



## 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. In an effort 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. Then...

### 1) Complete the Questions (Part I)

Walk through your home, make observations, and circle answers. While these questions cannot determine the amount of health risk, answers are grouped into three categories of low, medium, and high 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	11

### 2) Complete the Action Plan (Part II)

Go line by line back through the questions and wherever an answer falls under "high concern," look at the numbers listed in the right column under "action items." Then go to the Action Plan and check the boxes with the same numbers.

Do not 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 action to the people in your home
- Your willingness to do the action
- How important the action is to your overall home health issues. If most items are in one group, for example "MOISTURE," you may wish to focus on moisture 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 of the Mountain Pacific  
822 John Ave. Seattle, WA. 98109  
(206) 512.3280 or (800)732-9339  
[www.wamhe.org](http://www.wamhe.org)

The American Lung Association of the Mountain Pacific'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: Questions

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

<b>RESIDENTS</b>	<b>Low Concern</b>	<b>Medium Concern</b>	<b>High Concern</b>	<b>Action Items</b>
Does this describe anyone in the home? • under 7 years old • 70+ years old • pregnant • confined to the home for any reason	No		Yes	1
How many times a year does a person complain of illness (headaches, fatigue, flu-like symptoms)?	0-3	4-9	10+	3
Does anyone in the home have allergies or asthma, frequent sneezing, runny nose, itchy eyes or rashes?	No		Yes	1, 3, 4, 15, 19, 26
Does anyone smoke inside this home?	No		Yes	2
How many cats, dogs, and birds live inside the home?	None	1-3 if not allergic	4+ or 1+ if allergic	5, 6, 7
<b>NEARBY ENVIRONMENT</b>	<b>Low Concern</b>	<b>Medium Concern</b>	<b>High Concern</b>	<b>Action Items</b>
How far is your home from an airport, railway station, or bus station?	1+ mile	1 mile	4 blocks or less	11
How far is your home from a busy street or highway?	4+ blocks	1-4 blocks	Less than 1 block	11
Are unpaved roads, shoulders, or driveways close to the home?	No		Yes	11
How far is your home from a factory, gas station, dry-cleaners, or auto body shop?	1+ mile	1 mile	4 blocks or less	8
During the cold season, how many times do you smell smoke from neighboring woodstoves or fireplaces?	0-5/year	1-2/month	2+/week	8, 9
<b>DUST AND LEAD CONTROL</b>	<b>Low Concern</b>	<b>Medium Concern</b>	<b>High Concern</b>	<b>Action Items</b>
When was the building constructed?	After 1978	1978-1951	Before 1951	11
Has there been remodeling or paint removal in the last two years?	No	Don't know	Yes	11
Are you or your landlord planning to remodel or repaint within the next year?	No		Yes	12
Is there any lead-based paint inside or outside the home, and is any of it peeling or flaking?	No	Don't know	Yes	13 if don't know. If yes 10, 13, 14, 17, 21, 25.
Has a next door neighbor removed paint from the outside of a building?	No	Scraping used to remove paint	Sanding used to remove paint	11
What percentage of your living space is carpeted?	0-25%	26-75%	76-100%	15, 17

If any rooms are carpeted, what type of carpeting? (Circle all that apply.)	Area rugs	Level loop	Shag or plush	15, 16, 17
How do you control track-in of dust or dirt?	Remove shoes	Doormat or hall rug	I don't	11
Does every door have a doormat?	Yes	Some	None	11
What types of doormats do you have?	Commercial	Rubber or Plastic	Rope	11
What kind of vacuum cleaner do you use?	Powerhead or upright	Canister	None	17
How often do you check the vacuum bag and belt?	Monthly	1-3/year	Rarely	18
How often do you vacuum?	Weekly	1-3/month	Less than monthly	20, 23
How often do you dust?	Weekly	1-3/month	Less than monthly	20
How often do you shake rugs and doormats?	Weekly	1-3/month	Less than monthly	20
How often do you wash bedding and sheets in hot water?	Weekly	1-3/month	Less than monthly	20
How do you clean area rugs?	Send out or N/A	Vacuum surface only	Vacuum with canister	22
If you work with toxic products on the job, do you wash work clothes separately?	N/A	Yes	No	24
How many times a day do you wash your hands with soap and warm water?	6 or more	4-5	0-3	25
If anyone in the home has allergies, do they have dust mite covers on their pillows and mattresses?	Yes		No	26
MOISTURE	Low Concern	Medium Concern	High Concern	Action Items
What is the temperature inside the building during the cold season?	60-68°F	55-60°F	Below 55°F	27
How often do you clean the refrigerator drip pan?	Often or N/A	Sometimes	Rarely, if ever	29
How often do you clean the refrigerator coils?	Often	Sometimes	Rarely, if ever	30
Are there any water leaks or damp areas in the kitchen or bathrooms? (Be sure to look under all sinks.)	No		Yes	31
Is there carpeting in the kitchen or bathroom?	No		Yes	33
Do you use a fan or open a bathroom window during and after showering or bathing?	Yes	Sometimes	No	34
Is the bathroom fan vented to the outside?	Yes or N/A		No	35
Do you use a fan or open a window while cooking, especially when boiling water?	Yes	Sometimes	No	34
Is kitchen fan vented to the outside?	Yes or N/A		No	36
Are there signs of mold growth in corners or around windows?	Rarely	Sometimes	Often	28, 32, 34, 37, 47
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	39

