

# Engines off so we don't cough

Connor & Mia KS2

**Idling your car is a significant cause of air pollution outside your child's school.**

When driving in heavy traffic, use the recycled-air setting on your fan so your car doesn't suck in harmful fumes.

It can take up to an hour for an engine to cool down. Turning off your engine but keeping the ignition on and the fan blowing will provide warm air for some time.

Modern batteries need less engine running time to work and don't need the engine on constantly to keep them charged.

Turning off your engine and then restarting after a minute will cause less pollution than letting it run and also uses less fuel.



**Putting a stop to idling is a simple way we can all help to clean up the air that we breathe**

# Other ways to help keep the air clean

We believe that every child should be able to breathe clean air and that's why we are encouraging schools and parents to improve the air quality around their schools and help protect the health of your children.

There is so much you can do to improve air quality and these actions will also support healthy active lifestyles, reduce traffic and improve road safety around your school.

- Leave your car at home and walk, scoot or cycle –you'll create less pollution, breathe cleaner air and get enjoy some exercise
- Use quieter streets when you're walking, scooting or cycling and reduce your exposure to pollution
- When driving in heavy traffic, use the recycled-air setting on your fan so your car doesn't suck in harmful fumes.
- Multi-task and combine travel and exercise – being fitter can reduce the impact of air pollution on your health.
- Switch off your engine when you're in stationary traffic or parked (and it's safe to do so).

