



CARELESS
POLLUTION



Colchester

Pollution is **seven times higher** inside a stationary car with the engine running than the air outside. **Switch off your engine every time you wait.**

www.colchester.gov.uk/cleanair

Fiction: If I switch my car on and off it is bad for the engine

Fact: Modern cars can be switched on and off repeatedly without unnecessary wear on the engine, loss of performance or damage to the battery.

Fiction: If I turn the engine on and off it uses more fuel

Fact: Sitting with the engine running for 10 seconds uses more fuel than switching off and on.

Fiction: I need to leave the engine running to keep the heater on

Fact: Turning off the engine but keeping the ignition on with the fan blowing will provide warm air for up to 30 minutes.



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