

Thank you for switching off when stopped. A driver idling for 1 minute releases 150 balloons of toxic gases into our air.

The gases from an exhaust...

Stop my lungs growing to full size and make my asthma worse.



Affect me more because I breathe twice as fast as adults.



Gets into my car for me and my family to breathe in, which could cause serious illnesses.



By switching off it will...

Make the air we breathe cleaner.



Save money by using less fuel.



Keep us all healthier, and happier. Thank you!



Please help us to keep our air clean

The exhaust gases contain air pollutants including nitrogen dioxide and particulate matter. Poor air quality is an increasing concern to our health and is proven to be linked to serious illness. Cleaner air could reduce the occurrence of lung cancer, strokes, heart attacks and dementia.

Myth	Busted	Benefits
Stopping and starting will wear out the engine.	Modern engines don't suffer from this problem as most have stop-starting technology designed to do this. It is also ok to do this manually.	By switching off, you'll save money by using less fuel.
I can't get a ticket for parking illegally if I keep my engine on.	You can still get fined for parking illegally.	By switching off you'll avoid a fine for idling. Be sure to find a legal parking space to avoid a parking fine.
Idling doesn't contribute much to air pollution.	An idling car produces up to twice as many gases as a moving one.	By switching off you stop 150 balloons worth of air pollution being released every minute.
Idling isn't illegal.	Idling breaks rule 123 of The Highway Code so local authorities have the power to issue £20 fixed penalties.	By switching off you can avoid being fined.

