

Flossmoor Green Commission supports

# IDLING gets you nowhere!



Flossmoor is a community that cares about the air we breathe. Help reduce unnecessary idling.

**PLEDGE TO TURN OFF YOUR ENGINE!**

## **Idling Hurts Our Health and Our Air Quality**

- We take 20,000 breaths each day. Vehicle emissions are bad enough for adults, but kids breathe 50% more air per pound.
- Breathing exhaust can trigger asthma, bronchitis, and emphysema. It increases susceptibility to respiratory infections and decreased lung function. Asthma is the leading cause of school absences. COPD (also known as emphysema and chronic bronchitis) is now the third leading cause of adult deaths in the U.S.
- An idling vehicle emits 20 times more pollution than one traveling 32 miles per hour!
- One hour of idling burns up to one gallon of fuel.

# We Care About Our AIR!

*“Flossmoor is committed to improving our air. One small step toward improving the air we breathe is by reducing auto emissions that occur by idling vehicles in our community.”*

— Flossmoor Green Commission

## Now do YOUR share!

- **Idling for more than 20 seconds? Engines off!**  
Pull over to chat with a friend?...Engine off. Swing by home to grab something quickly?...Engine off. Picking your child up from school or practice?... Engine off. If you must idle, put your car into neutral.
- **Park it!**  
Go inside to order your food or run your errands.
- **Shorten the warm-up.**  
For those of us dealing with chilly temperatures, a 30-second warm-up session will do just fine.
- **Choose your routes wisely.**  
Avoid crowded roads, numerous stops, left hand turns and construction, as these things will force you to idle.
- **Avoid using remote car starters.**  
They encourage you to start your car before you're ready to drive it, which just means needless idling.
- **Spread the word to your family and friends.**  
Telling your family and friends about the benefits of reduced idling will help them save money and help protect the environment too!



To find out more about how you can reduce air pollution  
visit [www.cleanaircounts.org](http://www.cleanaircounts.org).

*Sponsored by the Flossmoor Green Commission.*