

Ensuring Healthy Air in Your Home

Since you spend ~90% of your time indoors, good ventilation matters for respiratory health. Following these tips can help you live safely and breathe better in your home

Ventilation

- Turn on range hood while cooking
- Turn on bathroom fan during/after showers
- Clean vents regularly
- Don't block vent openings

If you don't have ventilation fans:

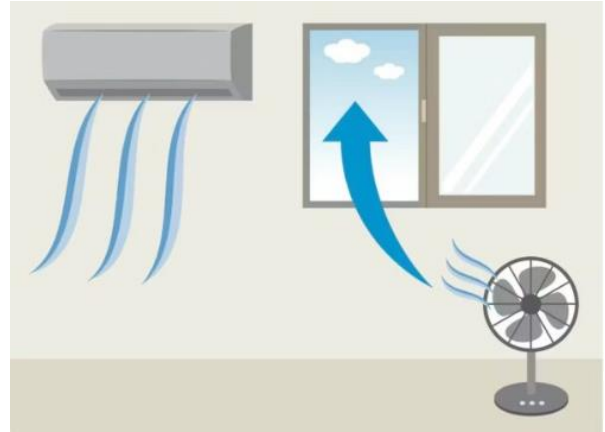
- Open windows in good weather
- Use portable fans to circulate air
- Use portable HEPA air cleaners

General Habits

- Don't smoke inside your apartment
- Don't use your stove for heating
- Test your smoke and Carbon Monoxide detectors monthly; replace batteries every 6 months
- Products with strong smells may be toxic

Pest & Mold Prevention

- Keep food sealed, sinks clean and remove trash daily
- Tell your landlord if you have peeling paint, leaks, holes, or pests



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 or if repair work is being done unsafely**

More Info

- Tenant & Owner Guide (Local Law 55, NYC DOHMH/HPD) - [local-law-55.pdf](#)
- NYC Health Indoor Air Quality page — [check page link](#)