



## 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: [www.nysmokefree.com](http://www.nysmokefree.com)
  - Avoid harsh cleaners, air fresheners, candles.
  - 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* →



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## Resources

Strategies to improve your indoor air quality:

[www.epa.gov/indoor-air-quality-iaq](http://www.epa.gov/indoor-air-quality-iaq)

NY State Healthy Neighborhoods Program- check if you qualify for a free home visit:

[www.health.ny.gov/environmental/indoors/healthy\\_neighborhoods](http://www.health.ny.gov/environmental/indoors/healthy_neighborhoods)

Infographics on reducing environmental exposures:

<https://icahn.mssm.edu/about/departments/environmental-public-health/cehc/information>

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

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

For more information, visit: [www.nyscheck.org/rx](http://www.nyscheck.org/rx)

