



## The MHE Program

Founded in 1992, this program is designed to help people learn about the health risks posed by common pollutants found in the home, including mold, lead, asbestos and hazardous household chemicals that contribute to poor indoor air quality.

- We use a Home Environmental Assessment List (HEAL<sup>®</sup>) to find health hazards in your home
- We can recognize visible signs of hazards, including mold and mildew, as well as invisible signs, including ventilation issues and dust mites
- We recommend solutions to improve the air quality in your home

## Our Mission

The American Lung Association is the leading organization working to save lives by improving lung health and preventing lung disease through education, advocacy and research. For more than 100 years, we have led the fight for healthy lungs and healthy air, whether it's searching for cures to lung diseases, keeping kids off tobacco, or fighting for laws that protect the air we all breathe.

## Learn More

For more information about the American Lung Association in Washington's community health programs in tobacco control, asthma, and air quality call **1-800-732-9339** or visit us online at **lung.org**.



1-800-LUNGUSA | [LUNG.org](http://LUNG.org)



# Is the Air You're Breathing Safe?

Schedule a **FREE** Healthy Home Check-Up Today

[wamhe.org](http://wamhe.org) | (206) 512-3280

**The quality of the air we breathe affects all of us.**

The average person spends approximately

**90%**

of his or her time indoors.



Indoor air quality can be

**2-5 times**

more polluted than outdoor air.



of those we visit report that the Home Environmental Assessment List (HEAL®) helped them make improvements which led them to feeling healthier in their own homes.



**A healthy home environment improves the quality of residents' lives, particularly children and individuals with asthma.**

## Childhood Asthma

### Outreach

You will receive:

- An in-home visit with an asthma specialist
- Free asthma prevention supplies
- Help developing an asthma action plan

## Landlord/Tenant

### Outreach

You will receive:

- A letter of support detailing potential code violations
- Expert advice about effective structural changes
- Connections with local tenant organizations



Our goal is to promote lung health by increasing awareness of home environmental pollutants and encouraging action to reduce exposure in 10,000 homes.

**Schedule a FREE Healthy Home Check-Up Today**



Call us at (206) 512-3280



Email us at [mhe@lung.org](mailto:mhe@lung.org)



Visit [wamhe.org](http://wamhe.org) to sign up online