

## Mind Your Idle: Idle Free School Zones



Did you know that children breathe in twice as much air for their body weight as adults? Idling your car during school drop-off and pick-up is a toxic health hazard that harms our children. Idling also gets you zero miles to the gallon.

Vehicle exhaust is the leading source of toxic air pollution in Oregon. It seems counter intuitive, but we actually pollute our own immediate air quality - inside the vehicle - when we idle. And, vehicle exhaust is associated with worsening symptoms for children with asthma.

### What You Can Do:

Turn the car off if stopped for more than 10 seconds (except in traffic of course!).

Ask your school principal to post a no-idling sign at your school.

For information on mountable signs, contact Donna Green at [donna.green@pdxtrans.org](mailto:donna.green@pdxtrans.org) or 503-823-6114