

Idling Gets You Nowhere

Turn your engine off— Parked in your car at a store, bank, post office or school? More than 10 seconds of idling uses more fuel than is required to restart the engine.

Unnecessary Vehicle idling is Harmful and Wasteful to All of Us

- **Our Health.** Emissions contain toxic chemicals that can affect our respiratory systems. Children, the elderly, and individuals with asthma are especially vulnerable.
- **Fuel Waste.** Idling gets 0 MPG. In general, limit vehicle warm ups to 30 seconds. Driving moderately is the most efficient way to warm up all vehicle parts.
- **Needless Engine Wear.** Many owner's manuals recommend limiting idling to avoid increased engine maintenance and shortened engine life.
- **Climate Change.** Greenhouse gas emissions from vehicles, including carbon dioxide (CO₂), cause climate change.
- **Vermont Law.** Vermont's *prohibited idling of motor vehicles law* limits idling to five minutes in any 60 minute period. Also, unattended vehicles may not idle in public.



For more ways to reduce idling, visit idlefreevt.org

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