

# At a stop? Turn it off!

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Sitting in a car with the engine running increases exhaust fumes in the air and inside your car. Breathing this in harms our health but children are the most at risk. **Protect those that need it most by turning off your engine outside school.**

Discover simple steps to protect yourself and your family at:

**[hertfordshire.gov.uk/cleanerair](http://hertfordshire.gov.uk/cleanerair)**



**Let's clear the air**

  
Department  
for Environment  
Food & Rural Affairs

  
Hertfordshire

There's lots of misinformation about engine idling out there. It can be tricky to sort fact from fiction, but **turning off your engine is better for your health, your wallet and the environment.**

### You might have heard:

Leaving an engine on for short periods prevents engine wear and tear caused by stopping and starting.

When it's cold outside you need to leave the engine on to keep warm.

Idling is only a small part of the problem when it comes to air pollution in Hertfordshire.

Keeping your car windows shut can protect you from air pollution.

### But really:

Modern engines do not have this problem. By switching off your engine, you will use less fuel, saving you money.

If you switch your engine off while parked and keep the ignition on, the heater should stay warm for up to 30 minutes.

By switching off your engine when you are parked you can reduce local pollution levels, and the more people who do the same, the better.

Cars aren't air tight and they can even trap emissions. The air you breathe inside your car is often more harmful than the air outside it.

To sign up to free local air alerts or find out more visit:  
**[hertfordshire.gov.uk/cleanerair](https://hertfordshire.gov.uk/cleanerair)** or scan the QR code

