Idling means leaving a vehicle’s engine running when it is parked or not in use.

Idling happens while...
✓ waiting to pick someone up from school, sports practice, camp, or the library
✓ running errands
✓ sitting at a drive-through or car wash

Many people idle their cars because they think that turning the car off frequently harms the engine. That is a myth. Idling is harmful to our air quality and our health.

As part of the Idle Free Bay Area effort
Make a pledge to:

Turn off the car’s engine if you’ll be waiting more than 30 seconds and help us all breathe easier.
Top Reasons to be *Idle Free*:

🌟 **Breathe easier**
Inhaling pollutants from car exhaust can aggravate asthma, cause coughing or difficulty breathing and decrease lung function.

🌟 **Reduce your family’s carbon footprint**
Save up to 1,500 pounds of greenhouse gases per year.

🌟 **Save money**
Idling wastes about $1 in gas every day - 30 seconds of idling uses more fuel than restarting the engine.

🌟 **Keep the sky blue**
An idling car contributes to smog. Car exhaust is the #1 source of air pollution in the Bay Area.

Learn more about Idle Free Bay Area and take the Idle Free pledge at: [www.IdleFreeBayArea.org](http://www.IdleFreeBayArea.org)