

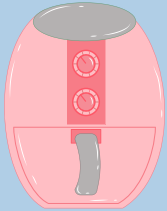
# YOUR KITCHEN IS A MAJOR SOURCE OF INDOOR AIR POLLUTION

EVERYDAY COOKING ACTIVITIES RELEASE A VARIETY OF POLLUTANTS INTO THE AIR. THESE POLLUTANTS CAN INCLUDE PARTICULATE MATTER, NITROGEN DIOXIDE, CARBON MONOXIDE, AND VOLATILE ORGANIC COMPOUNDS.

## Did You Know?

### Let's START

- **PARTICULATE MATTER (PM):** TINY PARTICLES RELEASED FROM FRYING AND GRILLING. THESE PARTICLES CAN PENETRATE DEEP INTO YOUR LUNGS AND CAUSE RESPIRATORY ISSUES.
- **VOLATILE ORGANIC COMPOUNDS (VOCs):** EMITTED FROM COOKING OILS, CERTAIN FOODS, AND CLEANING PRODUCTS. THESE COMPOUNDS CAN LEAD TO HEADACHES, DIZZINESS, AND OTHER HEALTH PROBLEMS.
- **NITROGEN DIOXIDE (NO<sub>2</sub>):** PRODUCED BY GAS STOVES AND OVENS. HIGH LEVELS OF NO<sub>2</sub> CAN IRRITATE YOUR RESPIRATORY SYSTEM AND REDUCE LUNG FUNCTION.



## LOOK OUT

- **CLEANING PRODUCTS:** MANY CONTAIN CHEMICALS THAT CAN LINGER IN THE AIR, CONTRIBUTING TO INDOOR POLLUTION.
- **BURNING FOOD:** ACCIDENTAL BURNS CAN RELEASE HARMFUL SMOKE AND PARTICLES, ADDING TO THE POLLUTANT MIX.

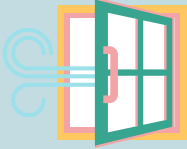


## HEALTH IMPACT

PROLONGED EXPOSURE TO KITCHEN POLLUTANTS CAN CAUSE RESPIRATORY ISSUES, AGGRAVATE ALLERGIES, AND INCREASE THE RISK OF LONG-TERM HEALTH PROBLEMS LIKE ASTHMA AND HEART DISEASE.

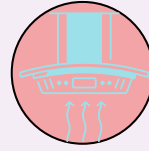
WANT MORE INFO?  
VISIT [SMARTAIR.UK](https://www.smartair.uk)

## 1 Ventilation & Filtration



Shut the kitchen door and open windows when cooking. Placing your air purifier outside the kitchen can minimise indoor pollutants in other areas of your house.

## 2 Extractor Fan



Opt for an extractor fan that vents outside rather than recirculates the air. Remember to switch on the fan before cooking and keep it running for 10 minutes after.

## 3 Clean Appliances



Clean kitchen hobs regularly to reduce dust and grease buildup. Wipe down the oven to ensure all crumbs are removed as burnt crumbs generate a huge amount of indoor pollution.

## 4 Change Cooking Methods



Switch away from gas to electric or induction. Avoid frying - try shifting to alternative methods like steaming, oven roasting, or utilising an air fryer.

## 5 Boil Water in the Kettle



When you need to boil water for pasta or tea, using a kettle is quicker, more energy-efficient, and produces less steam and condensation in your kitchen.

## 6 Use Lids While Cooking



Using pan lids not only conserves energy by heating food faster but also helps contain particles within the pan. Even when slightly ajar, it only allows a small amount of steam to escape.

## 7

## Choose Safe Cleaning Products



Use natural or low-VOC cleaning products to reduce chemicals in the air. Opening windows when cleaning allows fresh air to circulate and disperses lingering fumes.

FOLLOW US @SMARTAIRUK

SCAN QR CODE FOR MORE INFO

