



Idle-Free Fact Sheet



Do you know?

Children are most vulnerable because they breathe faster than adults and inhale more air per kilogram of body weight

Pollution contributes to numerous **respiratory illnesses** such as asthma, heart disease, and cancer.

Idling longer than **10 seconds** uses more fuel than restarting your engine

The best way to warm up a vehicle is to drive it

If **1,000** Nova Scotians stopped idling by 3 minutes a day, they would save **33,000** litres of fuel & **75,000** kg of greenhouse gas emissions

Premature deaths due to chronic exposure to air pollution is expected to reach **39,000** by 2031

Do your part...reduce your idling



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