



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: visit smokefree.gov
 - 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.

[more →](#)

Signature _____

Date _____

Resources

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

Many states and Puerto Rico have an indoor air quality program or resources that provide answers to localized indoor air quality questions: epa.gov and search "EPA Regional Office and State Indoor Air Quality Information."

For local resources regarding indoor air quality:

New York City	Housing: NYC law requires landlords to take steps to keep their tenants' homes free of pests and mold: nyc.gov/health and search "Local Law 55" Chemicals: nyc.gov/health and search "Harmful chemicals and household products" Poison prevention: nyc.gov/health and search "Poison prevention in the home"
New York State	Housing: If you or your child have asthma, talk to your doctor to see if you qualify for the NYS Healthy Neighborhoods" program: health.ny.gov and search "Healthy Neighborhoods" Smoking: health.ny.gov and search "Smoking and Secondhand smoke"
New Jersey	Smoking: nj.gov/health and search "NJ quitline" momsquit.org
Puerto Rico & U.S. Virgin Islands	Visit icahn.mssm.edu/research/pehsu/us-virgin-islands-puerto-rico for resources tailored to Puerto Rico and the U.S. Virgin Islands

For more information, visit
icahn.mssm.edu/research/pehsu/information