

# BREATHE **e a s y**

Long-term exposure to **air pollutants**, like vehicle emissions, **increases the risk** of respiratory illnesses such as allergies, asthma and lung cancer.

## SO WE'RE DOING SOMETHING.

We've joined a metro-wide team of businesses that are doing something to help make Greater Kansas City's air cleaner: we're now an **Idle-Free Zone**. How does reducing idling lead to cleaner air? **Keep reading!**

### What is "idling"?

"Idling" means keeping a vehicle's engine running when it's not moving. One of the top reasons people idle is because they're waiting, whether it's for a person or at a drive-through window.

### Why is idling harmful?

Idling isn't just a waste of money — it's harmful to your health. Vehicle emissions can cause throat, eye and lung irritation; difficulty breathing; and wheezing. Studies show that exposure to emissions can permanently affect children's lung capacity. And more exhaust equals more air pollution.

### But I'm only going to be here a minute.

Performance tests show that if you're going to be idling for more than 5 seconds, it will save you more money to shut off your engine.

### Doesn't stopping and restarting hurt my engine?

Contrary to popular belief, stopping your engine and restarting it doesn't have a significant impact on your vehicle's performance. Even Ford Motor Company advises that people turn off their engines when idling more than 30 seconds "in non-traffic situations, such as at bank and fast food drive-up windows."

### So what do I do?

You can help make our air cleaner and healthier. If you're planning to be stopped for more than 30 seconds, please shut off your engine. You'll reduce air pollution and help everyone in Greater Kansas City breathe a little easier.



FOR MORE INFORMATION ON THIS  
CAMPAIGN CALL 816-474-4240  
OR VISIT [WWW.MARC.ORG/IDLING](http://WWW.MARC.ORG/IDLING)

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