

## Why Be Idle Free?

- Research shows that air pollution aggravates asthma
- Children have a 50% greater inhalation rate than adults and their lungs are still growing and developing
- Exposure to smog can cause increased allergy symptoms and increased ear and respiratory infections
- A single vehicle can put out 3 pounds of pollution into the air per month by idling.

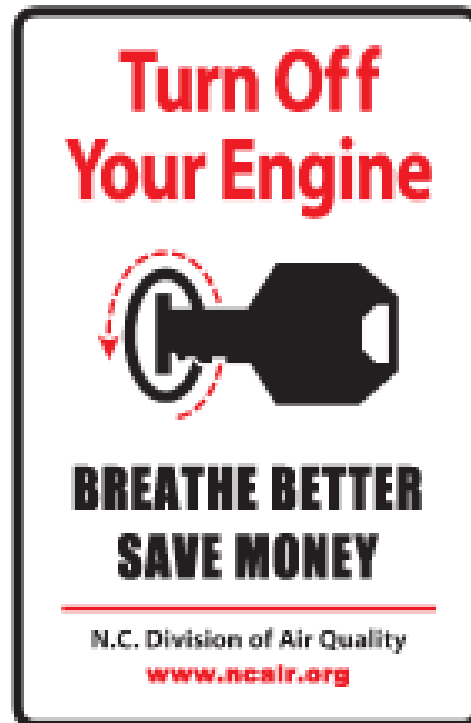


Harnett County  
Asthma Coalition

Breathing Easy

[www.harnett.org/asthma](http://www.harnett.org/asthma)

ASTHMA IS ONE REASON  
WHY OUR KIDS MISS  
SCHOOL!



Join us in a new campaign to make our air healthier by shutting off your engine. Please consider signing this pledge form and making an effort to click that engine off. Your wallet will like the gas savings and our lungs will like the cleaner air!

Below is a pledge card with some examples of how you can help improve air quality. Please consider choosing one or more options, signing and keeping in your car as a reminder of your pledge. **This is an optional pledge and does not have to be turned into the school.**

- I pledge to help improve our health by shutting off my engine while parked or not in traffic.
- I pledge to participate in a “car pool” effort with my neighbors.
- I pledge to have my child ride the school bus to help reduce air pollution and congestion around school zones.

Signature: \_\_\_\_\_