Is the basement damp (musty odor, mildew, discolored walls, damp carpets or furniture)?	No		Yes	40, 38, 41, 44, 28
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	43
If there is a crawl space, is the soil covered with plastic?	Yes or N/A	Don't know	No	42
If you have a clothes dryer, is it vented to the outside?	Yes or N/A	Don't know	No	45
Is your home well insulated and without drafts?	No	Somewhat	Yes	46
Do windows fog up during the cold season?	Rarely	Sometimes	Often	28, 46, 47
Can you open a window in each room?	Yes		No	46
Does the home have a musty odor or is there visible mildew?	No		Yes	27, 28, 47, 38, 49
Does the home have any drainage problems?	No	Don't know	Yes	48
If the building had water damage (inside or out) in the last 5 years, was the damaged material removed?	Yes or N/A	Don't know	No	49
INDOOR AIR	Low Concern	Medium Concern	High Concern	Action Items
Is this building a mobile home or trailer?	No	Yes		46, 47
How often do you air out your home and open the windows?	Weekly	1-3/month	Less than monthly	50
Are bedroom windows open at night when sleeping?	Yes	No		50
Is there any known particleboard in the floor, built-in cabinets or furniture?	No	Minimal	Yes	57, 56, 58
What is your major heat source?	Electric	Gas or oil	Woodstove	51
If you have a furnace, how many years has it been since the ductwork was last cleaned?	0-1	1-4	4+	53
How many years has it been since you changed your furnace filters?	0-1	1-2	2+	54
Does furnace or gas/wood stove have an outside combustion air supply?	Yes or N/A	Don't know	No	55
Does your building have asbestos (furnace insulation, "popcorn" ceiling, siding, sheet vinyl flooring)?	No	Don't know	Yes	59 if don't know
If there is asbestos, is it in good condition (i.e., not damaged, loose, or flaking)?	Yes	Don't know	No	62 if no. If yes 60 or 61
Is this home in an area where radon is common?	No	Don't know	Yes	63
If radon is common in the area, has the radon level been measured?	Yes or N/A		No	63
If the radon level was measured, was the level above 4 picoCuries/liter air?	No		Yes	42, 43, 64
Is a garage attached to the home?	No or N/A	Yes		67
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		65
How long do you let the car idle in a garage before driving off?	0-15 seconds	15-30 seconds	30 seconds or more	66
Do you sometimes smell fuel from the furnace or stove?	No	Don't know	Yes	68, 52
Do you use a stove fan when cooking?	Yes	Sometimes	No	69
Is the stove fan vented to the outside?	Yes		No or N/A	70
Is there an unvented kerosene or gas heater?	No	Don't know	Yes	71

