



BREATHE CLEANER AIR AT HOME

Cooking with gas indoors should be avoided, if possible. Gas stoves can produce harmful amounts of indoor air pollution that is unhealthy for adults and children. **Follow these tips** to help reduce or eliminate harmful indoor air pollution from cooking on gas stoves.

Good: Help the air flow

Always use a hood that vents outside when using a gas stove.



Cook on the stove's back burners, if possible. If you don't have a hood or it is not venting outside, cook with a window open. Never use your stove as a source of heat.

Best: Go electric

If you are replacing your stove, choose electric. The Inflation Reduction Act will soon offer funding for electric stoves and other electrical upgrades. Use the stove hood when you fry food to keep the air as clean as possible.



Better: Cook without gas

If possible, avoid cooking on a gas stove. Instead, use electric appliances that do not impact your home's air, like a crock pot, Instant Pot, portable induction cooktop, or an electric tea kettle for boiling water.



Smell gas? Go. Call.

If you smell sulfur or rotten eggs, you may have a gas leak. **Even if the smell is mild, go outside, no matter what.**

Call the NW Natural
24-hour emergency line:
800-882-3377.

