

**Don't make our kids
hold their breath . . .**

**Turn Off
Your Engine**



Kids Breathe Here

N.C. Division of Air Quality
www.ncair.org

**Turn Off
Your Engine**

**Would you want to breathe the
air from your tailpipe?**

**Would you want your
child to?**

When you idle – when you leave your engine on while your car is stopped—you pollute the air around your car. That can hurt kids and adults who have to breathe that air. Pollution from car exhaust can worsen allergies and asthma, and hurt the growth of children's lungs. It's also been linked to heart and lung disease as well as cancer.

Don't make our kids hold their breath!

Myth: Restarting your car wastes gas.

Fact: **Idling for just 30 seconds wastes more gas than restarting your engine.**

Myth: Restarting your car hurts your engine.

Fact: **Idling can damage your engine by causing buildup of fuel residues.**

Division of Air Quality

North Carolina Department of Environment and Natural Resources

Learn more at www.ncair.org