

Your school name

IDLE FREE AWARENESS



IDLE FREE AWARENESS WEEK

October 24th-28th

Mon 24th: "Are you Idle Free?" Assembly
by Breathe Utah

Tues 25th: After school sign making party! 3-4 p.m.

Thur 27th & Fri 28th: After school rally to encourage...

"TURN YOUR KEY, BE IDLE FREE!"

WHAT IS IDLING???

Idling is letting your car engine run while you are not going anywhere

DID YOU KNOW?

- Idling for ten seconds uses the same amount of gas as restarting your car
- Children's asthma symptoms increase as a result of car exhaust
- Asthma is also the most common chronic illness in children and the cause of most school absences



RED AIR DAYS!!

•Red air days are days the air is too unhealthy for kids to go outside. They are especially common during winter.

•**You Can Help!** Volunteer to help during the stay in recesses by emailing _____ today!

SMOG = POLLUTION!!

- Ground-level ozone (bad ozone) is our #1 summer time pollutant
- PM 2.5 is our #1 wintertime pollutant
- Ozone and PM 2.5 are dangerous and children are especially susceptible to their harmful effects.

Create an Air Quality Emergency Action Plan!

Minimize your families health risk by visiting www.breatheutah.org/emergency-plan

Breathe**UTAH**

Receive Email Alerts!

Stay informed. You can get an email alert from the Utah Division of Air quality by signing up at www.cleanair.utah.gov/youcando/aqAlerts.htm