

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. Even when turned off, gas stoves leak cancer-causing benzene into our homes. 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

## PM

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

## CO

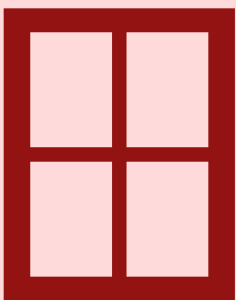
- Fatigue, impaired vision, dizziness, nausea
- Chest pain
- Death



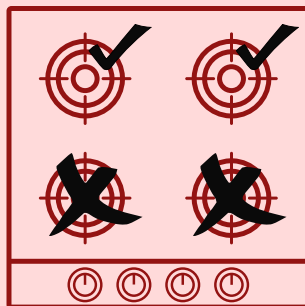
## Benzene

- Acute neurological effects (Headaches, confusion)
- Convulsions & irregular heartbeat
- Cancer (leukemia)

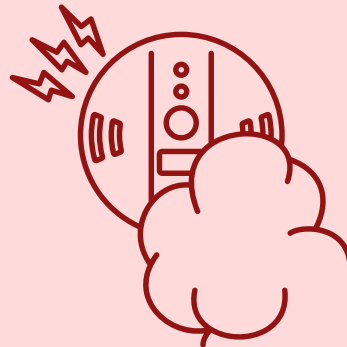
To reduce your risk of exposure, ventilation is key. Any action that increases air flow, from opening a window to using an exhaust hood, will help reduce the concentration of air pollutants in your home. Try any of the mitigation strategies presented below. If possible, switching from a gas stove to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



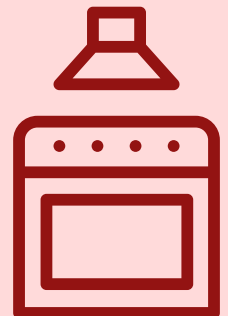
**OPEN A WINDOW**



**COOK ON THE BACK BURNERS**



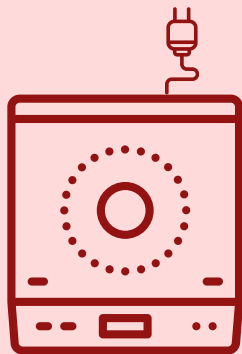
**INSTALL & MAINTAIN CO DETECTOR**



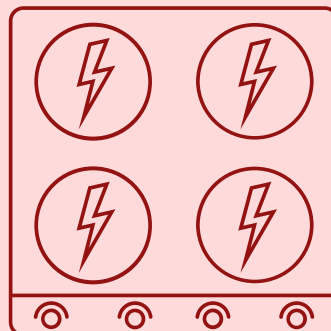
**USE AN EXHAUST HOOD**



**USE ELECTRIC APPLIANCES LIKE A TOASTER OVEN**



**TRY A PLUG-IN INDUCTION BURNER**



**SWITCH TO AN ELECTRIC, INDUCTION STOVE**

Learn more on our webpage:



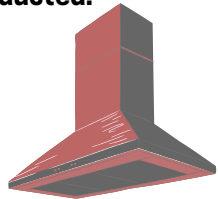
**While ventilation helps remove harmful gas stove air pollutants from your home, effective ventilation can be challenging to achieve. This is especially true in homes without stove hoods that vent to the outdoors or windows in the kitchen, or when there is extreme weather or poor air quality outside. This guide provides tips for reducing health risks while cooking on a gas stove.**

### First, Find Out What Type of Stove Hood You Have:

- Look for a cabinet above your stove and stove hood.
- If you find an air duct/pipes coming from the hood fan, it is likely a stove hood that vents to the outside, “ducted.”
- If there is no air duct/pipes, it is likely a recirculating, “ductless,” stove hood.

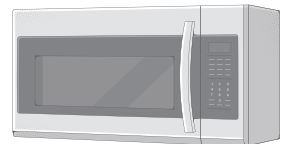
### If You Have a *Ducted* Stove Hood:

- Clean the grease filters 4 times a year; many are dishwasher safe.
- Look online for replacements that match your filter size; finding replacements for older models may be difficult.
- Always use the highest setting on your stove hood when cooking.
- Use the back burners, which are closer to the ventilation updraft.
- Also follow the tips below because ducted stove hoods do NOT remove all harmful air pollutants.



### If You Have a *Ductless* Stove Hood:

- Follow the tips above for the ducted stove hood.
- If your stove hood has a charcoal filter in addition to a grease filter, it should be replaced every 3-4 months.
- Also follow the tips below because ductless ventilation circulates the air but does NOT remove harmful air pollutants.



### While Cooking on a Gas Stove (with a stove hood or not):

- Always open a window (2 or more is better) when cooking to promote air circulation to the outside.
  - Note that opening windows might not be advisable due to extreme outdoor temperatures, or poor air quality (e.g., Spare the Air days, wildfire smoke, or proximity to freeways and other pollution sources).
- Air Cleaners with both MERV-13 filters (for particulates) and activated charcoal filters (for gas pollutants such as benzene) can improve indoor air quality.
  - Regularly check and change air filters to ensure they are working properly.



# References for page one

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