

Do-It-Yourself Healthy Home Check-up

This Do-It-Yourself Healthy Home Check-up will help you find ways to make your home a healthier place to live. To improve our services, a member of our staff may contact you regarding your feelings as to how useful the DIY Healthy Home Check-up was. Set aside a time when all decision-making people in your home may work on this together.

- 1) Complete the Home Assessment (Part I)
Walk through your home, make observations, and circle answers. While these questions cannot determine actual health risk, answers are grouped into low, medium, and high levels of concern. An answer of “N/A” means that it does not apply.

DUST AND LEAD CONTROL	Low Concern	Medium Concern	High Concern	Action Items
Does every door have a doormat?	Yes	Some	None	3b

- 2) Complete the Action Plan (Part II)
Go back through the home assessment questions. For answers in the *High Concern* or *Medium Concern* columns, take note of the items(s) listed under the *Action Items* column. Check the boxes with those items on the Action Plan.

Don't get discouraged! This is not meant to imply that your housecleaning is not good enough!

- 3) Review the Action Plan and decide which checked items are most important. Base this on:
 - Importance of the suggested action to the people in your home.
 - Your willingness to do the suggested action.
 - How important the suggested action is to your overall home health issues. If most items are in one section, you may wish to focus on those problems.
 - The advice of experts (if appropriate). For any actions where major home changes are needed, talk to professionals before making final decisions.
- 4) Commit to taking three actions within the next six weeks and record them at the end of the Action Plan (Part III). Choose at least one that requires creating a new healthy habit and at least one that can be finished quickly with little expense or effort.

Master Home Environmentalist Program
American Lung Association in Washington
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The American Lung Association in Washington's Master Home Environmentalist program in Seattle receives funding from the City of Seattle Health and Human Services Department

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PART I: Home Assessment

Walk through your home, make observations, and circle answers.

RESIDENTS

	Low Concern	Medium Concern	High Concern	Action Items
Does this describe anyone in the home? • under 7 years old • 70+ years old • pregnant • confined to the home for any reason	No		Yes	1a
Does anyone in the home have allergies or asthma, frequent sneezing, runny nose, itchy eyes or rashes?	No		Yes	1a, 1c, 1d, 3f, 3j, 3n, 3q-r
Does anyone in the home have allergy/asthma triggers to dust?	No		Yes	3b, 3f, 3h, 3k-l
Does anyone in the home have allergy/asthma triggers to mold?	No		Yes	4a, 4g, 4k
Does anyone in the home have allergy/asthma triggers to pests?	No		Yes	5u
Does anyone in the home have allergy/asthma triggers to pollen?	No		Yes	2c, 3b
Does anyone in the household smoke?	No		Yes	1b
Are there pets in the home? (This includes: cats, dogs, birds, reptiles, and rodents)	No	Yes, not allergic	Yes	1e-g
Are pets allowed in the bedroom?	No	Yes, not allergic	Yes	1f
Does any family member suffer from any chemical sensitivity or reaction to certain smells such as perfume and tobacco?	No	Not sure	Yes	1f, 5s
*In the last week, about how often has any household members complained about symptoms of asthma, allergies, or multiple chemical sensitivity? These may include: headache, fatigue, runny nose, cold, cough, sneezing, sinus infections, or other illnesses.	0-1 time/week	2-3 times/week	1+ times/day	1c

NEARBY ENVIRONMENT

How far is your home from an outdoor polluting source like an airport, railway station, bus station, factory, gas station, dry-cleaners, or auto body shop?	1+ mile	1 mile	4 blocks or less	2a, 3b, 5t
How far is your home from a busy street or highway?	4+ blocks	1-4 blocks	Less than 1 block	3b, 5t
Are unpaved roads, including alleyways, shoulders, or driveways close to the home?	No		Yes	1a
During the cold season, how many times do you smell smoke from neighboring woodstoves or fireplaces?	0-5/year	1-2/month	2+/week	2a-b

