

Home Connections



Family Name:	Date:	Yes	No
1. Has your home been tested for radon?			
2. Do you regularly change the filters on your heating and air conditioning units to improve efficiency and reduce allergens?			
3. Do you use household cleaners that are nontoxic and safe for use around children and pets?			
4. Have you checked your home for mold and mildew?			
5. Do you use fans in the kitchen and bathrooms to prevent moisture buildup that can lead to the growth of mold and mildew?			
6. Are car engines turned off when the car is in the garage or near air intakes? (idling produces dangerous gasses such as carbon monoxide.)			
7. Have you replaced old thermometers that contain mercury with newer mercury-free thermometers? (Thermometers containing mercury should be properly disposed of to prevent mercury contamination.)			
8. If you have pesticides, are they stored outside?			
9. If you have pesticides, are they used according to label instructions?			
10. Do you use alternatives to pesticides, such as integrated pest management?			
11. Do you purchase "green" cleaning products? (these have lower VOC's which improves the overall air quality and health in your home)			

How healthy is your home? Indoor pollutants can cause headaches, dizziness, nausea, fatigue, dry or runny eyes, congestion, and sore throats. They can also increase the symptoms of asthma. There are many simple things that you can do to improve the health of your home. The various factors from above impact your indoor air quality. For more information on reducing indoor air pollution, visit the following U.S. EPA website: www.epa.gov/iaq/index.html