

Idling Gets You Nowhere

Turn your engine off— Parked and idling in your car at a store, bank, post office or school? More than 30 seconds of idling uses more fuel than is required to restart the engine.

Unnecessary Vehicle idling is Harmful and Wasteful to All of Us.

Here are the facts on idling:

- **Our Health.** Emissions contain toxic chemicals that can affect our respiratory systems. Children, the elderly, and individuals with asthma are especially vulnerable.
- **Fuel Waste.** An idling vehicle gets 0 MPG. 30 seconds of warm up idling usually suffices. Once oil circulates, driving moderately is the most efficient way to warm up.
- **Needless Engine Wear.** Many owner's manuals state to limit idling to avoid increased engine maintenance and shortened engine life.
- **Climate Change.** Greenhouse gas emissions from vehicles, including carbon dioxide (CO₂), cause climate change.
- **Vermont Law.** Unattended vehicles may not idle in public. School buses may not idle on school property; all other vehicles on school property may also be subject to this law (depending on a school district's policy).



For more ways to reduce idling, visit www.idlefreevt.org