

## 2 American studies sparked a major debate: Should we still use gas stoves or not?

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In June of last year, researchers took samples from 69 household gas stoves supplied by three natural gas companies across Boston.

They detected more than 300 chemicals, including 21 toxic substances, in the air when testing for unburned methane. Of these, 95% of the natural gas that the research team tested and evaluated contained benzene (a carcinogen), at low concentrations.

The study also found that 5% of the stoves in the test leaked gas in very small amounts even when not in use. However, this amount of gas can pose a potential health threat.

In January this year, another study published in the International Journal of Environmental Research and Public Health also showed that using gas stoves in the home is related to 12.7% of asthma cases. Asthma in American children.

According to CNET, these studies only show the potential risk to humans when using gas stoves that use natural gas and do not measure exposure to toxic substances. Therefore, we cannot make sweeping statements about the health risks of using gas stoves.

But according to the American Gas Association, cheap gas stoves are still the preferred product of more than 1/3 of households in the US.

## How to limit the risks when using a gas stove?



### Keep the kitchen well ventilated

You should open the window while cooking or install a fan in the kitchen to disperse harmful concentrated air. Even after stopping using the gas stove, you should still leave the fan running for another 20 minutes because benzene and carbon monoxide can still remain in the air.

### Check the stove regularly

Regularly check the gas stove and gas pipes, especially when you smell gas. When you see signs of a gas leak, stay calm and handle it according to the instructions below.

Open all the doors in the house to help air circulate and gas to dissipate outside.

Immediately turn off the gas valve to prevent further gas leakage. Absolutely do not use a lighter, turn on the stove, turn on the switch, start the motorbike, etc. to avoid the risk of fire and explosion.

If there is still a lot of gas, the gas tank shows signs of bulging, or the temperature in the room increases, you should immediately exit the house and call the fire police immediately for help.

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