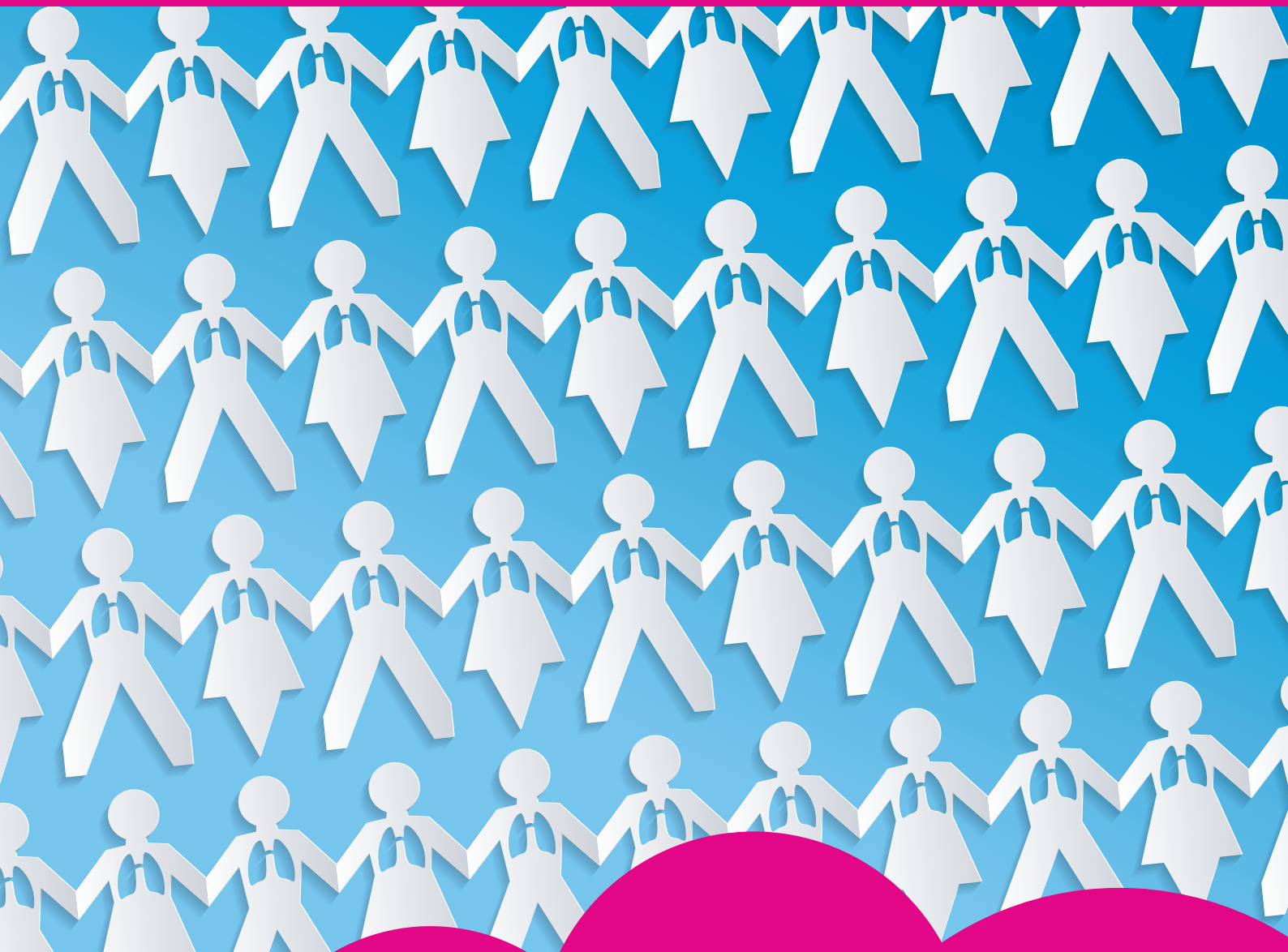


**IDLING CARS ARE AN INVISIBLE THREAT - TURN IT OFF!**



**POLLUTION FROM VEHICLES  
AFFECTS CHILDREN'S GROWING  
LUNGS. IT CAN CAUSE ASTHMA  
AND STUNT LUNG GROWTH**

Switching off engines when parked is a simple way we can help to clean the air we breathe.

Find out how you can care for Suffolk's air at: [www.healthysuffolk.org.uk/airquality](http://www.healthysuffolk.org.uk/airquality)



**SUFFOLK IDLING ACTION**

# CHILDREN ARE ESPECIALLY VULNERABLE TO THE EFFECTS OF AIR POLLUTION

High levels of pollution can cause asthma in children, and it can stunt their lung growth, which can have an impact on their health for the rest of their life.

Even though children only spend 40% of their day at school, research has shown that as much as 60% of a child's exposure to pollution can be from the school run and while at school.

Cleaning up the air around schools is therefore a top priority, and putting a stop to idling is a great way to start. Whether you're a parent, child, teacher or local resident, you can help spread the no idling message.

We know that idling engines can be a bit of a grey area, so here's a myth buster which will help you to separate the truth from the myths.

MYTH	TRUTH
I need to run the engine to keep the heater on.	The heater should stay warm with just the ignition on for up to 30 minutes after parking.
If I'm parked on a yellow line, keeping my engine running means I won't get a fine.	Idling is against the traffic regulations so you could get a fine for idling and a parking ticket.
Doesn't stopping and starting wear out the engine?	This is no longer a problem with modern engines, and by not idling you will use less fuel and reduce your fuel costs.
But surely idling doesn't contribute very much to air pollution in the grand scheme of things?	Idling can create high pollution spikes which can affect the people who live work and go to school on that street.

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