If you have a wood stove or fireplace, do you smell smoke indoors when it is in use?	Never	Sometimes	Usually	72
Do you use scented products?	No	Sometimes	Yes	72a
Does the home have an electronic air cleaner, "oxygenator," O3 or ozone generator?	No		Yes	72b
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	73
• Rubber or contact cement, plastic glue, or epoxy	Never	Monthly-yearly	Weekly-daily	73
• Ammonia or chlorine-based cleaners	Never	Monthly-yearly	Weekly-daily	73
• Paint, stain, varnish, thinner, stripper, spray-on adhesives, or lubricants	Never	Monthly-yearly	Weekly-daily	73
• Gasoline or solvents	Never	Monthly-yearly	Weekly-daily	73
• Windex®, Comet®, 409®, or other every-day cleaners	Never	Monthly-yearly	Weekly-daily	73
• Drain, oven, or toilet cleaner with the word DANGER on the label	Never	Monthly-yearly	Weekly-daily	73
How often do you use auto products (degreaser, carburetor cleaner)?	Never	Monthly to yearly	Weekly or daily	83
How often do you use solder or photo chemicals?	Never	Monthly to yearly	Weekly or daily	84, 85
What do you usually do to avoid inhaling the products listed above?	Use them outside and wear a respirator	Open at least 2 windows or use fan	Nothing special or open a window	74
Do you wear gloves and goggles (or glasses) when using these products?	Always	Sometimes	Never	75
Are any flammable products stored near fire or heat?	No		Yes	77
Are any hazardous products within reach of children?	No		Yes	78
Are there any damaged, rusting, or open containers of the products listed above?	No		Yes	79
Are there any banned or restricted products? (Banned products include DDT, penta, chlordane, carbon tetrachloride, chlorpyrifos, Dursban and Lorsban.)	No		Yes, or need a list of banned products.	80
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	81, 82
If you use pesticides do you wear?				
• Goggles or glasses	Always	Sometimes	Never	75, 76
• Gloves	Always	Sometimes	Never	75, 76
• Long sleeved shirt and long pants	Always	Sometimes	Never	75, 76
• Hat	Always	Sometimes	Never	75, 76
• Dust mask (when using powders)	Always	Sometimes	Never	75, 76
• Respirator (for vapors from paint, glues, solvents)	Always	Sometimes	Never	75, 76

How do you dispose of leftover pesticides?	Take to a household hazardous waste collection site		Pour them down the drain, keep them, or put them in the trash	79, 86
Do you have a lawn?	No		Yes	87

## PART II: The Action Plan

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

### Residents

- 1  Pay special attention to dust and other indoor pollutants if you have small children, older adults, or anyone is pregnant, or has health concerns.
- 2  Stop smoking for clean air and good health. Or 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.
- 3  Pay extra attention to reducing allergy triggers such as dust, molds, pet dander, and household products with strong odors.
- 4  Seek medical advice regarding long-term or frequent illnesses. Identify specific allergies.
- 5  Keep pets, pet beds, and pet areas clean and vacuumed. Flea comb cats or dogs.
- 6  Vacuum areas used by pets, and reduce pet access to some parts of home.
- 7  If fleas are a problem get more information on the least toxic control of fleas. (See "Less-Toxic Alternatives" on last page.)

### Nearby Environment

- 8  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.)
- 9  Identify source of smoke and ask for correction. Help neighbors learn about health risks from wood smoke, and persuade them to control it.

### Dust and Lead Control

- 10  Seek expert advice on reducing lead levels in the home.
- 11  Reduce track-in of dust and lead. Take off shoes when you enter the home. Or install high quality doormats at all entrances and vacuum doormats weekly. Dust tracked in may contain lead, pesticides, and other toxic materials.
- 12  Before remodeling, learn safety procedures for limiting exposure to lead.
- 13  Have paint tested for lead if home was built before 1978, and especially if there are children in the home.
- 14  Repair or remove damaged lead-based paint. (See "Lead Information" on last page.)
- 15  If anyone in household has allergies or asthma, consider removing carpeting.
- 16  It is best to remove carpeting and replace with wood flooring, tile, or linoleum. When choosing new carpeting, select level loop carpets (tight weave) rather than plush or shag. Consider not gluing carpet down. Choose carpet with cloth backing rather than rubber.
- 17  Vacuum with an upright or powerhead vacuum. (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. Or buy one with a dust sensor.
- 18  Check vacuum bag each month and make sure the belt is turning the brushes.
- 19  Consider wearing a dust mask when vacuuming.
- 20  Clean more often. If you have dust mite allergies wash sheets weekly in hot water, and vacuum at least once a week.

- 21  Use a damp rag for dusting. Clean more often.
- 22  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.)
- 23  Pay special attention to vacuuming upholstered furniture and consider removing very old cloth covered furniture.
- 24  Wash work clothes separately.
- 25  Wash hands more often.
- 26  Consider covering pillows and mattresses with dust mite covers. Many stores carry pillow and mattress covers designed to keep dust mites out. They range in price, and materials vary from vinyl to cloth.