DUST AND LEAD CONTROL	Low Concern	Medium Concern	High Concern	Action Items
ASBESTOS				
Does your building have asbestos (furnace insulation, "popcorn" ceiling, siding, sheet vinyl flooring)?	No	Don't know	Yes	5h if don't know 5i if yes
If there is asbestos, is it in good condition (i.e., not damaged, loose, or flaking)?	Yes	Don't know	No	5j
PAINT				
When was the building constructed?	After 1978	Don't know	Before 1978	3b, 5h, 5t
Has there been remodeling or paint removal in the last two years?	No	Don't know	Yes	3b, 5t
Are you or your landlord planning to remodel or repaint within the next year?	No		Yes	3b-c
Is there any lead-based paint inside or outside the home, and is any of it peeling or flaking?	No	Don't know	Yes	3d if don't know. If yes 3a, 3d-e, 3h, 3l, 3p.
CARPETS				
What percentage of your living space is carpeted?	0-25%	26-75%	76-100%	3f, 3h
If any rooms are carpeted, what type of carpeting? (Circle all that apply.)	Area rugs	Level loop	Shag or plush	3f-h
How many years ago was the carpet installed?	1-10	Not sure	Under 1 OR over 10	3b, 3g, 3k, 5a, 5t
Is any carpeting glued down?	No		Yes	3g
How do you prevent dust and dirt from getting into your home?	Remove shoes	Doormat or hall rug	No specific method	3b
Does every door have a doormat?	Yes	Some	None	3b
What types of doormats do you have?	Commercial	Rubber or Plastic	Rope OR fiber	3b
DUST CONTROL				
What kind of vacuum cleaner do you use?	Powerhead or upright with bag	Canister	None, Handheld, OR without powerhead	3h
How often do you check the vacuum bag and belt?	Monthly	1-3/year	Rarely	3h
How often do you vacuum floors?	Weekly	1-3/month	Less than monthly	3k, 3n
How do you dust?	Damp dust	Feather dust or dry wipe	Never dust	3l
How often do you dust?	Weekly	1-3/month	Less than monthly	3k-l
How often do you vacuum rugs and doormats?	Weekly	1-3/month	Less than monthly	3k
How often do you wash bedding and sheets in hot water?	Weekly	1-3/month	Less than monthly	3k
How do you clean area rugs?	Send out or N/A	Vacuum both sides w/ powerhead vacuum	Vacuum surface only OR vacuum with canister	3m

	Low Concern	Medium Concern	High Concern	Action Items
If you work with toxic products on the job, do you wash work clothes separately?	N/A	Yes	No	3o
How many times a day do you wash your hands with soap and warm water?	6 or more	4-5	0-3	3p
If anyone in the home has allergies, do they have dust mite covers on their pillows and mattresses?	Yes		No	3q

MOISTURE & MOLD

What is the temperature inside the building during the cold season?	Over 60°F	55-60°F	Below 55°F	4a
Do windows fog up during the cold season?	Rarely	Sometimes	Often	4b, 4u, 5a
Is your home well insulated and without drafts?	No	Somewhat	Yes	5a
Can you open a window in each room?	Yes		No	5a
Does the home have a musty odor or is there visible mildew?	No		Yes	4a-b, 4l, 5a
Does the home have any exterior drainage problems?	No	Don't know	Yes	4n
Is there any evidence of water stains or warping on walls or ceilings?	No	Don't know	Yes	4d, 4k

KITCHEN AND BATHROOM

How often do you clean the refrigerator drip pan and coils?	Often	Sometimes	Rarely, if ever	4c
Are there any water leaks or damp areas in the kitchen or bathrooms? (Be sure to look under all sinks.)	No		Yes	4d
Is there carpeting in the kitchen or bathroom?	No		Yes	4f
Do you use a fan or open a bathroom window during and after showering or bathing?	Yes	Sometimes	No	4g
Is the bathroom fan vented to the outside?	Yes or N/A		No	4h
Do you use a fan or open a window while cooking, especially when boiling water?	Yes	Sometimes	No	4g
Is the kitchen fan vented to the outside?	Yes or N/A		No	4i
Are the bathroom and kitchen fans working and clean?	Yes or N/A		No	4j
Are there signs of mold growth in corners or around windows?	Rarely	Sometimes	Often	4b, 4e, 4g, 4k, 5a

