



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](#) →

NYSCHECK.ORG

Resources

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

Check if you qualify for a free home visit from the NY State Healthy Neighborhoods Program, visit health.ny.gov and search “Healthy Neighborhoods.”

The following Hudson Valley counties participate: Orange County, Rockland County, Westchester County

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

To request an environmental telehealth consultation with one of the experts at the Children’s Environmental Health Center of the Hudson Valley, please call 914-493-7585.

