



# INDOOR AIR QUALITY AND THE HOME

Cascade Natural Gas takes the health and safety of our customers seriously. Indoor air quality can affect anyone's health, but older adults, children, and people with health conditions, like asthma and heart disease, can be more vulnerable.

By following these simple steps, you can protect your home from poor air quality.



## VENTILATE

Follow best practices and manufacturer guidelines by running kitchen and bathroom exhaust fans when cooking and showering.



## INSTALL ALARMS

Install, test, and replace smoke and carbon monoxide alarms. Smoke and carbon monoxide alarms should be tested every 6 months and require replacement every 5-10 years.



## FILTER

Monitor outdoor air quality and control the quality of air coming into your home by sealing your home's air barrier and providing fresh air through a filtered and ducted path.

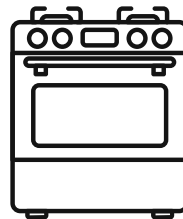


## MAINTENANCE

Maintenance is critical. Be sure to regularly service your Heating, Ventilation, and Cooling (HVAC) equipment, including replacing any filters.

## COOKING SAFETY

All cooking, no matter what type of appliance used, creates airborne emissions including particulate and gases. It is important to use your kitchen exhaust fan to remove these emissions from the home. Follow these tips to ensure cooking safety in your home.



- Make sure your gas range, oven or cooktop has been design-certified to the ANSI Z21.1 standard which includes requirements for proper operation and limits on emissions.
- Install kitchen appliances in accordance with the manufacturer's instructions and local codes.
- Keep your gas range maintained and inspected by a qualified contractor.
- Kitchen exhaust fan should vent to the exterior of the home.
- Use a kitchen exhaust fan while cooking with ranges, cooktops, and ovens to eliminate the normal byproducts of cooking - steam, smoke, grease, and heat.
- When possible, use the rear burner and an appropriate pot or pan size when cooking.

## IMPROVE THE HEALTH OF YOUR HOME

- Sealing the holes and seams in the air barrier can minimize energy loss from the home and control how air enters your home.
- Consider installing a Dedicated Outdoor Air Supply (DOAS) system, such as a Heat Recovery Ventilator (HRV) or Energy Recovery Ventilator (ERV). DOAS systems can exhaust bad air and introduce fresh air into the home through a filtered and ducted system.
- Consider products that have no or low Volatile Organic Compounds (VOCs). VOCs can be found in furniture, cleaners and disinfectants, and common building materials such as paint, caulks and sealants, adhesives, and floor finishes.

**QUESTIONS?** Please contact us at [cngc.externalaffairs@cngc.com](mailto:cngc.externalaffairs@cngc.com)



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