BASEMENT & CRAWL SPACE

If there was a sewage backup in the building or on the ground surface in the last 5 years, was the material removed and the area disinfected?	Yes or N/A	Don't know	No	4m
Is the basement damp (musty odor, mildew, discolored walls, damp carpets or furniture)?	No		Yes	4n, 4l, 4o, 4r, 4b
If there is a crawl space, is it conditioned (no vents, perimeter foundation is air sealed and insulated, exhaust fan installed and operating 24/7)?	Yes or N/A		No	4q
If there is a crawl space, is the soil covered with plastic?	Yes or N/A	Don't know	No	4p
If you have a clothes dryer, is it vented to the outside?	Yes or N/A	Don't know	No	4s
How often do you clean the dryer duct work (not the lint trap)?	6 months	1 year	Never	4t

INDOOR AIR	Low Concern	Medium Concern	High Concern	Action Items
Is this building a mobile home or trailer?	No		Yes	4u, 5a
How often do you air out your home and open the windows?	Weekly	1-3/month	Less than monthly	5a
Are bedroom windows open at night when sleeping?	Yes		No	5a
Is there any known particleboard in the floor, built-in cabinets, or furniture?	No	Minimal	Yes	5g
What is your major heat source?	Electric	Gas or oil	Woodstove	5b, 5q
Is there a Carbon Monoxide alarm on each level of the home?	Yes		No	5v
If you have a wood stove or fireplace, do you smell smoke indoors when it is in use?	Never	Sometimes	Usually	5r
Do you use scented products?	No	Sometimes	Yes	5s
Does the home have an electronic air cleaner, "oxygenator," O ₃ or ozone generator?	No		Yes	5t
FURNACE				
If you have a central heating, how many years has it been since the ductwork was last cleaned?	0-1	1-4	4+	5d
What type of furnace filter do you use?	N/A, HEPA, Pleated Paper	Electronic	Fiberglass	5e
How many years has it been since you changed your furnace filters?	0-1	1-2	2+	5e
Does furnace or gas/wood stove have an outside combustion air supply?	Yes or N/A	Don't know	No	5f
Do you sometimes smell fuel from the furnace or stove?	No	Don't know	Yes	5c, 5p
RADON				
Is this home in an area where radon is common?	No	Don't know	Yes	5k
If radon is common in the area, has the radon level been measured?	Yes or N/A		No	5k
If the radon level was measured, was the level above 4 picoCuries/liter air?	No		Yes	4p-q, 5l
GARAGE				
Is a garage attached to the home?	No or N/A	Yes		5o
If garage is attached to the home, are pesticides or gasoline stored in the garage? Is there a strong chemical or fuel odor?	No or N/A	Yes		5m
How long do you let the car idle in a garage before driving off?	Immediately	15-30 seconds	30 seconds or more	5n

HAZARDOUS HOUSEHOLD PRODUCTS	Low Concern	Medium Concern	High Concern	Action Items
How often do you use the following products?				
Permanent or whiteboard markers	Never	Monthly-yearly	Weekly-daily	6a
Rubber or contact cement, plastic glue, or epoxy	Never	Monthly-yearly	Weekly-daily	6a
Ammonia or chlorine-based cleaners (listed as bleach cleaners)	Never	Monthly-yearly	Weekly-daily	6a
Paint, stain, varnish, thinner, stripper, spray-on adhesives, or lubricants	Never	Monthly-yearly	Weekly-daily	6a
Gasoline, acetones, methanol, toluene, and other solvents	Never	Monthly-yearly	Weekly-daily	6a
Windex®, Comet®, 409®, or other every-day cleaners	Never	Monthly-yearly	Weekly-daily	6a
Drain, oven, or toilet cleaner with the word DANGER on the label	Never	Monthly-yearly	Weekly-daily	6a
How often do you use auto products (degreaser, carburetor cleaner), soldering or photochemicals?	Never	Monthly-yearly	Weekly-daily	6b
What do you usually do to avoid inhaling the products listed above?	Use outside and wear a respirator	Open at least 2 windows or use fan	Nothing or open a window	6b
Do you wear gloves and goggles (or glasses) when using these products?	Always	Sometimes	Never	6c
Are any flammable products stored near fire or heat?	No		Yes	6e
Are any hazardous products within reach of children?	No		Yes	6f
Are there any damaged, rusting, or open containers of the products listed above?	No		Yes	6g
Have you seen cockroaches, rats, mice, or other pests in your house in the last 1-2 months?	No		Yes	5u
Are there any banned or restricted products? (Banned products include DDT, penta, chlordane, carbon tetrachloride, chlorpyrifos, Dursban and Lorsban.)	No		Yes or Unsure	6g
How often do you or a commercial service apply pesticides (bug sprays, weed killers, rat poison) inside or outside the home? (Traps do not count.)	Never	Less than once a year	Once or more a year	5u, 6h-i
If you use pesticides do you wear?				
Goggles or glasses	Always	Sometimes	Never	6c-d
Gloves	Always	Sometimes	Never	6c-d
Long sleeved shirt and long pants	Always	Sometimes	Never	6c-d
Hat	Always	Sometimes	Never	6c-d
Dust mask (when using powders)	Always	Sometimes	Never	6c-d
Respirator (for vapors from paint, glues, solvents)	Always	Sometimes	Never	6c-d
How do you dispose of leftover pesticides?	Take to household hazardous waste collection		Pour them down the drain, keep them, or put in the trash	6g
Do you have a lawn?	No		Yes	6i-j
How often do you engage in activities dealing with harmful chemicals? (i.e. woodworking, painting, pottery/ceramics, plastic model building)	Never	Monthly-Yearly	Daily-Weekly	6b-c, 6e-g

