CHECK YOUR NUMBER

Did you know that your car may not need an oil change as often as you think? Fewer oil changes saves you time and money, and helps protect the environment. Simply check your owner's manual or consult your authorized dealership for the recommended oil change interval number for your vehicle.

Still changing your oil every 3,000 miles?

- It's not all about the 3,000-mile oil change any more. Thanks to advances in auto technology, automakers recommend oil changes at 5,000, 7,500, and even 10,000 miles before oil changes for newer models.
- California currently uses more than 114 million gallons of motor oil each year – enough to fill 255 Olympic size swimming pools! Fewer oil changes means less of our natural resources being consumed.
- Can't find your car owner's manual? Visit CheckYourNumber.org to find the manufacturer-recommended oil change intervals for most vehicles made 2000-present.

Think frequent oil changes will make your car last longer?

- Advancements in vehicle and oil technologies let us go longer between oil changes, saving you time and money on unnecessary oil changes.
- Changing your oil too frequently hurts the environment and offers little additional benefit to your car's performance.
- Automakers like Honda, GM, BMW, MINI, and Mercedes-Benz have started equipping their cars with high-tech service/maintenance systems that constantly monitor the "oil life" of the car and alert you exactly when you need that change. That means less thinking on your part!

Prefer to do-it-yourself?

- Take care! One gallon of used motor oil can pollute one million gallons of water, and nearly 40% of the pollution in America's waterways is from used motor oil.
- When recycling your motor oil, make sure not to mix with any substances, such as antifreeze, solvents, or gasoline. Mixing oil with even a drop of another substance will make it unrecyclable. Avoid contamination by using a clean, leak-proof container to store your used motor oil.
- Make sure to recycle your used motor oil and filters together! You can take your used oil and filters to a Certified Collection Center (CCC), such as gas stations, auto parts stores, or quick lube shops.
- Improper disposal of used motor oil, such as throwing it in the trash, onto the ground, into gutters, etc., is illegal and can result in fines up to $10,000.

Interested in more?

Visit CheckYourNumber.org for more information! Get the facts about how your "number" can help you preserve the life of your car, as well as the environment we live in.

About CalRecycle

California's Department of Resources Recycling and Recovery (CalRecycle) is the state's leading authority and central hub for recycling and waste management programs.