

# What is 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.



Chemicals released from idling include:

Nitrogen Oxide  
Particulate Matter  
Carbon Monoxide  
Volatile Organic Compounds

## It all adds up

30 seconds of idling  more fuel than turning off the engine and restarting

1 hour of idling  1 gallon of fuel

10 minutes of idling  5 miles

Idling  0 MPG

Idling and inhaling exhaust fumes increases your risk for:

Cancer  
Heart and Lung Disease  
Asthma  
Severe Allergies  
(especially in children)

**Turn the Key  
Be Idle Free!**

Save



Save



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[www.breatheNH.org](http://www.breatheNH.org)

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