PART II: The Action Plan

Check the boxes with the same numbers as the question action items

Section 1: Residents

- 1a. Pay special attention to dust and other indoor pollutants if you have small children, older adults, or anyone is pregnant, or has health concerns.
- 1b. Stop smoking for clean air and good health with help available lung.org. Alternatively, restrict smoking to outside the home, so household members will not be exposed and wear a smoking jacket or garment to be removed upon entering the home. (<https://www.lung.org/quit-smoking>)
- 1c. Pay extra attention to reducing allergy triggers such as dust, molds, pet dander, and household products with strong odors.
- 1d. Seek medical advice regarding long-term or frequent illnesses. Identify specific allergies.
- 1e. Keep pets, pet beds, and pet areas clean and vacuumed. Flea comb cats or dogs.
- 1f. If pets exacerbate serious asthma or allergies, removing them from the home is the most effective way to reduce exposure. Limit pet access to bedrooms or areas used by sensitive people.
- 1g. If fleas are a problem get more information on Integrated Pest Management and the least toxic control of fleas. (See “Less-Toxic Alternatives” on Resources page)
- 1h. Avoid exposure to chemicals that irritate you. Consider using Safer Cleaning Recipes instead of harsh, toxic chemicals. See our website at wamhe.org for more information.

Section 2: Nearby Environment

- 2a. Identify the source of pollution and check that it meets air pollution laws. Call your local clean air agency. (See “Outdoor Emissions” on last page.)
- 2b. Identify source of smoke and ask for correction. Help neighbors learn about health risks from wood smoke and persuade them to control it.
- 2c. Close windows during times of increased pollution (such as wildfires or traffic) or pollen production.

Section 3: Dust and Lead Control

- 3a. Seek expert advice on reducing lead levels in the home.
- 3b. Reduce track-in of dust and lead. Take off shoes when you enter the home. Install high quality, commercial-grade doormats at all entrances and vacuum doormats weekly. Dust tracked in may contain lead, pesticides, and other toxic materials.
- 3c. Before remodeling, learn safety procedures for limiting exposure to lead. Do not dry sand or scrape lead-based paint, as this can create airborne lead dust. (See “Lead” on Resources page)
- 3d. Have paint tested for lead if home is was built before 1978, and especially if there are children in the home.
- 3e. Repair or remove damaged lead-based paint. (See “Lead Information” on last page.)
- 3f. If anyone in household has allergies or asthma, consider removing carpeting.
- 3g. It is best to remove carpeting and replace with wood flooring, tile, or linoleum. If you choose to have carpet, select level loop carpets (tight weave) rather than plush or shag. Choose carpet with cloth backing rather than rubber. Consider not gluing carpet down. If you already have carpeting that is glued down, pay special attention to keeping it clean and dry since it is difficult to inspect and remove such carpeting if there is any problem such as mold.
- 3h. Vacuum with an upright, powerhead, bagged vacuum ideally with a HEPA filter. (Note: Powerhead means the vacuum has electrically powered brushes to remove dirt.) If you do not own this kind of vacuum try to borrow one on a regular basis. Consider buying a vacuum with a dust sensor.
- 3i. Check vacuum bag each month and make sure the belt is turning the brushes.
- 3j. Consider wearing a dust mask when vacuuming.
- 3k. Increase frequency of vacuuming or cleaning. If you have dust mite allergies, wash sheets weekly in water greater than 130°F and vacuum at least once a week.
- 3l. Use a damp microfiber or cotton cloth for dusting every week.

