



Help Yourself to a Healthy Home Room-by-Room Checklist & Remedies —Page 1—

Check for risks in the LIVING AREAS... and find a REMEDY in the book...

- Environmental tobacco smoke** contains harmful combustion and particulate pollutants including carbon monoxide. Smoke can also trigger asthma attacks and worsen allergy symptoms. *pp. 4, 13, 21, 22*
 - Animals** can leave behind allergens such as dander, hair, feathers or skin that can trigger asthma attacks and worsen allergy symptoms. *pp. 4, 6, 9, 13*
 - Dust mites** create biological allergens that can trigger asthma attacks and worsen allergy symptoms. *pp. 12*
 - Lead-based paint** was manufactured before 1978. *pp. 27-31*
 - Air conditioners** encourage mold growth, dust mites and pests. *pp. 12, 17*
 - Fireplaces and wood stoves** are a source of carbon monoxide and combustion pollutants. *pp. 21-26*
 - Gas or kerosene space heaters** are a source of carbon monoxide and combustion pollutants. *pp. 21-26*
 - Carpets** that are water damaged can encourage mold growth. *pp. 15-20*
 - Harmful organic gasses are released from **carpet, furniture and draperies**, when new and may emit odors for a short time. *pp. 4-7*
 - Floor tiles may contain **asbestos**. Airborne fibers can be inhaled or ingested and can pose a health risk. *Handout*

 - OTHER
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Check for risks in the BEDROOMS... and find a REMEDY in the book...

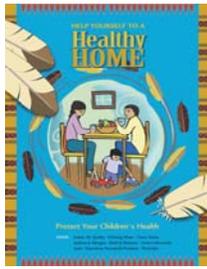
- Humidifier/vaporizer** can encourage mold growth, dust mites and pests which can trigger asthma attacks and encourage the growth of infectious viruses and bacteria. *pp. 8-14, 17*
 - Pets** can leave behind allergens such as dander, hair, feathers or skin that can trigger asthma attacks and worsen allergy symptoms. *pp. 4-6, 8, 11-12, 14, 18, 40, 43-44, 46, 47, 55*
 - Dust mites** create biological allergens that can trigger asthma attacks and worsen allergy symptoms. *pp. 9, 12-13, 44*
 - Smoke detectors** should be installed in each bedroom or in the adjacent hallway; **carbon monoxide detectors** should be installed on each floor of the home, near a bedroom and at least 15 feet away from the furnace. *pp. 26, 52, 54*

 - OTHER
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Check for risks in the KITCHEN... and find a REMEDY in the book...

- Moisture from **cooking** and dishwashing encourages mold growth, **pests** and **dust mites** which can trigger asthma attacks and worsen allergy symptoms. *pp. 8-14, 17-20*
 - Pests like **rodents, ants and cockroaches** can trigger asthma attacks, worsen allergy symptoms and can be carriers of disease. *pp. 8-14*
 - Household cleaners** may emit unhealthy or irritating vapors; many products may be poisonous if ingested or come in contact with skin. *pp. 39-43, 54*
 - Unvented gas stove and range** can be a source of carbon monoxide. *pp. 21-22*
 - Drinking water** can contain bacteria and viruses that can cause disease; it can also contain nitrates, which can harm small children and pregnant women. *pp. 33-38*

 - OTHER
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Help Yourself to a Healthy Home Room-by-Room Checklist & Remedies —Page 2—

Check for risks in the BATHROOMS... and find a REMEDY in the book...

- Moisture from **bathing and showering** encourages mold growth and pests. *pp. 13-14, 17, 20*
 - Harmful gasses can be released from the chemicals in **personal care products, air fresheners and household cleaners**.
pp. 42-43
 - Many **personal care products, medications and household cleaners** can be poisonous if ingested or come in contact with skin.
pp. 42, 43, 54
 - OTHER
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Check for risks in the LAUNDRY & UTILITY AREAS... and find a REMEDY in the book...

- Unvented clothes dryer** produces excessive moisture and dust; moisture encourages mold growth and pests. *pp. 3, 6, 16-17*
 - Gas-fired clothes dryer** may produce carbon monoxide and combustion pollutants and is a fire hazard. *pp. 21-26, 52*
 - Radon** is an invisible, radioactive gas which may pose a lung cancer risk. *pp. 3, 5-6*
 - Fossil-fuel **furnace/boiler** and gas water heaters may cause back drafting of carbon monoxide. *pp. 21-26, 52*
 - Ground moisture** encourages mold growth and pests. *pp. 15-20*
 - OTHER
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Check for risks in the GARAGE, STORAGE AREAS & HOBBY AREAS... and find a REMEDY in the book...

- Car or small engine exhaust** are sources of carbon monoxide and combustion by-products. *pp. 21-26, 50-56*
 - Paint, solvent and cleaning supplies** may release harmful vapors. *pp. 39-43, 53*
 - Pesticides and fertilizers** contain toxic chemicals. *pp. 44-49, 53*
 - Stored fuels** like gasoline, kerosene and propane may release harmful vapors and create a combustion risk. *pp. 39-43, 53*
 - Deteriorating asbestos pipe wrap and furnace insulation**. Airborne fibers can be inhaled or ingested and can pose a health risk.
Handout
 - Wood shops** create hazards like wood and dust particles, adhesives and chemical finishes. *pp. 9-14, 39-43*
 - Chemicals in **hobby products** like solvents, paint, glue, epoxy, etc. release harmful organic gasses. *pp. 39-43, 53*
 - OTHER
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Check for risks in the OUTDOOR AREAS... and find a REMEDY in the book...

- Shingles and/or siding may contain asbestos. Airborne fibers can be inhaled or ingested and can pose a health risk. *Handout*
 - Vegetation interfering with **gutters and downspouts** may cause pooling of water, which may lead to excessive moisture and mold growth. *pp. 15-20*
 - Erosion, ruts, etc. around the foundation may cause pooling of water around the home, which may lead to excessive moisture and mold growth. *pp. 15-20*
 - OTHER
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