Gas stoves produce dangerous amounts of air pollutants, including nitrogen oxides (NOx), carbon monoxide (CO), and particulate matter (PM), that often exceed outdoor ambient air standards. Even when turned off, gas stoves leak cancer-causing benzene into our homes. These pollutants can have lasting and damaging effects on the human body. Children, low income folks, and Black & Latine communities are among the most vulnerable.

- **NOx**
  - Decreased cognitive functioning
  - Respiratory infections
  - Asthma

- **PM**
  - Aggravates asthma & stunts lung development
  - Heart attacks, arrhythmias, congestive heart failure
  - Ischemic stroke, developmental delay

- **CO**
  - Fatigue, impaired vision, dizziness, nausea
  - Chest pain
  - Death

- **Benzene**
  - Acute neurological effects (Headaches, confusion)
  - Convulsions & irregular heartbeat
  - Cancer (leukemia)

To reduce your risk of exposure, ventilation is key. Any action that increases air flow, from opening a window to using an exhaust hood, will help reduce the concentration of air pollutants in your home. Try any of the mitigation strategies presented below. If possible, switching from a gas stove to an electric, induction stove will address the root cause of the fossil fuel air pollution.
References


