



# SWITCH OFF YOUR ENGINE!

**Don't be the idle threat  
to children's health!**



# It's exhausting to talk about air pollution but...



Every minute an idling car emits enough pollutants to fill 150 balloons.



An idling engine can produce up to twice the emissions of a car in motion.



Exhaust emissions gathers a metre off the ground, making smaller children particularly vulnerable.



Children exposed to high levels of air pollution can experience stunted lung growth and asthma.



Harmful emissions from idling vehicles can contribute to heart attacks, cancer and even mental health problems.



It is estimated that air pollution is associated with 29,000 to 43,000 deaths in the UK per year.

# ...you are the key to clean air



Every switched off engine counts. Even short periods of idling can significantly impact the environment.



By switching off your engine, you are improving your child's chances of a healthy start in life.



Switching your engine off saves you fuel, money and helps to improve local air quality!



Help to improve heart, lung and brain health by switching off your engine.



Better still try walking, scooting or cycling instead of driving to school.



Why not check with your school whether they have a travel plan in place?



# CARE ABOUT YOUR AIR!

Protect children's health,  
love your environment,  
**switch off your engine**  
when parked!



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