



# 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.
  - Avoid air fresheners, candles, and harsh cleaners.
  - Choose “low-VOC” products (example: paints, cleaning and disinfectant products).
  - 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 →](#)



# Resources

\*To translate websites, go to google translate, select “websites,” and paste the link in the search box.

## Sign Up for Home Visit and Free Home Supplies

The NYS Healthy Neighborhood’s Program provides free home safety inspections and supplies (smoke and CO detectors, radon test kits, and more). Check to see if you qualify.



## Guide to Safer Cleaning Products

Check the safety of the products you use:



Find safer cleaning products:



## Order a Radon Test Kit

Order a low-cost radon test kit and view NYS radon maps:



## Borrow Tools for Maintenance and Repairs



Rent supplies from the Tool Library to help keep your home clean. Visit the website to sign up.

## Get More Information About Indoor Air

For more strategies to improve your indoor air quality, visit [epa.gov](https://www.epa.gov).