## **Moisture**

- 27  Raise indoor temperatures to 60-68°F to reduce moisture.
- 28  If you have a hygrometer to measure humidity levels, take action until humidity levels have been lowered to 50-60%. (Hygrometers are sometimes available at hardware or allergy supply stores.)
- 29  Clean refrigerator drip pan at least every three months.
- 30  Clean refrigerator coils at least every six months.
- 31  Repair water leaks and remove or repair any damaged material.
- 32  Reduce kitchen humidity by covering pots, running ventilation fan, or opening windows.
- 33  Consider removing kitchen or bathroom carpeting.
- 34  Use fan or open windows to reduce moisture.
- 35  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.
- 36  Kitchen fan should be vented to outside.
- 37  Clean up mold with detergent and hot water. Allow area to dry thoroughly.
- 38  Remove carpeting if possible.
- 39  Clean and disinfect areas contaminated by sewage backup with chlorine bleach solution (1/4 cup bleach per gallon of water).
- 40  Check drainage, downspouts, and foundation "damp proofing." Make sure water drains away from home.
- 41  Use a dehumidifier in basement and empty the water it collects regularly.
- 42  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.
- 43  Consider conditioning the crawl space to reduce moisture issues. More information can be found at [www.crawlspaces.org](http://www.crawlspaces.org).
- 44  Consult with a specialist on correcting a basement moisture problem.
- 45  Vent clothes dryer to outside to reduce moisture, mold, and dust.
- 46  Ventilate home by opening windows whenever weather permits. Repair or replace windows that cannot be opened.
- 47  Minimize moisture producing activities: take shorter showers, keep lids on pots, use exhaust fans.
- 48  Correct specific drainage problems. Check gutters, downspouts, foundation, slope, etc.
- 49  Remove water damaged materials.

## **Indoor Air**

- 50  Open windows more often, and keep bedroom window open at night whenever possible, if it is safe to do so.
- 51  If you happen to replace your heat source, note that an electric furnace puts the fewest contaminants into the air.
- 52  Have furnace or stove checked for proper operation.
- 53  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 and replaced. Correct the conditions that caused the mold growth or the mold will come back.

- 54  Change furnace filters at least twice a year.
- 55  Have an outside combustion air supply installed for furnace and gas or wood stove.
- 56  Have air tested for formaldehyde levels. (See "Air Quality Testing" on last page.)
- 57  Seal sources of formaldehyde that cannot be removed. Use a polyurethane or acrylic sealer.
- 58  Remove sources of formaldehyde if levels are very high and sources cannot be sealed.
- 59  Test material for asbestos. (See "Asbestos Information" on last page.)
- 60  Leave asbestos in place.
- 61  Cover or isolate asbestos.
- 62  Ask about asbestos removal. (Look for asbestos removal services in your local yellow pages.)
- 63  Have home tested for radon. (See "Radon Information" on last page.)
- 64  Get information on reducing radon levels. (See "Radon Information" on last page.)
- 65  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.
- 66  Avoid idling car in garage. Drive off immediately after starting to minimize exhaust exposure in garage and home.
- 67  Install door mat and weather-strip door between garage and home.
- 68  Call your local gas company about possible gas leak in stove.
- 69  Use stove fan when cooking.
- 70  Vent stove fan to outside to minimize moisture buildup.
- 71  Avoid using unvented kerosene or gas heater inside the home, carbon monoxide poisoning may happen.
- 72  Have fireplace/woodstove checked. Older woodstoves may not meet current air quality standards.  
Consider updating stove or using less often. Burn dry seasoned wood and provide enough air for fire.
- 72a  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. Products to look at include 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. Where feasible substitute pump-type products for aerosols.
- 72b  Do not use any type of air cleaner that produces ozone. Also known as O<sub>3</sub>, and sometimes referred to as "oxygenator," ozone is a lung irritant and a potential health hazard. Ion generators and electrostatic precipitators or electrostatic air cleaners are also not recommended because they may produce ozone. Use a mechanical filtration system which contains a HEPA filter.

## Hazardous Household Products

- 73  Use less hazardous products if possible. (See "Less-Toxic Alternatives" on last page for information sources.)
- 74  Use hazardous solvent-based products outdoors, or open two windows and use a fan.
- 75  Wear gloves and goggles when using corrosive products or pesticides.
- 76  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.
- 77  Move flammable materials away from source of ignition.
- 78  Move hazardous products to area protected from children.
- 79  Call your local hazards line about removal of hazardous products. (See "Hazardous Product Disposal" on last page.)
- 80  Call your local hazards line to find out which products are restricted, or about removal of banned products. (See "Hazardous Product Disposal" on last page.) Pesticides that are still legal to use may be used up as directed. If you do not want to use these products, take them to a household hazardous waste collection site.
- 81  Reduce or stop using indoor pesticides. Try non-chemical controls or less-hazardous products. (See Less-Toxic Alternatives on last page for information sources.) If insects are invading your home investigate why. For example, common ants seek out water (look for leaks), or food (clean-up spills and store food in refrigerator or airtight containers).

