

Playing it safe with gas stove fumes

Maybe you grew up with a gas oven, cooktop or range, or perhaps you have one now. It probably helps you create delicious meals. Unfortunately, the natural gas that comes out of your stove can also expose you and your family to harmful air pollution. But there are steps to take to protect you and your family from gas stove emissions.



Photo above by S-S-S, below by M-Production, courtesy iStockphoto

Quick facts on gas stoves:

1 Science shows that gas stove fumes can cause or trigger asthma and have been linked to cancer. The stoves can also release carbon monoxide, which can cause people to lose consciousness and sometimes even die.



2 Push it out. Be sure to turn on the stove hood fan when using a gas stove. Opening windows while cooking also helps suck out fumes.

3 Reduce use. Rather than fire up the gas stove, use electric kitchen helpers to make meals, like toaster ovens or air fryers.

4 Watch out. Do not leave a burner on when you are not cooking. And if you smell rotten eggs, you may have a gas

leak. At that point, call emergency services.

5 Go electric. Switch to an electric induction cooktop. Electric stoves are cleaner, healthier and more energy efficient. They are fast, too. They can boil water and heat up food in seconds. Also, the stoves stay cool to the touch, which helps protect kids from burns.

