

Las estufas de gas producen cantidades peligrosas de contaminantes del aire, incluidos los óxidos de nitrógeno (NOx), el monóxido de carbono (CO) y la materia particulada (PM), que a menudo superan los estándares del aire ambiente exterior. Estos contaminantes pueden tener efectos duraderos y dañinos en el cuerpo humano. Los niños, las personas de bajos ingresos y las comunidades negras y latinas se encuentran entre los más vulnerables.

NOx

- Disminución del funcionamiento cognitivo
- Infecciones respiratorias
- Asma

CO

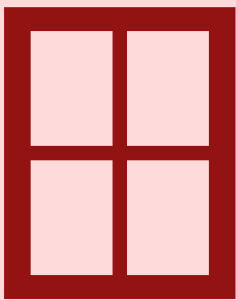
- Fatiga, problemas de visión, mareos, náuseas
- Dolor en el pecho
- Muerte



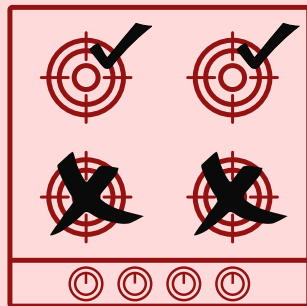
PM

- Agrava el asma y atrofia el desarrollo pulmonar
- Ataques cardíacos, arritmias, insuficiencia cardíaca congestiva
- Accidente cerebrovascular isquémico, retraso en el desarrollo

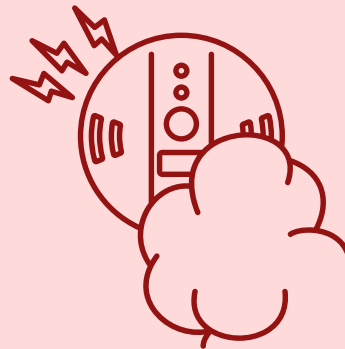
Para reducir el riesgo de exposición, la ventilación es clave. Cualquier acción que aumente el flujo de aire, desde abrir una ventana hasta usar una campana extractora, ayudará a reducir la concentración de contaminantes del aire en su hogar. Pruebe cualquiera de las estrategias de mitigación que se presentan a continuación. Si es posible, cambiar de una estufa de gas a una estufa de inducción eléctrica abordará la causa raíz de la contaminación del aire por combustibles fósiles.



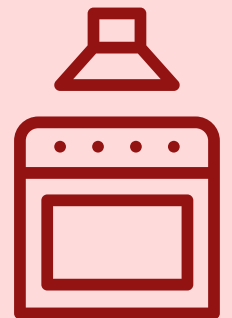
ABRIR UNA VENTANA



COCINAR EN LAS HORNILLAS DE ATRÁS



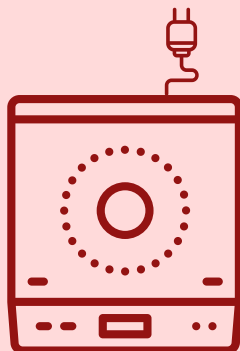
INSTALAR Y MANTENER EL DETECTOR DE CO



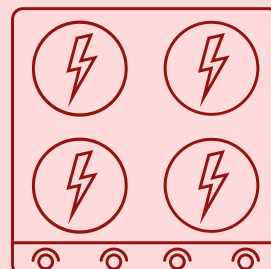
UTILIZAR UNA CAMPANA EXTRACTORA



UTILIZAR ELECTRODOMÉSTICOS COMO UN HORNO TOSTADOR



PROBAR UN QUEMADOR DE INDUCCIÓN ENCHUFABLE



CAMBIAR A UNA ESTUFA ELÉCTRICA DE INDUCCIÓN

Obtenga más información en la página web de Soluciones de los PSR:



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