- 82  Avoid calendar applications of pesticides. Treat specific problems only when necessary and use non-chemical controls or less-hazardous chemicals if possible.
- 83  Consider performing the activity outdoors to increase your fresh air intake.
- 84  Consider installing a ventilation system in room where activity is done.
- 85  Learn more about the risks and investigate safety equipment for engaging in this activity.
- 86  Do not put pesticides down the drain or in the trash. Call your local hazards line for information. (See “Hazardous Product Disposal” on last page.)
- 87  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. Soils in Western Washington are often low in calcium, so apply lime in spring or fall if a soil test shows a calcium deficiency or a pH less than 5.

## 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 the people in your home,
- your willingness to do them,
- importance to your overall home issues, and
- the 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. \_\_\_\_\_

Signed: \_\_\_\_\_

## Useful Telephone Numbers

**Air Quality Testing (asbestos, carbon monoxide, formaldehyde, mold, ozone, radon, etc.)**  
Check your local resources

**Allergy Control Covers for Mattresses/Pillowcases**

Available on-line and at linen stores

**Asbestos Information (For testing see Air Quality Testing)**

Puget Sound Clean Air Agency (WA State areas) [www.pscleanair.org](http://www.pscleanair.org) ..... 206-343-8800 or 800-552-3565  
Northwest Clean Air Agency [www.nwcleanair.org](http://www.nwcleanair.org)

**Asthma and Allergies**

American Lung Association of the Mountain Pacific [www.alaw.org](http://www.alaw.org) ..... 206-512-3280 or 1-800-732-9339  
American Lung Association [www.lungusa.org](http://www.lungusa.org) ..... 800-LUNG-USA  
Asthma and Allergy Foundation of America [www.aafa.org](http://www.aafa.org) ..... 800-7-ASTHMA

**Children's Safety and Health**

EPA Tools for Schools Program [www.epa.gov/iaq/schools](http://www.epa.gov/iaq/schools)  
U.S. Consumer Product Safety Commission (CPSC) [www.cpsc.gov](http://www.cpsc.gov)  
Institute for Children's Environmental Health [www.iceh.org](http://www.iceh.org) ..... 360-331-7904

**Gas Leaks:** Puget Sound Energy (WA State areas) [www.pse.com](http://www.pse.com) ..... 425-454-2000 or 888-225-5773

**Hazardous Product Disposal**

Dept of Ecology Recycling Information Line (WA State) [1800recycle.wa.gov](http://1800recycle.wa.gov) ..... 800-RECYCLE  
Health Department Hazards Line (King County, WA) [www.metrokc.gov/hazwaste](http://www.metrokc.gov/hazwaste) ..... 206-296-4692 or 888-TOXICED  
King County Business Waste Line ..... 206-263-8899  
RE-PC Computer Recycling [www.repc.com](http://www.repc.com) ..... 206-623-9151  
Take it Back Network (King County Solid Waste) [www.metrokc.gov/dnrp/takeitback](http://www.metrokc.gov/dnrp/takeitback)  
Compact Fluorescent Bulbs Information and Disposal [http://www.seattle.gov/light/Conserve/Resident/cv5\\_lw2.htm](http://www.seattle.gov/light/Conserve/Resident/cv5_lw2.htm)

**Household Chemicals and Products**

Household Products Database: Health and Safety Information [www.householdproducts.nlm.nih.gov](http://www.householdproducts.nlm.nih.gov)  
Scorecard Chemical Profiles <http://www.scorecard.org/chemical-profiles>

**Indoor Air Quality Information**

American Lung Association of the Mountain Pacific [www.alaw.org](http://www.alaw.org) ..... 206-512-3280 or 800-732-9339  
American Lung Association [www.lungusa.org](http://www.lungusa.org) ..... 800-LUNG-USA  
Environmental Protection Agency Indoor Air Quality Information <http://www.epa.gov/iaq/index.html> ..... 800-438-4318

**Lawn and Yard Care**

Natural Lawn & Garden Hotline [www.metrokc.gov/soils](http://www.metrokc.gov/soils) and [www.seattletilth.org](http://www.seattletilth.org) ..... 206-633-0224  
WSU Master Gardener Program (King County, WA) [gardening.wsu.edu](http://gardening.wsu.edu) ..... 206-296-3440

