



# INDOOR AIR POLLUTION

**AIR INSIDE MAY BE  
WORSE THAN AIR OUTSIDE.**

New York City low-income and minority communities are particularly at risk for asthma. Many people know that outdoor car and truck exhaust is linked to asthma and allergies. But the air indoors, where we spend most of our time, is often even worse. By improving air quality inside your home, you can reduce your family's risk for asthma and allergy problems.



# Clear the Air

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- 1. Don't smoke in your home!** Second-hand tobacco smoke can cause cancer. Call 311 for free nicotine patches and other materials to help you quit.
- 2. Keep your home free from the toxins and allergens that come in from the street:**
  - Leave your shoes at the door or use a mat.
  - Vacuum carpets regularly to reduce dust and allergens.
  - Clean and dust hard surfaces.
- 3. Avoid using air fresheners,** which commonly contain hormone-disrupting and toxic chemicals.
- 4. Install carbon monoxide detectors** to monitor harmful, or even deadly, carbon monoxide generated by faulty appliances or heating systems. Test your detectors once per month to make sure the alarms work.
- 5. Look for no-VOC paints and finishes.** VOCs are Volatile Organic Chemicals and can be dangerous for humans.
- 6. Fix leaks in plumbing and windows** to prevent mold.