

# Myths and facts about idling your car



## What is idling?

"Idling" is leaving your engine running while your car is not moving. Common reasons for idling include waiting for someone, using drive-throughs or warming up the car.

**myth:** Repeated restarting is bad for my engine.

**FACT:** Since the early '90s, vehicles have come equipped with fuel injection technology, which protects your engine by keeping oil from washing off cylinder interiors and preventing oil dilution. **Your battery and starter are affected by frequent starts, but the cost of this wear and tear is outweighed by the fuel-cost savings of shutting off your engine.**

**myth:** I need to warm up my engine.

**FACT:** Idling isn't an effective way to warm up your vehicle, even in cold weather. **Your car needs no more than 30 seconds to fully circulate oil on freezing days. The best way to warm up your car is to drive it.** An idling engine isn't operating at its peak temperature, creating residues that can condense on cylinder walls, contaminating oil and damaging parts of the engine.

**myth:** Leaving the car running uses less fuel.

**FACT:** Restarting a V-6 engine uses about the same amount of fuel as idling for five seconds. If you'll be stopped for more than one minute and it's safe to turn off your engine, you'll save more money by shutting it down.

**myth:** Idling a little is a small price for personal comfort.

**FACT:** If you were to idle for a combined 15 minutes every weekday for a year, you'd spend nearly \$100 on gasoline that isn't taking you anywhere. **Gloves, warm/cold drinks and personal fans can make you comfortable without costing you money.**

## Myth:

Leaving my engine running when I'm stopped isn't harmful.

## FACT:

Vehicle emissions are a major contributor to air pollution, and **idling can produce more pollution per minute than driving.**

Studies have linked various types of vehicle emissions to **asthma symptoms, cardiopulmonary disease, lung cancer and other serious health problems.**

**Children are even more vulnerable to air pollution** than adults because they breathe much more air per pound of body weight and their respiratory defenses are not fully developed.



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