


# Diesel Exhaust Fact Sheet

Diesel exhaust is a mixture of thousands of chemicals, including 1-nitropyrene (1-NP). These chemicals are released as gases or particles (such as black soot) from vehicles and machinery that run on diesel fuel. Vehicles that run on biodiesel, a plant-based alternative to diesel fuel, produce similar exhaust.

<b>Diesel exhaust comes from</b>	<ul style="list-style-type: none"> <li>• On-road vehicles that run on diesel fuel, such as semi-trailer trucks, light-duty trucks, and some buses and passenger cars.</li> <li>• Diesel-powered freight and passenger trains, and cargo and cruise ships.</li> <li>• Heavy-duty equipment, such as bulldozers and tractors, used for construction, agriculture, landscaping, mining, and similar types of work.</li> <li>• Diesel-powered generators.</li> </ul>
<b>Possible health concerns</b>	<p>Diesel exhaust:</p> <ul style="list-style-type: none"> <li>• Can make asthma worse and contribute to other respiratory diseases, like chronic obstructive pulmonary disease (COPD).</li> <li>• May harm the lungs and lower resistance to respiratory infections.</li> <li>• May make allergic reactions to dust, pollen, and other allergens worse.</li> <li>• Can make existing heart conditions worse.</li> <li>• Can increase cancer risk.</li> </ul>
<b>Possible ways to reduce exposure</b>	<ul style="list-style-type: none"> <li>• When walking, riding a bike, or exercising outdoors, choose areas away from roadways whenever possible, or side streets with less traffic. Avoid busy highways and paths near train routes.</li> <li>• When in heavy traffic, keep vehicle windows closed and put the air on recirculate (look for this symbol or check your manual: ).</li> <li>• Always start and operate diesel engines in a well-ventilated area.</li> <li>• If you have a diesel car or truck, don't idle inside garages, especially garages attached to your home.</li> <li>• If you have a backup or portable diesel-powered generator, put it well away from your home, to make sure that exhaust does not come in through open windows or doors.</li> <li>• If possible, use a high-efficiency filter in your home's central heating and air system.</li> <li>• Consider buying a portable air cleaner (or "air purifier") that can remove small particles from the air in your home (see below).</li> <li>• Because chemicals from diesel exhaust can collect in dust: <ul style="list-style-type: none"> <li>○ Wash your and your child's hands often, especially before preparing or eating food.</li> <li>○ Clean your floors regularly, using a wet mop or HEPA vacuum cleaner if possible, and use a damp cloth to dust.</li> </ul> </li> <li>• Report diesel trucks in California if they are: <ul style="list-style-type: none"> <li>○ Idling where "No idling" signs are posted, or idling for more than five minutes.</li> <li>○ Not following designated truck routes.</li> </ul> </li> </ul> <p>Call 1-800-363-7664 or fill out the form at this link: <a href="http://www.arb.ca.gov/enf/complaints/icv.htm">www.arb.ca.gov/enf/complaints/icv.htm</a>.</p>

## For more information:

Air cleaners for the home: [www.epa.gov/sites/production/files/2018-07/documents/guide\\_to\\_air\\_cleaners\\_in\\_the\\_home\\_2nd\\_edition.pdf](http://www.epa.gov/sites/production/files/2018-07/documents/guide_to_air_cleaners_in_the_home_2nd_edition.pdf)

Diesel exhaust in California: [ww2.arb.ca.gov/resources/overview-diesel-exhaust-and-health](http://ww2.arb.ca.gov/resources/overview-diesel-exhaust-and-health)