



Our Mission

To improve public health by promoting an individual's well-being, preventing disease, and protecting an individual's health within the community.

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MAKE **MIDDLETON** IDLE-FREE



TURN OFF YOUR ENGINE AND SAVE!!

SAVE THE AIR
SAVE YOUR HEALTH, **PROTECT CHILDREN**
SAVE YOUR MONEY

IDLING MYTHS

MYTH #1: *“The engine should be warmed up for long periods prior to driving.”*

REALITY: Idling is not an effective way to warm up your engine, even in cold weather. With today's modern engines, you need no more than 30 seconds of idling on winter days before starting to drive.

Did you know?

EXCESSIVE IDLING IS AGAINST THE LAW!!!

Massachusetts General Laws, Chapter 90, Section 16A, states that:

“No person shall cause, suffer, allow, or permit the unnecessary operation of the engine of a motor vehicle while said vehicle is stopped for a foreseeable period in excess of five minutes.”

This means that if you expect to be stopped for more than five minutes, you must turn off your engine or risk getting a ticket with fines up to \$100 for the first offence and up to \$500 for each subsequent offense

MYTH #2: “Idling is good for the engine.”

REALITY: Excessive idling can actually damage engine components, including cylinders, spark plugs, and the exhaust system.

MYTH #3: “Shutting off and restarting the vehicle when it’s stopped is bad for the engine and uses more gasoline than if you leave it running.”

REALITY: Frequent restarting has little impact on engine components. Component wear caused by restarting the engine is estimated to add \$10 per year to the cost of driving, money that will likely be recovered several times over in fuel savings from reduced idling.



IDLING FACTS

FACT #5: IDLING AFFECTS CHILDREN MORE THAN ADULTS.

Children are more vulnerable to health problems such as asthma and other respiratory illnesses because they breathe faster, inhale more air per pound of body weight than adults, and are still growing.

FACT #2: IDLING WASTES FUEL AND MONEY.

Every minute of idling costs you a fraction of a gallon of wasted fuel. Keep in mind that every gallon of gasoline produces 20.4 pounds of carbon dioxide.

FACT #3: IDLING CONTRIBUTES TO GLOBAL WARMING.

Vehicle idling can have a powerful effect on the outdoor air quality at the local and community level.

FACT #4: IDLING AFFECTS AIR QUALITY AND YOUR HEALTH.

Diesel and gasoline exhausts contain more than 40 hazardous pollutants. Idling your vehicle with the air conditioner on can increase emissions by 13 percent.

FACT #5: IDLING CAN DAMAGE YOUR VEHICLE’S ENGINE.

Excessive idling can be hard on your engine. Because the engine isn’t working at peak operating temperature, fuel doesn’t undergo complete combustion. This leaves fuel residues that contaminate engine oil and make spark plugs dirty.

DO YOUR PART

- ✓ **TURN OFF YOUR ENGINE WHEN YOU ARE WAITING FOR LONGER THAN 10 SECONDS.**
- ✓ **KEEP YOUR CAR WELL MAINTAINED TO INCREASE GAS MILEAGE AND DECREASE EMISSION.**
- ✓ **REDUCE VEHICLE WARM-UP IDLING TO 30 SECONDS, EVEN IN THE COLD WEATHER.**
- ✓ **AVOID USING A REMOTE STARTER or HAVE A TECHNICIAN REDUCE THE IDLING TIMEFRAME.**
- ✓ **CARPOOL OR TAKE PUBLIC TRANSPORTATION, WALK, JOG, OR RIDE A BIKE INSTEAD OF DRIVING.**
- ✓ **TELL / EDUCATE YOUR FRIENDS AND FAMILY.**