- 3m. Vacuum top and bottom of area rugs with an upright or powerhead vacuum or send out for cleaning. (Note: Powerhead means the vacuum has electrically powered brushes to remove dirt.)
- 3n. Pay special attention to vacuuming upholstered furniture and consider removing very old cloth covered furniture.
- 3o. Wash work clothes separately, if working with toxic products.
- 3p. Wash hands greater than 6 times a day with soap and water.
- 3q. Consider covering pillows and mattresses with dust mite encasements. Many stores carry pillow and mattress encasements designed to keep dust mites out.
- 3r. Reduce excessive clutter, especially items that are difficult to damp dust. Excessive clutter can harbor dust/dust mites that can aggravate or worsen asthma, allergies, and/or other respiratory diseases. Consider storing items in closed storage bins to reduce collection of dust.

Section 4: Moisture

- 4a. Raise indoor temperatures to 60–68°F to reduce condensation.
- 4b. If you have a hygrometer to measure humidity levels, take action until humidity levels have been lowered to 30–50%. (Hygrometers are sometimes available at hardware or allergy supply stores)
- 4c. Clean refrigerator drip pan at least every three months and refrigerator coils every six months.
- 4d. Inspect and repair water leaks. Check for rot or mold and remove or repair damaged materials.
- 4e. Reduce kitchen humidity by covering pots, running ventilation fan, or opening windows.
- 4f. Consider removing kitchen or bathroom carpeting.
- 4g. Use fan or open windows to reduce moisture, especially in kitchen and bathrooms.
- 4h. Bathroom fan should be vented to the outside, and preferably it should have a timer. Keep fan on during bathing and for about 30 minutes after bath/shower. If fan is not functional, open window(s) to air out bathroom.
- 4i. Kitchen fan should be vented to outside, and turned on any time the stove is being used, especially with boiling liquids. If fan is not functional, open window(s) to air out kitchen.
- 4j. Clean or repair kitchen or bathroom fan and filter.
- 4k. Clean up mold with pure castile soap and hot water. Allow area to dry thoroughly.
- 4l. Remove basement carpeting if possible.
- 4m. Clean and disinfect areas contaminated by sewage backup with chlorine bleach solution (1/4 cup bleach per gallon of water).
- 4n. Check gutters, downspouts, and foundation “damp proofing” for drainage problems. Make sure water drains away from home.
- 4o. Use a dehumidifier in basement and empty the water it collects regularly.
- 4p. Cover the crawl space floor with 10 mil black polyethylene (plastic), and anchor with sand, gravel, or bricks. The plastic will reduce moisture and radon in your home.
- 4q. Consider contracting an expert to condition the crawl space to reduce moisture issues.
- 4r. Consult with a specialist on correcting a basement moisture problem.
- 4s. Vent clothes dryer to outside to reduce moisture, mold, and dust.
- 4t. Consider cleaning dryer ductwork with vacuum or brush every six months.
- 4u. Minimize moisture producing activities: take shorter showers, keep lids on pots, use exhaust fans. Avoid humidifiers.

Section 5: Indoor Air

- 5a. Ventilate the home by opening windows at least weekly when weather permits. Keep windows open at night, if it is safe to do so. Repair or replace windows that cannot be opened.
- 5b. If you happen to replace your heat source, note that an electric furnace puts the fewest contaminants into the air. Do not use unvented kerosene or gas heaters indoors.
- 5c. Have furnace or stove inspected for proper operation.

