

**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 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.

**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.

## No Idling Pledge



We pledge to protect the health and well-being of our children. We recognize that excessive emissions from idling are a threat to children's health.

*To protect children and the community from harmful vehicle emissions, we voluntarily pledge:*

- To turn off engines while waiting to pick up and drop off children.
- To conduct vehicle maintenance to eliminate any visible exhaust.
- To spread the word to family and friends and encourage others to eliminate unnecessary idling.

**School or School District:**

\_\_\_\_\_  
**Town:**

\_\_\_\_\_  
**Signature:**

\_\_\_\_\_  
**Parent's/Bus Driver's Name (Printed):**

\_\_\_\_\_  
**Date:**