**Lead Information**

National Lead Information Center [www.epa.gov/lead](http://www.epa.gov/lead) ..... 800-424-LEAD  
Centers for Disease Control [www.cdc.gov/nceh/lead](http://www.cdc.gov/nceh/lead)  
WA State Dept. of Health Childhood Poison Prevention [www.doh.wa.gov/ehp/Lead/default.htm](http://www.doh.wa.gov/ehp/Lead/default.htm) ..... 800-909-9898

**Lead Testing (paint, soil)**

Check local resources

**Less-Toxic Alternatives (Cleaners, pesticides, and more)**

Washington Toxics Coalition (WA State, national publications) [www.watoxics.org](http://www.watoxics.org) ..... 206-632-1545 or 800-844-SAFE  
WSU Master Gardener Program (King County, WA) [gardening.wsu.edu](http://gardening.wsu.edu) ..... 206-296-3440  
Northwest Coalition for Alternatives to Pesticides [www.pesticide.org](http://www.pesticide.org) ..... 541-344-5044  
Envirostars- Find Businesses that are Environmentally Sound in your neighborhood [www.envirostars.com](http://www.envirostars.com) ..... 877-220-7827

**Lung Health Information**

ALA Helpline and Call Center ..... 800-548-8252

**Master Home Environmentalist Program (Creators of this document)**

American Lung Association of the Mountain Pacific (WA State) [www.alaw.org/mhe](http://www.alaw.org/mhe) ..... 206-512-3280 or 800-732-9339

**Outdoor Emissions (Factory emissions, wood smoke, and burning complaints)**

American Lung Association of the Mountain Pacific [www.alaw.org](http://www.alaw.org) ..... 800-732-9339

Puget Sound Clean Air Agency [www.pscleanair.org](http://www.pscleanair.org) ..... 206-343-8800 or 800-552-3565

Burn Ban Information [www.pscleanair.org/airq/burnban/default.aspx](http://www.pscleanair.org/airq/burnban/default.aspx) ..... 800-595-4341

Northwest Clean Air Agency [www.nwcleanair.org](http://www.nwcleanair.org)

**Pesticides**

WA Dept. of Agriculture Pesticide and Fertilizer Information and Reporting <http://agr.wa.gov/PestFert/default.htm> ..... 877-301-4555

Pesticide Alternatives (See Less-Toxic Alternatives and Lawn Care)

**Poison Center:** Washington Poison Center [www.wapc.org](http://www.wapc.org) ..... 800-222-1222

**Radon Information (Also see Air Quality Testing)**

National Radon Hotline (coupons are available for radon kits) [www.nsc.org/issues/radon](http://www.nsc.org/issues/radon) ..... 800-SOS-RADON

Environmental Protection Agency Radon Information [www.epa.gov/radon](http://www.epa.gov/radon)

Washington Department of Health (WA State) [www.doh.wa.gov/ehp/rp/environmental/radon.htm](http://www.doh.wa.gov/ehp/rp/environmental/radon.htm) ..... 360-236-3253

Radon Test Kits (American Lung Association in Oregon) <http://www.mrsnv.com/evt/home.jsp?id=3061> ..... 503-924-4094

**Renters' Rights**

Landlord Tenant Information from The City of Seattle [www.seattle.gov/dpd/Publications/Landlord\\_Tenant/default.asp](http://www.seattle.gov/dpd/Publications/Landlord_Tenant/default.asp)

Solid Ground [www.solid-ground.org](http://www.solid-ground.org) ..... 206-694-6700

The Tenants Union [www.tenantsunion.org](http://www.tenantsunion.org) ..... 206-723-0500

Washington State Office of the Attorney General [www.atg.wa.gov/LandlordTenant/default.aspx](http://www.atg.wa.gov/LandlordTenant/default.aspx) ..... 800-551-4636

**Smoking**

American Lung Association [www.lungusa.org](http://www.lungusa.org) ..... 800-LUNG-USA

Tobacco Quit Line [www.quitline.org](http://www.quitline.org) ..... 877-270-STOP

**Testing:** For additional air, water, radon, and lead testing resources check your local yellow pages.

**Water Quality Testing**

Washington State Department of Ecology Accredited Labs [www.ecy.wa.gov/programs/eap/lab-accreditation.html](http://www.ecy.wa.gov/programs/eap/lab-accreditation.html) ..... 360-895-6144

**Wood Smoke Information, and Outdoor Burning Complaints (See Outdoor Emissions)**