- 5d. Consider having the furnace ductwork cleaned if inside the ducts there is rodent or insect infestation, excessive amounts of dust, or visible mold growth. If you have insulated air ducts and the insulation is moldy, it should be replaced. Correct the conditions that caused the mold growth, or the mold will come back.
- 5e. HEPA filters are most effective. Fiberglass filters should be avoided because they have low filtering efficiency. Electronic filters should be cleaned monthly and set ozone/ion function off, however these are best to avoid. Check filters monthly and replace every three to six months or when it looks dirty.
- 5f. Have an outside combustion air supply installed for furnace and gas or wood stove.
- 5g. Have air tested for formaldehyde levels. Remove sources of formaldehyde if levels are high or sources cannot be sealed (See “Indoor Air Quality” on Resources page)
- 5h. Test material for asbestos. (See “Asbestos” on Resources page)
- 5i. Leave asbestos in place, while keeping it covered and isolated.
- 5j. Contact an expert about asbestos removal. (See “Asbestos” on Resources page)
- 5k. Have home tested for radon. (See “Radon Information” on Resources page)
- 5l. Get information on reducing radon levels. (See “Radon Information” on Resources page)
- 5m. Clean garage floor. Avoid storing pesticides, gasoline, or other hazardous chemicals in garage. Check safety of any hazardous products. Consider venting garage to the outside.
- 5n. Avoid idling car in garage. Drive off immediately after starting engine to minimize exhaust exposure in garage and home.
- 5o. Install door mat and weather-strip door between garage and home.
- 5p. Call your local gas company about possible gas leak in stove.
- 5q. Avoid using unvented kerosene or gas heaters inside the home, as carbon monoxide poisoning is a risk.
- 5r. Have fireplace/woodstove inspected. Older woodstoves may not meet current air quality standards. Consider updating stove or reducing use. Burn dry seasoned wood and provide enough ventilation for fire.
- 5s. Some people react to the smells of commonly used household and personal care products. Switch to unscented and fragrance-free products, and avoid ingredients containing petroleum, and formaldehydes. (Look closely at deodorizers, air fresheners, perfumes, colognes, laundry detergents, fabric softener, dryer anti-static sheets, cosmetics, hair care products, skin products, dish soaps, and other cleaning products). Avoid any aerosolized products.
- 5t. Use a mechanical HEPA air cleaner from a list of CARB air cleaners. Do not use ionizing, oxygenator, or electrostatic air cleaners, which may produce ozone, a lung irritant. (<https://ww2.arb.ca.gov/list-carb-certified-air-cleaning-devices>)
- 5u. Remove food and water sources for pests, including crumbs, spills, and water leaks. Remove spaces for shelter by sealing holes and cracks and picking up clutter. Use mechanical removal methods like traps. If problem continues, contact a pest control specialist that uses Integrated Pest Management (IPM).
- 5v. Install carbon monoxide alarms on every level of the home, ensure that they are outside bedrooms. If you have a gas/oil heater or an attached garage, consider making this a priority.

Section 6: Hazardous Household Products

- 6a. Use less hazardous products if possible. (See “Less-Toxic Alternatives” on Resources page)
- 6b. When using hazardous solvents, chemicals, and cleaners, consider taking the activity outdoors or installing a ventilation system in the room where products are used. If this cannot be done, open two windows and use a fan. Learn more about risks and safety equipment for engaging in these activities.
- 6c. Wear gloves and goggles when using corrosive products or pesticides.
- 6d. Wear appropriate protective gear when applying pesticides: long sleeved shirt and long pants, a non-permeable hat, and a dust mask for powders or a respirator for solvents.
- 6e. Move flammable materials away from source of ignition.

- 6f. Move hazardous products to area protected from children, such as a locked cabinet or high shelf, so the product is out of reach.
- 6g. Call your local hazards line about removal of hazardous products (See “Hazardous Product Disposal” on Resources page) for information and disposal of hazardous, restricted, or banned products. Use entirety of pesticides as directed or take them to a household hazardous waste collection site. Do NOT dispose of hazardous products and pesticides in the trash.
- 6h. Reduce or stop using indoor pesticides. Try non-chemical controls or less-hazardous products. (See “Pesticides” on Resources page)
- 6i. Avoid regular applications of pesticides. Treat specific problems only when necessary and use non-chemical controls or less-hazardous chemicals when possible.
- 6j. Avoid using “weed and feed” and other pesticides on your lawn. To keep your lawn healthy, fertilize with a “natural organic” or “slow-release” fertilizer.

