

Gas stoves produce dangerous amounts of air pollutants, including nitrogen oxides (NOx), carbon monoxide (CO), and particulate matter (PM), that often exceed outdoor ambient air standards. These pollutants can have lasting and damaging effects on the human body. Children, low income folks, and Black & Latine communities are among the most vulnerable.

NOx

- Decreased cognitive functioning
- Respiratory infections
- Asthma

CO

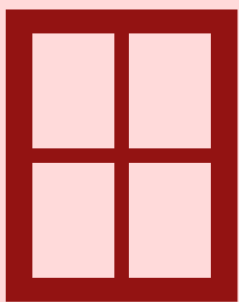
- Fatigue, impaired vision, dizziness, nausea
- Chest pain
- Death



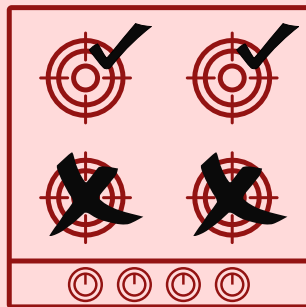
PM

- Aggravates asthma & stunts lung development
- Heart attacks, arrhythmias, congestive heart failure
- Ischemic stroke, developmental delay

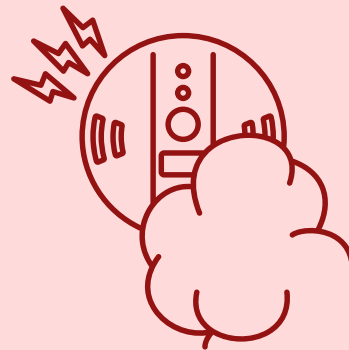
To reduce your risk of exposure, ventilation is key. Any action that increases air flow, from opening a window to using an exhaust hood, will help reduce the concentration of air pollutants in your home. Try any of the mitigation strategies presented below. If possible, switching from a gas stove to an electric, induction stove will address the root cause of the fossil fuel air pollution.



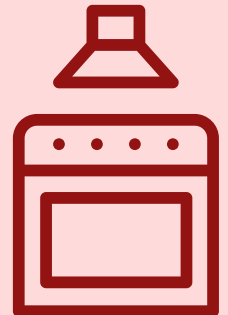
OPEN A WINDOW



COOK ON THE BACK BURNERS



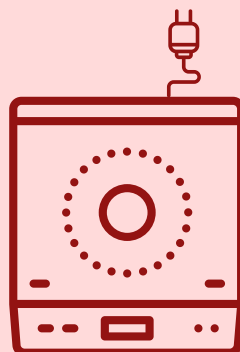
INSTALL & MAINTAIN CO DETECTOR



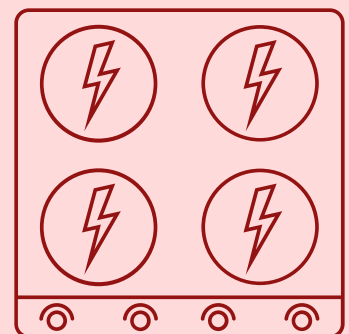
USE AN EXHAUST HOOD



USE ELECTRIC APPLIANCES LIKE A TOASTER OVEN OR KETTLE



TRY A PLUG-IN INDUCTION BURNER



SWITCH TO AN ELECTRIC, INDUCTION STOVE

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