

# Idling Vehicles

CHILDREN'S ENVIRONMENTAL HEALTH CENTER at the MOUNT SINAI INSTITUTE FOR EXPOSOMIC RESEARCH

**Idling** is when engines are left running while the vehicle is parked.

**Idling** motors can create twice as much pollution as a moving vehicle. This pollution is harmful to the environment and poses a risk to everyone's health.

## Idling your vehicle:



Burns fossil fuels, emitting gases and particulates that pollute the air.



Wastes money by burning unnecessary gallons of fuel each year.



Causes damage to your engine, including cylinders, spark plugs, and exhaust system.

**1** MINUTE SPENT IDLING

PRODUCES MORE CARBON MONOXIDE THAN

**3** PACKS OF CIGARETTES

## How Does Idling Affect Health?



**Pollutants emitted by vehicle tailpipes can enter the body and impact:**

- Brain, Heart, and Lung Function
- Pregnancy Outcomes
- Risk for Obesity and Diabetes
- Lower Life Expectancy

**Who is most affected?**



Infants and young children

Pregnant women

Older people (65 & older)



People with pre-existing conditions



Communities with poor air quality

## How Can I Reduce Idling?

New York City has anti-idling laws with fines (\$100-\$2000) for people who idle their vehicles for more than:

**1** MINUTE outside of a school

**3** MINUTES the rest of NYC

Help enforce anti-idling laws

**Idling Complaint:** Anonymously report an idling vehicle, other than an authorized emergency vehicle, by calling 311.

**Citizens Air Complaint Program:** Submit a time-stamped video/photo of a truck/bus idling for 3 minutes to the NYC Department of Environmental Protection. You can be awarded 25% of the fine for your enforcement efforts.

If you're waiting more than 10 seconds, turn off your ignition



Restarting your car does not burn more fuel

Warm up your engine by driving it



Today's vehicles do not need to warm up, even in winter

Create an anti-idling campaign



Work with your school to create anti-idling signs in areas where people idle

Find alternative transportation



Use public transportation, or other alternatives like walking, biking or carpooling