

# Protect yourself from air pollution indoors

Breathing in polluted air indoors at home can make symptoms of heart and lung problems, as well as allergies, worse.

Remember these 10 top tips to improve your indoor air.



## 1 Let fresh air in

If it is possible and safe to do so open your windows for 5 to 10 minutes a few times a day to let fresh air inside\*



This is important to do when cooking, having a shower or bath, drying clothes indoors, or using cleaning products.

If you cannot open a window, use the extractor fan in your kitchen or bathroom.

## 2 Reduce condensation

Too much moisture in the air indoors will cause condensation. Wipe condensation from windowsills.

Dry clothes outdoors or in a tumble dryer, if you can.

If you are drying clothes indoors you can reduce condensation by:

- Opening your window
- Using an airing cupboard.
- Using an extractor fan
- Using a dehumidifier
- Using background ventilation (trickle vents in windows)



### When cooking

Use the extractor fan in your kitchen and try to cover boiling pans with lids.

Watch a video on reducing damp and mould from Leeds City Council at: <https://www.youtube.com/watch?v=-jmpMjxNrZg>

## 3 Stay smoke-free

Keep your home free from cigarette smoke.

Find help to quit smoking at <https://leedsstopsmoking.co.uk/>

Or visit the NHS website [Quit smoking - Better Health - NHS \(www.nhs.uk\)](http://www.nhs.uk)



## 4 Keep warm

Heat your home to a temperature of at least 18 ° C in the colder months\*\*

If you need help with heating your home visit [Affordable warmth \(leeds.gov.uk\)](http://Affordablewarmth.leeds.gov.uk) for information or call Home Plus Leeds 0113 240 6009

Practical advice regarding heating your home over winter is available through the Energy Saving Trust [Help and advice for heating your home - Energy Saving Trust](http://Helpandadviceforheatingyourhome-EnergySavingTrust)



## 5 Use electric or gas heating

Minimise the use of coal or wood to heat your home and choose alternative fuels such as gas or electricity if you can.

Wood stoves must meet eco-design ready standards. You must also use clean fuels, such as wood with the 'ready to burn' logo.

For more information on burning visit: <https://uk-air.defra.gov.uk/library/burnbetter/>



# 6

## Service appliances

Have all cooking and heating appliances which use gas, oil and coal serviced annually by a qualified and registered engineer.



Install a carbon monoxide alarm to make sure you are alerted if carbon monoxide is present in your home, and make sure it is regularly tested.

If you rent your property, your landlord is legally required to service appliances and provide detectors.

# 7

## Vacuum regularly

Vacuuming will help to stop dust getting into your mouth and nose.

If possible, use a vacuum with a High Efficiency Particulate Air (HEPA) filter to reduce the pollutants from the vacuum cleaner.



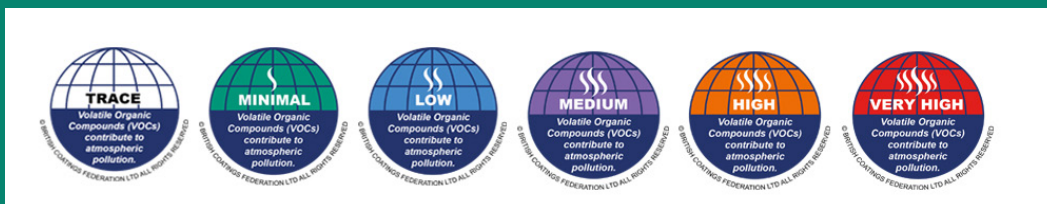
# 8

## Reduce harsh chemicals

Choose cleaning and personal care products labelled 'chemical free', 'fragrance free' or 'allergy friendly'.

Follow product instructions if using paint, glue, or solvents.

Look for Ecolabels on products



# 9

## Burn with care

Ventilate by opening windows, using trickle vents or extractor fans while burning candles and incense indoors.

Make sure you have smoke alarm fitted on each floor of your property and test them regularly.

West Yorkshire Fire Service offer a free Safe and Well visit to provide tailored advice and smoke detection where needed. You can book an appointment here [Safe & Well Request Form - West Yorkshire Fire & Rescue Service \(westyorksfire.gov.uk\)](#)



# 10

## While cooking

Let fresh air in during cooking and for 10 minutes afterwards by opening a window or turning on the extractor fan.

Use the rings at the back of your hob rather than the front. This allows the extractor fan to work better and removes the pollutants from the cooking activity.

Upgrade your hob to electric, ceramic or induction – induction hobs are most energy efficient due to lack of wasted heat.

This factsheet has more information on cooking safely on gas stoves:

[https://rmi.org/wp-content/uploads/2022/02/gas\\_stoves\\_factsheet.pdf](https://rmi.org/wp-content/uploads/2022/02/gas_stoves_factsheet.pdf)

