



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.

[more](#) →

Resources

For help improving your home’s air quality, contact the **Onondaga County Healthy Neighborhoods Program**. Call 315-435-5431 or visit ongov.net and search "Healthy Neighborhoods."

Free home health and safety assessment: if you live in any of the following zip codes, call 315-435-5431 to see if you are eligible. 13202, 13203, 13204, 13205, 13206, 13207, 13208, 13210, 13224.

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

Learn more about safe and green cleaning, visit nyc.gov/health and search “Green Cleaning.”

Learn more about carbon monoxide: cdc.gov/co

Learn more about radon testing: epa.gov/radon

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

