

BREATHE

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WITH KC IDLE-FREE

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 group of organizations that are helping make Greater Kansas City's air cleaner by becoming IDLE-FREE ZONES.

What is idling?

Idling means keeping a vehicle's engine running when it's not moving. One of the top reasons for idling is waiting, whether it's for a person running an errand or at a drive-through window.

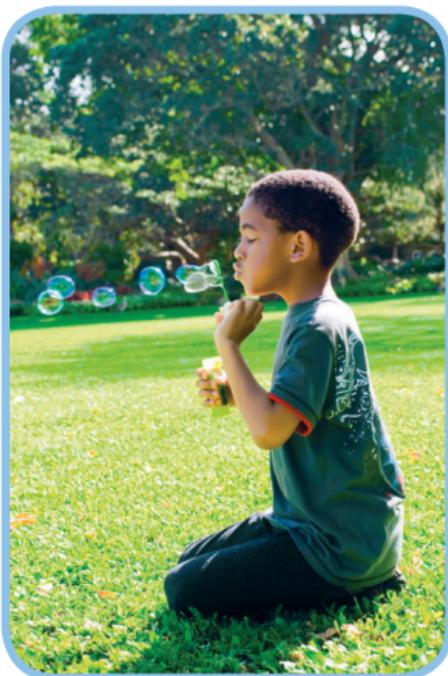
Why is idling harmful?

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.

More than half of all emissions that lead to **ozone pollution** are caused by everyday activities such as **driving**.

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

If you're planning on being stopped for more than 30 seconds, please shut off your engine. Vehicle performance tests even show that if you're going to be idling for more than just five seconds, it saves 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 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 on being stopped for more than 30 seconds, shut off your engine. You'll reduce air pollution and help everyone in Greater Kansas City breathe a little easier.

**FOR MORE INFORMATION,
CALL 816-474-4240 OR VISIT
WWW.MARC.ORG/IDLING**

