



## Indoor Air

### Did you know?

*People spend about 90% of their time indoors where the air is usually 2-5 times more polluted than outdoor air.*

### Action Plan

- Reduce sources of pollution in your home:
  - Do not allow smoking inside.
  - If you smoke, quit: [nysmokefree.com](http://nysmokefree.com)
  - Avoid air fresheners, candles, and harsh cleaners.
  - Choose “low-VOC” products (example: paints).
  - Use a stove hood while cooking. With gas stoves, use an exhaust fan vented to the outdoors.
  - Fix water leaks to prevent mold.
- Let the fresh air in! Open your windows regularly.
- Wet dust and wet mop regularly to control dust.
- Install smoke alarms and carbon monoxide detectors.
- Test for radon in the basement, 1<sup>st</sup> and 2<sup>nd</sup> floors.

[more](#) →

NYSCHECK.ORG

## Resources

For strategies to improve your indoor air quality, visit:

[epa.gov](http://epa.gov) and search “Indoor Air Quality”

[nyc.gov](http://nyc.gov) and search “Indoor Air Quality”

Check if you qualify for a free home visit from the NY State Healthy Neighborhoods Program: visit [health.ny.gov](http://health.ny.gov) and search “Healthy Neighborhoods.”

Learn more about safe and green cleaning, visit [nyc.gov/health](http://nyc.gov/health) and search “Green Cleaning.”

Learn more about carbon monoxide: [cdc.gov/co](http://cdc.gov/co)

Learn more about radon testing: [epa.gov/radon](http://epa.gov/radon)

For live answers to your radon questions or to purchase a radon test kit, contact:

National Radon Hotline  
1-800-SOS-RADON (1-800-767-7236)  
[sosradon.org](http://sosradon.org)

For more information, visit: [nyscheck.org/rxs](http://nyscheck.org/rxs)

