

# QUICK REPORT CARD



## ASTHMA AND ALLERGY ASSESSMENT

**Indoor air can make you sick with asthma, allergies and other illnesses.**

**Evaluate your home's indoor air quality (IAQ) and create a healthy living environment.**

*Clean aggressively, then ask if you:*

YES

NO

Use Integrated Pest Management ([www.epa.gov/pesticides/ipm](http://www.epa.gov/pesticides/ipm)) if there are signs of **cockroaches** or **rodents**?

Store food in sealed containers?

Encase pillows and mattresses in allergen-proof covers to control **dust mites**?

Wash bedding weekly in hot (130 degree) water?

Change furnace filters regularly to control **dust, dander** and **pollen** levels?

Use air conditioning and keep windows closed during **pollen** season?

Keep **pets** outdoors or at least out of the bedrooms?

Use a high-efficiency particulate air (HEPA) filter vacuum weekly to reduce **pet dander** and **dust mites**?

Maintain 30-50% humidity to control **mold**?

Reduce standing water, water-damaged materials and wet surfaces within 48 hours?

Use a humidifier as a health provider instructs? (Constant use increases **dust mites** and **mold**)

Clean humidifiers/dehumidifiers according to instructions?

Vent the dryer, attic, crawl space and basement properly?

Use fans in bathrooms and over the stove?

Clean/replace moldy shower curtains?

Clean refrigerator drip pans regularly?

Forbid **smoking** inside your home?

Test for the radioactive gas, **radon**? ([www.epa.gov/radon/radontest.html](http://www.epa.gov/radon/radontest.html))

# IS WHERE YOU LIVE MAKING YOU SICK?



## Evaluate your home's IAQ and create a healthy living environment.

*Do you:*

**YES**    **NO**

Vent kerosene heaters, fireplaces, furnaces, generators and water heaters to reduce **harmful chemical** and **organic fumes**?

Check furnaces, fireplaces/chimneys yearly for problems?

Use UL certified **carbon monoxide** (CO) detectors?

Never idle your car in the garage?

Use low/no **volatile organic compound (VOC) paints** or **adhesives** and always ventilate?

Ventilate newly carpeted areas 48-72 hours after installation?

Uncover and air dry-cleaned clothes out as soon as possible in a well-ventilated area to allow perchloroethylene (PERC) fumes to evaporate?

Never sand or burn wood coated with **lead-based paint**?

Remove shoes/work clothing after working in construction, demolition or roadway soil where leaded exhaust fumes settle?

Understand **asbestos** removal is only for professionals? Call the Toxic Substances Control Act Hotline (1.202.554.1404).

Use **pesticides, insecticides, disinfectants** and **aerosol cleaning products** infrequently and only in well-ventilated areas?

Discard empty containers on community hazardous waste collection days?

**If you answered "No" to any of the questions above, your IAQ is not as healthy as it could be and neither are you! Check the resources below for more tips on creating a healthy home environment.**

### **More Information (ask for Spanish Resources):**

**Asthma and Allergy Foundation of America –**

**1.800.7ASTHMA – [www.aafa.org](http://www.aafa.org)**

Environmental Protection Agency – 1.800.438.4318 – [www.epa.gov/iaq](http://www.epa.gov/iaq)

U.S. Consumer Product Safety Commission – 1.800.638.2772 – [www.cpsc.gov](http://www.cpsc.gov)

[www.asthmaandallergyfriendly.com](http://www.asthmaandallergyfriendly.com)



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