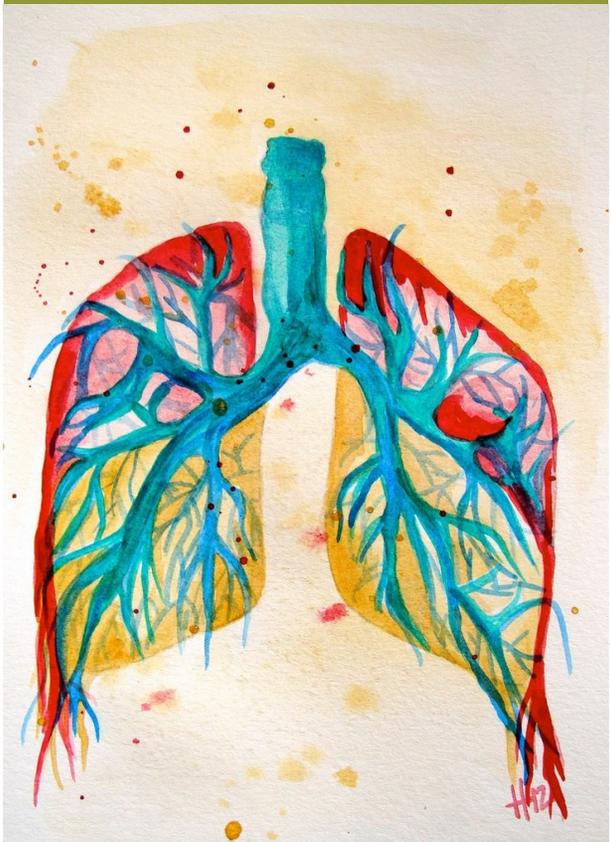
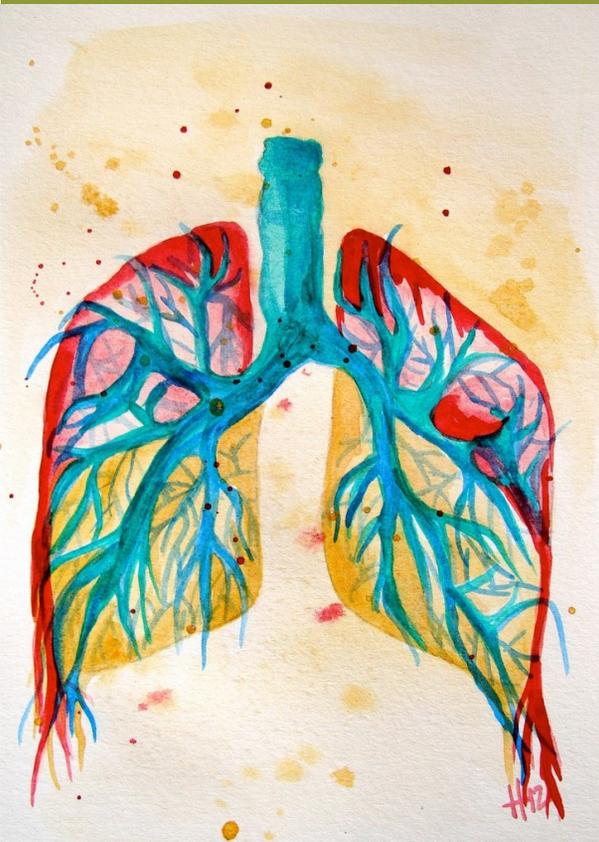


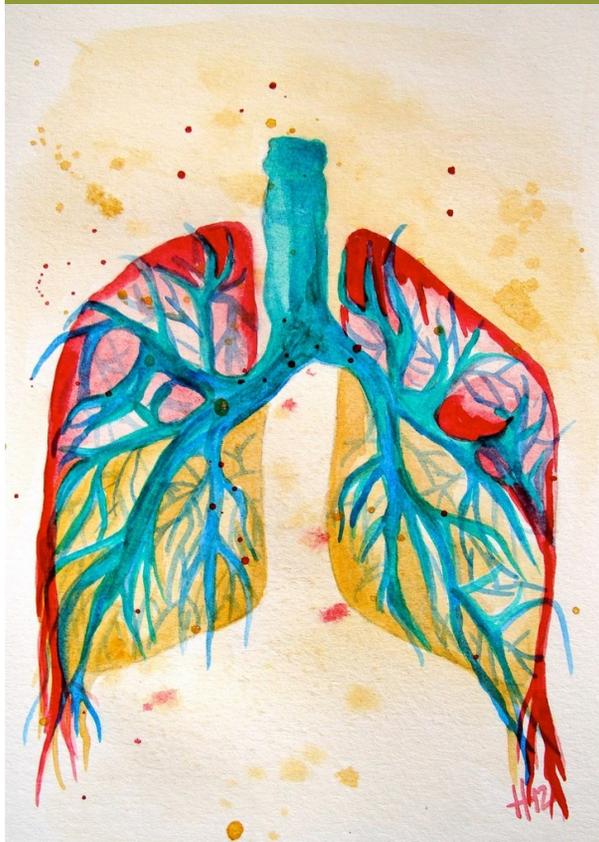
REDUCE IDLING
START BREATHING



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START BREATHING



REDUCE IDLING
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Emissions from idling vehicles have a significant impact on the quality of air in our communities. Recent studies by Health Canada have shown a direct link between contaminants in vehicle emissions and significant respiratory health effects. These studies have concluded that poor air quality and smog caused in part by vehicle exhaust are resulting in increased hospital admissions, respiratory illnesses and premature deaths.

In fact, Health Canada estimates that more than 16,000 Canadians die prematurely each year because of air pollution, and thousands more become unnecessarily ill. Sadly, children are particularly vulnerable to air pollution because they breathe faster than adults and inhale more air per pound of body weight. Air pollution can cause an irritation of airways, a decrease in the ability of your blood to carry oxygen and can lead to asthma, bronchitis, emphysema, pneumonia and even heart disease.

The good news is that we can all do our part to reduce our health risk by reducing our idling time. **Think before you idle.**

<http://www.bcairquality.ca/topics/vehicle-emissions-impacts.html>

<http://www.hc-sc.gc.ca/ewh-semt/air/out-ext/protect-protege/index-eng.php>

<http://www.zerowaste.ca/articles/column171.html>

**I AM NO LONGER ACCEPTING
THE THINGS I CANNOT CHANGE**

**I AM CHANGING THE THINGS
I CANNOT ACCEPT**

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by your Idle Reduction
Action Committee



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