

VEHICLE EXHAUST IS TOXIC

**Please turn off your engine
when stationary**

Air pollution can be 3 times
higher inside your car



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Leaving your engine running, or 'idling' wastes fuel and money, and increases the amount of exhaust fumes in the air.

Every minute, an idling car produces enough toxic exhaust emissions to fill 150 balloons.

These toxic emissions, which include particulate matter and nitrogen dioxide, are linked to:

- asthma
- lung disease
- cancer
- dementia
- stroke
- mental health problems
- miscarriage
- low birth weight

'Poor air quality is the biggest environmental risk to public health in the UK.' [Public Health England](#)

