

## FACT SHEET

# Idling

Idling is when a driver leaves the engine running and the vehicle parked. Everyday in the U.S. millions of cars and trucks idle needlessly, sometimes for hours.

### Idling and our health

Idling tailpipes release the same pollutants as those from moving cars. Nitrogen oxide, particulate matter, carbon monoxide and volatile organic compounds are the main health-harming pollutants in vehicle emissions.

Breathing exhaust fumes increases the risk of serious illnesses including:

- cancer
- heart and lung disease
- asthma
- severe allergies, especially in children



### Did you know?

- Thirty seconds of idling can use more fuel than turning off the engine and restarting
- Depending on engine size, one hour of idling can burn up to a gallon of fuel
- Idling for 10 minutes uses as much fuel as traveling five miles
- Idling = 0 miles per gallon. An idling vehicle is the most inefficient vehicle on the road

### It's the law

New Hampshire regulations help to minimize the health and environmental impacts of idling by establishing a limit on the amount of time that engines are permitted to idle. If the outside temperature is above 32 ° F, maximum idling time is 5 minutes. If the outside temperature is between -10°F and 32°F, maximum idling time is 15 minutes. Below -10°F there is no limit.



### Steps you can take to improve our air

- Turn off your engine if you are waiting more than 10 seconds
- Warm up your engine by driving it, not by idling
- Establish a “No Idling” policy at your child’s school
- Don’t use a remote starter or limit use to cold months
- Spread the word! Pledge to be idle-free

Being Idle-Free Saves \$ and improves air quality and the health of generations to come

**Turn the Key, Be Idle-Free!**