



# 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 →



## Resources

To learn how to improve the air inside your home, visit [nyc.gov](https://www.nyc.gov) and search **"Indoor Air Quality."**

To report indoor air problems like dust, strong smells, mold, or poor ventilation, call **311** or use [311 online](#).

In NYC, landlords must install smoke alarms and carbon monoxide detectors. Tenants must replace the batteries. Learn more by searching **"Apartment Maintenance"** on [nyc.gov](https://www.nyc.gov).

For tips on safe and green cleaning, visit [nyc.gov/health](https://www.nyc.gov/health) and search **"Green Cleaning."**

If smoke from another apartment enters your home, search **"NYC Secondhand Smoke"** for help and resources.

To learn about radon testing, visit [epa.gov/radon](https://www.epa.gov/radon).

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



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