PART III: Action Plan Summary

Review the items checked in the Action Plan and decide which items are most needed. Base this on:

- Importance to people in your home
- Willingness to do them
- Importance to your overall home issues
- Advice of experts (if appropriate)

Commit to taking three actions within the next six weeks and record them here. Choose at least one action that requires creating a new healthy habit and at least one that can be finished quickly with little expense or effort.

To improve the health of my/our home, I/we will take these three actions in the next six weeks:

1. _____

2. _____

3. _____

Notes:

Did you like the home assessment? Like us on Facebook @wamhe for more healthy home tips!

Useful Resources

Asbestos

Puget Sound Clean Air Agency	pscleanair.gov/asbestos	800-552-3565
Northwest Clean Air Agency	nwcleanairwa.gov/permits-and-services	

Asthma & Allergies

Asthma and Allergy Foundation of America	aafa.org	800-7-ASTHMA
Allergy control mattress & pillow covers	Found at most department or linen supply stores	

Children's Safety & Health

Environmental Protection Agency (EPA): IAQ Tools	epa.gov/iaq-schools	
U.S. Consumer Product Safety Commission (CPSC)	cpsc.gov	
Children's Environmental Health Network	cehn.org	202-543-4033

Gas Leak *Call your local gas company immediately if you smell fuel.*

Puget Sound Energy	pse.com	888-225-5773
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Going Green / Less-Toxic Alternatives

Toxic-Free Future (Washington Toxics Coalition)	toxicfreefuture.org	206-632-1545
WSU Master Gardener Program	gardening.wsu.edu	
Northwest Coalition for Alternatives to Pesticides	pesticide.org	541-344-5044
EnviroStars (<i>green businesses</i>)	envirostars.com	877-220-7827
Environmental Working Group (<i>green products</i>)	ewg.org	

Hazardous Product Disposal

King Co. Hazardous Waste Line	hazwastehelp.org	888-TOXIC-ED
Business Waste Line: Report a violation		206-263-8899
RE-PC Computer Recycling	repc.com	206-623-9151
Take it Back Network (<i>electronics, latex paint</i>)	kingcounty.gov/takeitback	
CFL & Lightbulb Disposal	lightrecycle.org	

Household Chemicals & Products

Consumer Product Information Database	whatsinproducts.com	
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Indoor Air Quality

Environmental Protection Agency (EPA)	epa.gov/iaq	
CDC's Formaldehyde in Your Home	atsdr.cdc.gov/formaldehyde/home/index.html	

Lawn & Garden Care

Tilth Alliance: Natural Lawn & Garden Hotline	tilthalliance.org	206-633-0451
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Lead

National Lead Information Center	epa.gov/lead	800-424-LEAD
Centers for Disease Control (CDC)	cdc.gov/lead	
WA Dept. of Health: Childhood Poison Prevention	doh.wa.gov/lead	800-909-9898

Outdoor Emissions

Puget Sound Clean Air Agency	pscleanair.gov	800-552-3565
File a complaint	pscleanair.gov/complaint	800-552-3565
Burn Ban Status	pscleanair.gov/burnban	
Northwest Clean Air Agency	nwcleanairwa.gov	

Pesticides

WA Department of Agriculture: Pesticide Management Division	agr.wa.gov/departments/pesticides-and-fertilizers	877-301-4555
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Poison Control

Washington Poison Center	wapc.org	800-222-1222
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Radon

National Radon Helpline	sosradon.org	800-55RADON
Order a test kit	sosradon.org/test-kits	800-SOS-RADON
Environmental Protection Agency (EPA)	epa.gov/radon	
WA Dept. of Health: Office of Radiation Protection	doh.wa.gov/radon	360-236-3300

Renters' Rights

City of Seattle Housing & Maintenance Codes	seattle.gov/sdcj/codes	
City of Seattle Code Violation Complaint Line		206-615-0808
Renting in Seattle Helpline	seattle.gov/renting	206-684-5700
Solid Ground	solid-ground.org	206-694-6700
Tenants Union of WA State	tenantsunion.org	206-723-0500

Smoking

Tobacco Quit Line	quitline.net	800-QUIT-NOW
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Water Quality Testing

WA Dept. of Ecology Accredited Labs	apps.ecology.wa.gov/laboratorysearch	
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For more information:

American Lung Association	Lung.org	800-LUNG-USA
Washington Information Network	wa211.org	2-1-1



MHE Master Home Environmentalist