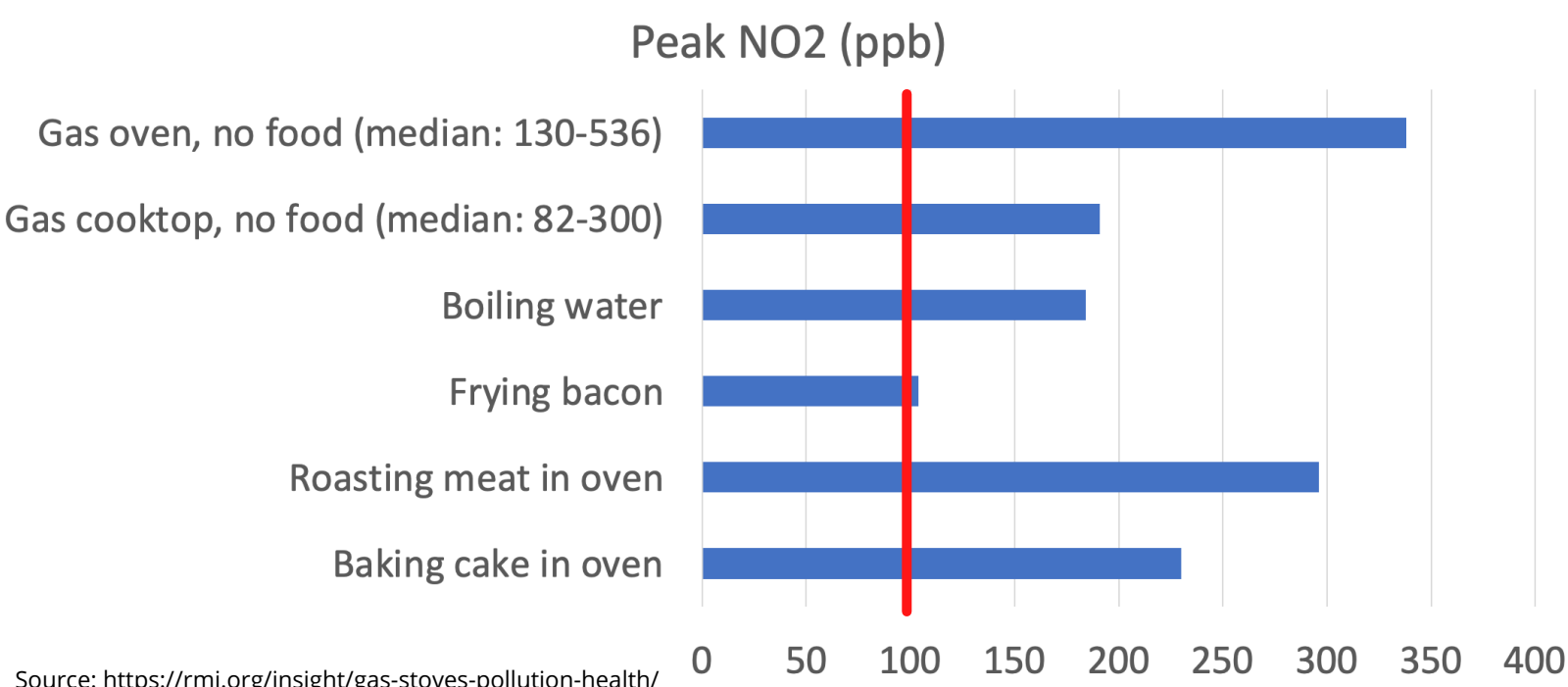


GAS STOVES



Using a gas stove indoors without a vent can cause high levels of Nitrogen Dioxide (NO₂).

NO₂ is a colorless, odorless gas that can worsen asthma.



The red line shows the **outdoor limit** of 100ppb set by the Environmental Protection Agency (EPA).

The US does not set **indoor guidelines**.



Health Effects of NO₂

- Asthma symptoms and attacks
- Airway irritation
- Increased chance of lung infection
- Increased risk of asthma development

Environmental Effects of NO₂

NO₂ contributes to:

- Particulate Matter Pollution
- Ozone Pollution
- Acid Rain and Water Pollution

What can you do?

- Always turn on the vent, if you have one
- Open windows while cooking
- Use the rear burners on the stovetop
- Use an induction plug-in cooktop instead of gas
- Replace your gas stove with an induction stove