



Indoor Air

Did you know?

People – especially young children – spend about 90% of their time indoors where the air is often 2-5 times more polluted

Action Plan

- Reduce sources of pollution in your home:
 - Do not allow smoking inside.
 - If you smoke, quit: nysmokefree.com
 - Use a stove hood while cooking.
 - Gas stoves release chemicals that can lead to asthma, harm the environment, and worsen climate change. NY State no longer allows installing gas stoves in new residential buildings. Consider replacing your gas stove. If still using a gas stove, use an exhaust fan vented to the outdoors or open windows.
 - Avoid air fresheners, candles, and harsh cleaners.
 - Choose “low-VOC” products (example: paints).
 - 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.

[more](#) →



- Test for radon in the basement, 1st and 2nd floors.

Resources

For strategies to improve your indoor air quality, visit [epa.gov](https://www.epa.gov) and search “Indoor Air Quality.”

To learn more about replacing your gas stove with an induction stove, visit <https://www.nyserda.ny.gov/Residents-and-Homeowners/Cooking-at-Home>

To check the outdoor air quality in your zip code, visit www.airnow.gov

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

To learn more about safe and green cleaning, visit [nyc.gov/health](https://www.nyc.gov/health) and search “Green Cleaning.”

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

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

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

National Radon Hotline
1-800-SOS-RADON (1-800-767-7236)



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New York State Children's
Environmental Health Centers



sosradon.org

For more information, visit: nyscheck.org/rxs



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

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