

Be Idle Free! Turn Your Key

Have you ever left your car running while..

- Waiting for pick someone up like your child from school?
- Running errands?
- Sitting at the drive through?

This is idling your car. Idling means leaving a vehicle's engine running when it is parked or not in use. Many people idle their cars because they think it's easy, convenient and efficient. But Idling is **harmful** to our health and our air quality. An idling car releases pollutants into the air.

How Does Idling Affect Your Health?

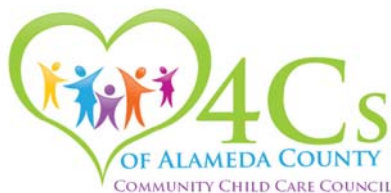
- Aggravates asthma and allergies
- Causes coughing or difficulty breathing
- Causes headaches
- Decreases lung function
- Can lead to chronic bronchitis
- Impairs learning

Children are especially vulnerable to the effects of air pollution because they breathe more quickly and take in more air than adults, and their breathing zone is lower than adults so they are more exposed to vehicle exhausts and heavier pollutants that concentrate at lower areas in the air. Further, they tend to spend more time outdoors than adults, which further increases their exposure.

Don't idle near homes, schools, child care programs, stores or any other locations.

Show your support by spreading the word about IDLE FREE. Share on social media sites such as Facebook, Twitter, Instagram, etc. When posting, use one of the following: [#idlefreeforlungs](#) or [#idlefreeforkids](#).

Visit our Facebook page for more resources and ideas on what to share: www.facebook.com/oppchildcare



Child Health and Nutrition
22351 City Center Drive, Hayward, CA 94541
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Keep Cars and Homes Smoke-Free

No Smoking in Child Care:

California Law prohibits the smoking of tobacco products in a home that is licensed as a family day care homes. All child care facilities must be non-smoking at all times, even when children are not present.



Parents and Child Care Providers:

It is illegal and subject to fines to smoke in a car when people under 18 years of age are present.

Infant and young children are especially vulnerable to the poisons in secondhand smoke and exposure to third hand smoke. Even if no one is actively smoking, the stale smoke in a house or care may continue to harm people, especially young children and persons with illnesses such as asthma. The Surgeon General has concluded the only way to fully protect yourself and your loved ones from the dangers of secondhand and third hand smoke is through 100% smoke-free environments.

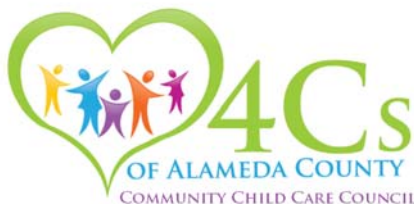
Secondhand smoke causes the following in children each year:

- Asthma—up to 1,000,000 asthma attacks and 26,000 NEW cases of asthma
- Increased ear infections, respiratory infections including pneumonia and bronchitis
- More and longer colds/flu
- Decreased lung function
- More dental cavities
- Increased SIDS deaths

For assistance to stop smoking

Call 1-800-NO-BUTTS

Visit online: www.nobutts.org



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