

Even though it is getting colder out, for our small children who are low down and close to the exhaust level of cars, please keep idling to a minimum... below has some helpful facts from last year's Pen & Pencil on Idling:

IDLING IS ILLEGAL

- Idling your vehicle for more than 3 minutes is against the law in New Jersey.
- PENALTIES: For commercial vehicle and property owner, \$250 for first violation, \$500 for second violation, \$1000 for third and each subsequent violation.

IDLING IS UNHEALTHY

- Vehicle exhaust pollutes our air (it is the leading source of hazardous air pollution in New Jersey (source: NJDEP), but also puts people, **especially children who are lowdown and still developing and growing**, at risk for asthma and other respiratory ailments, allergies, and possible long term problems.
- Diesel exhaust is a likely human carcinogen, containing fine particles, commonly called "soot."
- Fine particles pose a significant health threat because they easily reach deep into the lungs.
- Children breathe up to 50% more air per pound of body weight than adults, making them more susceptible to both acute and chronic respiratory problems like asthma.
- The New England Journal of Medicine reports that exposure to air pollution may cause chronic decreases in lung function by age 18.
- Asthma rates among children have increased 160% in 20 years, with urban asthma rates even higher.
- The American Lung Association reports that asthma is the leading serious, chronic illness among children and the leading cause of school absenteeism due to chronic disease.

IDLING IS WASTEFUL - If you are idling, you might as well be burning dollar bills

- Engines warm up faster, and are more fuel-efficient, when on the road
- In winter conditions, emissions from a cold engine are more than double the normal level. Fuel consumption is also higher in cold weather.
- Idling increases maintenance costs: it leaves fuel residues that contaminate motor oil and make spark plugs dirty.
- Idling uses more fuel than turning off your engine and restarting it. As a rule of thumb, turn off your engine if you will be idling for more than 30 seconds.

WHAT CAN YOU DO TO HELP?

- Please turn your car off while waiting to pick up your child(ren). Then we can all breathe easier.
- Encourage your school district to eliminate school-bus idling - take the no-idling pledge: school officials can pledge to reduce diesel emissions from school buses and protect the health and well-being of the community.

ADDITIONAL RESOURCES

- <http://www.cleanwateraction.org/node/141>
- <http://www.state.nj.us/dep/stophesoot/Idling%20Tool%20Kit%20Cover%20Letter.pdf>
- <http://www.stophesoot.org/>