PRₓescription for Prevention

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
  - ○ 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, 1st and 2nd floors.

Resources

For strategies to improve your indoor air quality, visit epa.gov and search "Indoor Air Quality."

The NY State Healthy Neighborhoods Program can provide free cleaning supplies, CO/smoke detectors, as well as virtual home visits for environmental concerns.
- **Albany/Rensselaer County**: (518) 765-3512
- **Schenectady County**: (518) 386-2818
- **Columbia County:** (518) 828-3358 ext. 1255 or 1260

Learn more about safe and green cleaning: nyc.gov/health and search "Green Cleaning."

Learn more about carbon monoxide: cdc.gov/co

Learn more about radon testing: epa.gov/radon

Learn more about which household products have VOCs and other chemicals of concern: whatsinproducts.com

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

For more information, visit: nyscheck.org/rxs or scan the QR code.

New York State Children's Environmental Health Centers

Signature _____

Icahn School of Medicine at Mount Sinai — The Transdisciplinary Center on Early Environmental Exposures

New York State Children's Environmental Health Centers

NYSCHECK @NYSCHECK