

Ensuring Healthy Air in Your Home

The average person spends 90% of their time indoors, so ensuring healthy air in your home is important for safeguarding your well-being. Proper ventilation reduces the risk of indoor air pollutants, promoting respiratory health and preventing the buildup of harmful substances.

COMPREHENSIVE GUIDE TO SAFE VENTILATION AND INDOOR AIR QUALITY AT HOME



Mechanical Ventilation Best Practices

- Turn on range hoods while cooking and bathroom fans during and after showers.
- Regularly clean ventilation system filters to maintain optimal performance.
- Avoid blocking ventilation chases to ensure proper air circulation.



Adapting to No Mechanical Ventilation

- Open windows for fresh air circulation, especially during good weather.
- Use portable fans strategically to circulate air and diffuse pollutants from cooking.
- Use portable HEPA cleaners for localized air purification.



General Indoor Air Quality Habits

- Establish a 'No-Shoes' Policy.
- Prohibit smoking indoors.
- Avoid using gas stoves for heating to avoid the release of harmful gases.
- Test smoke and carbon monoxide detectors monthly; replace batteries every six months.



Healthy Home Cleaning Techniques

- Choose fragrance-free, non-toxic cleaning products to minimize indoor air pollutants.
- Employ damp cloths for dusting to capture the release of airborne particles.
- Regularly vacuum with HEPA filters to capture allergens and particulate matter.



Pest and Mold Prevention

- Maintain cleanliness and dryness to prevent mold growth and avoid clutter.
- Store food in sealed containers and countertop and sink clean.
- Promptly address leaks, cracks, or holes to prevent infestations.



Report to your Landlord and/or Super:

- Stove, boiler, and ventilation issues.
- Pests and/or mold.
- Peeling paint, lead-based paint presence.
- Water leaks, cracks, and holes in walls.
- During renovations, improper handling of lead or asbestos.

New York City law requires that property owners take steps to keep their tenants' homes free of pests and mold and protect them from lead and asbestos exposure. This includes safely fixing the conditions that cause these problems as soon as possible.

Call 311 if property owners or supers do not fix the problem!

ADDITIONAL RESOURCES

[What Tenants Should Know About Indoor Allergens \(Local Law 55 of 2018\) and What Property Owners Must Do to Keep Homes Free of Pests and Mold](#), by NYC DOHMH and NYC HPD

[Indoor Air Quality Webpage by NYC Health](#)