

SWITCH OFF WHEN PARKED



Pollution from vehicles damages our health. It can cause asthma, heart disease, cancer and stunt children's growing lungs.



SUFFOLK IDLING ACTION

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www.healthysuffolk.org.uk/airquality



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IDLING CARS ARE AN INVISIBLE THREAT - TURN IT OFF!

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**Pollution from vehicles
affects children's
growing lungs.**

**It can cause asthma and
stunt lung growth.**



Myth: I need to run the engine to keep the heater on.

Fact: The heater should stay warm with just the ignition on for up to 30 minutes after parking.



Myth: If I'm parked on a yellow line, keeping my engine running means I won't get a fine.

Fact: Idling is against the traffic regulations so you could get a fine for idling and a parking ticket.



Myth: Doesn't stopping and starting wear out the engine?

Fact: This is no longer a problem with modern engines, and by not idling you will use less fuel and reduce your fuel costs.



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