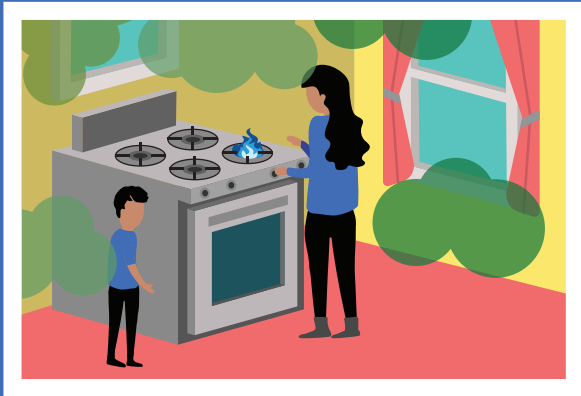


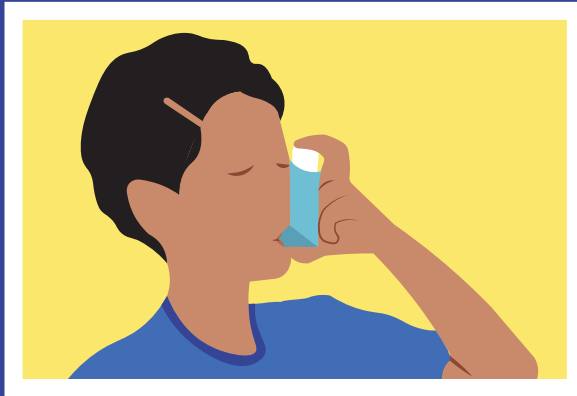
# Beware of what you may breathe in the kitchen!

Burning “natural” gas in your home releases invisible contaminants that may impact you and your family’s health.

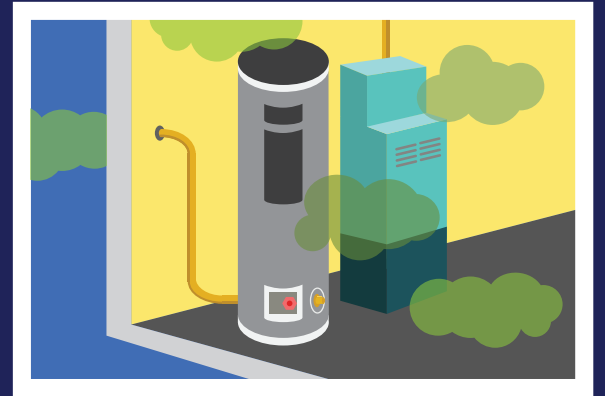
With COVID-19, we've had to wear face masks in public places, wash our hands regularly and cover our faces when we sneeze or cough. Now we are learning about another problem that may impact our respiratory health: polluted air inside our homes.



Gas appliances in our homes (e.g., gas stoves) release invisible chemicals into the air such as nitrogen dioxide, a byproduct of gas combustion.

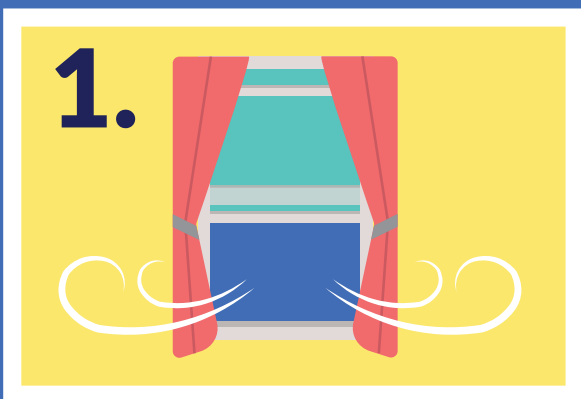


Children and elderly people are particularly sensitive to air contaminants. Children growing up in a home with a gas stove have an increased risk of asthma symptoms.

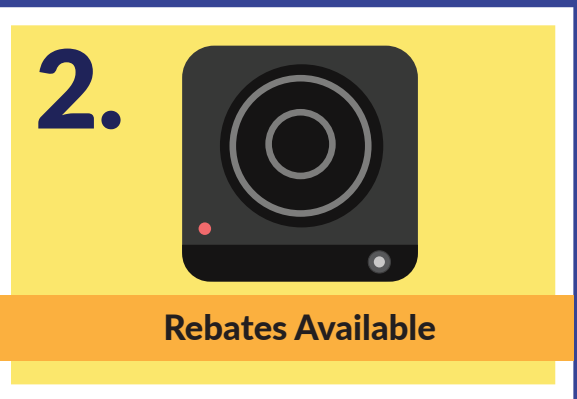


Gas water heaters and gas heating systems release invisible contaminants into the air that can damage our respiratory health and the environment.

## What You Can Do:

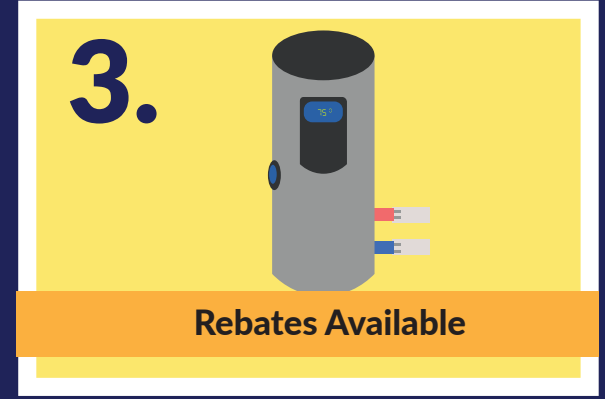


1. If your house or apartment has an exhaust fan above the gas stove, always turn it on when you cook. You can also open a window for better ventilation.



2. Rebates Available

Instead of using a gas stove, consider electric induction. Portable induction cooktops are an affordable option. Induction stoves are easy to clean and aren't hot to the touch, so they are safer for children and the elderly.



3. Rebates Available

Gas water heaters can be replaced by more efficient technology. Heat pump water heaters are powered by electricity; they are more efficient and don't release harmful contaminants into the air.

