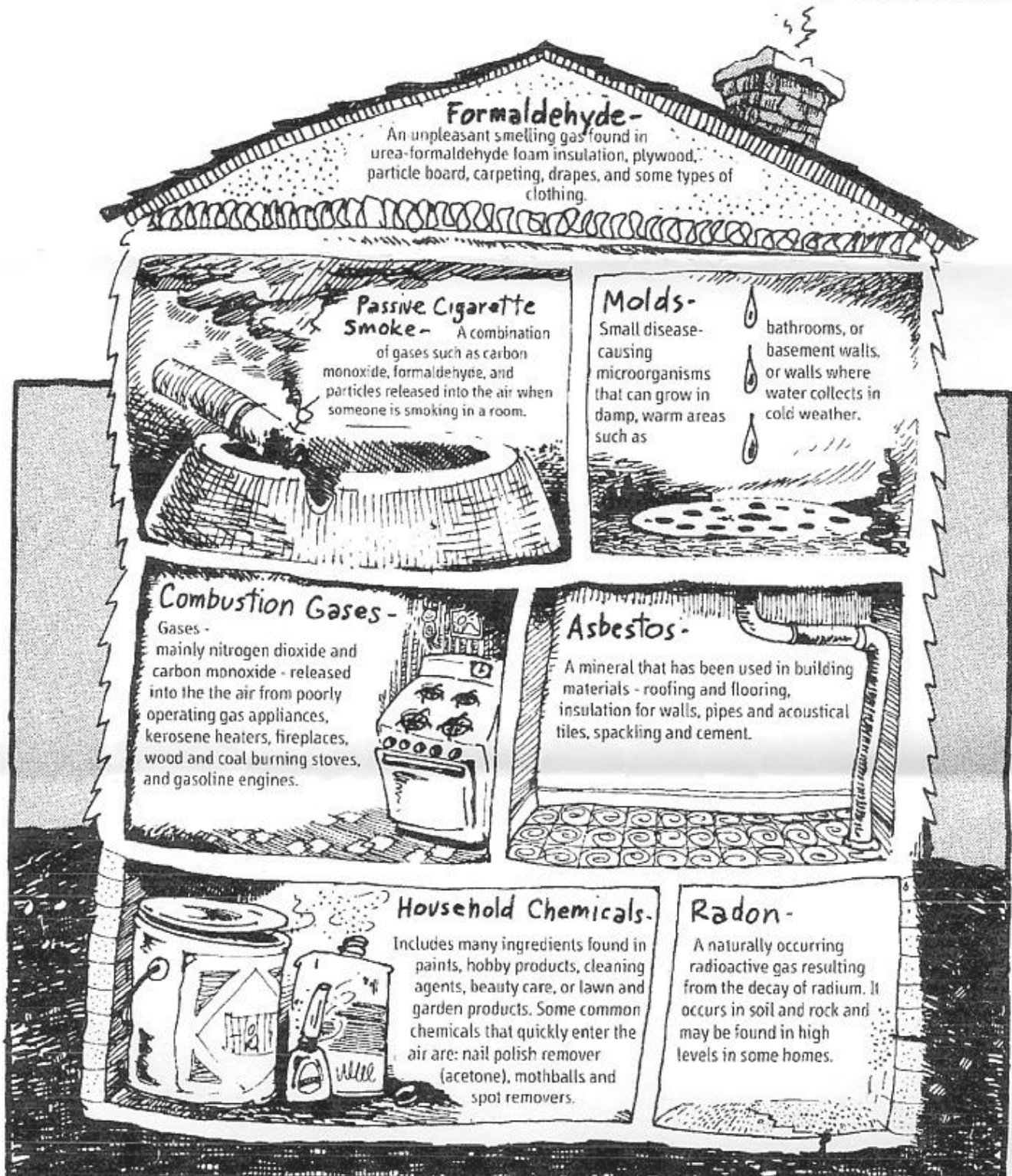


Don't Give Indoor Air Pollutants a Home!



Indoor air pollutants can be reduced.

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Clean up surface dust as often as possible. Use a damp mop or cloth when you clean. Avoid aerosols or spray cleaners in the bathroom. And, don't clean or vacuum the room while a person with asthma or allergies is present.

Stop smoking. Pollutants from cigarette smoke can be asthma triggers. Ask your health care provider about programs to help you stop smoking.

Increase ventilation. Open your windows, and use fans and vents as needed. Fresh air lowers the air pollutant levels inside.

Find out more about lead and asbestos in your home, especially before doing any home remodeling. Disturbing these materials can release lead or asbestos into the air and put your family at risk. There are ways to do these projects safely.

Have your home tested for radon. If high levels are found, there are many ways to lower them.

Keep chemicals that get into the air outside.

- Never store gasoline or kerosene inside the house.
- Air out items if possible before bringing them indoors: recently dry-cleaned clothes, new furniture, drapes, carpets, or building supplies.
- Use and mix items like nail polish remover, pesticides, glues, paints and hobby supplies outdoors or in a well-ventilated area. Follow the manufacturer's directions.
- If you heat with oil, be sure that your tank is secure from leaks and take steps to avoid spills in the basement.

Stop mold growth by keeping moisture down.

Sources of moisture include plumbing or roof leaks, unsealed basement walls, and unvented dryers or showers. Repair leaks, install an exhaust fan in bathrooms, and vent clothes dryers to the outdoors. Clean humidifiers, air ducts and heat exchangers periodically.

Burn fuel wisely; avoid the buildup of combustion products.

- Check your stove pipe or chimney each season, before using a wood stove or fireplace. Make sure there is no buildup of soot or obstruction (such as birds' nests).
- Open your fireplace damper before lighting a fire and leave it open until the ashes are cold.
- Install an exhaust fan or hood over your gas range.
- Check the flame color on gas appliances. If the flame is not blue, have the appliance serviced.
- Never burn charcoal inside the house, and never use gas-fueled items (camp stoves, lawn mowers, cars, etc.) in enclosed areas.
- If using kerosene or vent-free gas heaters, carefully follow the manufacturer's advice and be sure there is enough fresh air. Buildup of combustion products from these appliances can be very dangerous. Never leave a space heater on overnight or unattended.



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