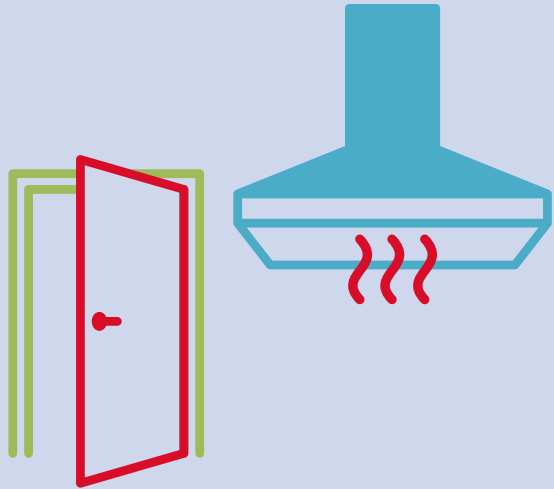


Fact 7

Using extraction fans and keeping doors and windows open can reduce the average in-kitchen particulate matter exposure by about 2-times compared with natural ventilation conditions through open doors alone.



Extraction fans, along with opened doors and windows, can reduce kitchen occupants' exposure to fine particles by two-fold.

Home Occupants



- Install a retrofit extraction fan or hood in the kitchen, if possible.
- Consider installing an extraction fan at the window to increase the ventilation rate.
- Keep the extraction fan on during cooking.
- Open kitchen windows and doors during and after cooking, if weather conditions permit and safety precautions are not compromised, to remove potential residual contaminants.
- Ensure that the cooking stove and oven are near a window for faster removal of cooking fumes.
- Regularly maintain cooking stoves and exhaust fans to ensure their efficient operation.

Builders & Homeowners



- Provide infrastructure (e.g. electricity and electrical connections) in homes for extraction fan installation in the kitchen.
- Provide double sliding doors/windows with mesh for ventilation and insect control.

Local Councils



- Provide awareness materials such as pamphlets and guides on the importance of improved ventilation conditions indoors, especially in the kitchen during cooking.
- Provide a standard code for builders and/or homeowners for kitchen design during new construction or when retrofitting existing homes.



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