PASADENA PUBLIC HEALTH DEPARTMENT

ELECTRIC STOVES IMPROVE INDOOR AIR QUALITY & CREATE SAFER HOME ENVIRONMENTS

Electric Stoves Reduce Risks of Exposure to Indoor Air Pollutants



What Are Indoor Air Pollutants?

Burning gas releases air pollutants like **nitrogen dioxide (NO_2), carbon monoxide (CO), benzene, and formaldehyde**.

Studies indicate that NO_2 levels can quickly exceed safe outdoor exposure standards while cooking. Some air pollutants are produced during the act of cooking, regardless of the heat source and by products such as candles and incense.

How to Reduce Indoor Air Pollutants

- Switch to an electric or induction stove
- Run the exhaust fan in your range hood consistently when cooking
- Cook on a back burner
- Open doors and windows, if the weather and outside air quality permit
- Use an air purifier with high-efficiency particulate air (HEPA) and carbon filters

Know the Risks of Exposure

The risk of negative health effects from NO_2 and ultrafine particle exposure is greater for children, older adults, individuals with pre-existing respiratory diseases, and pregnant women.

Short-term exposure in high concentrations can aggravate asthma and other respiratory diseases, causing severe symptoms like coughing, wheezing, and difficulty breathing.

Long-term exposure to NO_2 may contribute to the development of asthma, particularly in children. Ultrafine particles are known irritants that can cause inflammation and lead to a worsening of respiratory symptoms.

Selecting an Effective Range Hood

Range hoods should be large enough to cover all stove burners, ideally with a few inches of overhang. Select a unit with a flow rate of at least 95 liters per second (L/s) and ensure it vents air outside the home.



DID YOU KNOW?

Pasadena Water and Power customers may be eligible for up to a $420 rebate when replacing a gas stove. Visit the link below or call **(626) 744-6970** to learn more about residential electrification programs.

Scan the QR Code to Electrify Your Home

bit.ly/ElectricAppliancesRebate