

# Breathe Easier

Do-It-Yourself

## Home Environmental Assessment List<sup>®</sup>



How to make your home a healthier place to live.

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## Thurston County

# Do-It-Yourself Home Environmental Assessment List<sup>©</sup>

Your home can affect your health. This in-home assessment will help you find ways to make your home a healthier place to live. Set aside an hour or so when the decision-making people in your home may work on this together. Then . . .

### STEP 1 Complete Questions on Pages 2 through 10

Walk through your home, make observations, and circle the most appropriate answers. While these questions cannot determine the amount of health risk, they do give an idea of possible problem areas. Answers are grouped into three categories: low, medium, and high concern. (An answer of "N/A" means that it does not apply.)

| DUST CONTROL  | LOW CONCERN | MEDIUM CONCERN | HIGH CONCERN |
|---|-------------|----------------|--------------|
| Do you remove shoes? Does every door have a doormat?  | Yes to both | Yes to one     | (No)         |
| <p><b>Dust Control Actions:</b> Dust gets tracked into the home on our shoes. It may contain lead, pesticides, and other harmful materials.</p> <ul style="list-style-type: none"> <li>• To reduce tracked-in dust, take off shoes when you enter the home.</li> <li>• Place good quality doormats at all doorways.</li> <li>• Vacuum doormats every week.</li> </ul> |             |                |              |

### STEP 2 Identify Actions

Whenever an answer falls under "high concern," look below each set of questions for suggested actions to take.

### STEP 3 Decide which Actions are Most Important


Base this on:



- How important is it to the people in your home?
- How willing are you to do it?
- How important is it to your overall health issues? If most items are in one group, for example "MOISTURE," you may wish to focus on moisture problems.
- What advice do experts have for you (if appropriate)? For any actions where major home changes are needed, talk to professionals before making final decisions.

### STEP 4 Commit to Taking Three Actions within the Next Six Weeks

Record them in the **Action Plan** (page 12). Choose at least one that can be finished quickly with little expense or effort.

## FAMILY MEMBERS

| <b>RESIDENTS</b>  | <b>LOW CONCERN</b> | <b>MEDIUM CONCERN</b> | <b>HIGH CONCERN</b> |
|---|--------------------|-----------------------|---------------------|
| Is anyone in your home less than 7 years old, more than 70 years old, pregnant, or confined to the home for any reason?    | No                 |                       | Yes                 |
| How many times a year does any one person in the home complain of headaches, tiredness, or flu-like symptoms?   | 0-3                | 4-9                   | More than 10        |
| Does anyone have allergies or asthma, frequent sneezing, runny nose, itchy eyes or rashes?  | No                 |                       | Yes                 |
| Does anyone smoke inside your home?   | No                 |                       | Yes                 |
| <p><b>Residents Actions:</b></p> <ul style="list-style-type: none"> <li>• If you have small children, older adults, or anyone is pregnant or has health concerns, pay special attention to dust and other indoor pollutants. Seek medical advice about long-term or frequent illnesses.</li> <li>• If anyone has allergies or asthma, pay extra attention to reducing allergy triggers such as dust, molds, pet dander, and household products with strong odors. Identify what exactly the person is allergic to. Also see <b>Vacuuming, Carpet and Rugs,</b> and <b>Laundry and Bedding Actions.</b></li> <li>• Encourage smokers to quit smoking for the good health of all in the home (see "Smoking," page 12). Have smokers smoke outside and make sure nearby doors and windows are closed. Have smokers use a smoking jacket and hat, leave them outside and wash them frequently.</li> </ul> |                    |                       |                     |

| <b>PETS</b>   | <b>LOW CONCERN</b> | <b>MEDIUM CONCERN</b> | <b>HIGH CONCERN</b>  |
|---|--------------------|-----------------------|--|
| How many cats, dogs, and birds live inside your home?   | None               | 1-3 (if not allergic) | More than 1 (if allergic) or more than 4 (if not allergic) |
| <p><b>Pets Actions:</b></p> <ul style="list-style-type: none"> <li>• Vacuum areas used by pets (see next page). Keep pets out of bedroom and off furniture used by those who have allergies or asthma.</li> <li>• If fleas are a problem, flea-comb cats and dogs; avoid using pesticides for flea control (see "Less-Toxic Alternatives," page 11).</li> <li>• Keep pet birds and other small caged animals in their cages as much as possible.</li> <li>• Clean cages every day without the help of the family member(s) with allergies or asthma.</li> </ul>  |                    |                       |  |

## DUST AND LEAD

### VACUUMING



|   | LOW CONCERN          | MEDIUM CONCERN | HIGH CONCERN           |
|---|----------------------|----------------|------------------------|
| What kind of vacuum cleaner do you use?                             | Powerhead or upright | Canister       | None                   |
| How often do you check the vacuum bag (or container) and belt?      | Every month          | 1-3 times/yr   | Rarely                 |
| How often do you vacuum, dust, clean area rugs, and shake doormats? | Every week           | 1-3 times/mo   | Less than once a month |

**Vacuuming Actions:** Vacuuming can be an excellent way of removing dust, however some vacuums can spread dust around. To get the most out of your vacuum, follow these tips.

- Vacuum with an upright or powerhead vacuum — the kind that has electrically powered brushes to loosen dirt. If you do not own this kind of vacuum, try to borrow one on a regular basis.
- If allergic to dust, vacuum every week and wear a dust mask. Most people allergic to dust are really allergic to dust mites (microscopic mites that eat dead skin flakes), which live in carpets, pillows, mattresses, and stuffed furniture.
- Check the vacuum bag (or container) each month and replace before full; make sure the belt is turning the brushes.
- Choose a vacuum that uses disposable bags that say “microfiltration” or “ultra allergen.”
- Vacuum cloth-covered furniture; consider removing old cloth-covered furniture.

### CARPET AND RUGS



|  | LOW CONCERN         | MEDIUM CONCERN | HIGH CONCERN |
|--|---------------------|----------------|--------------|
| How much of your living space is carpeted? | Less than a quarter | Around half    | Almost all   |

**Carpet and Rug Actions:** If anyone in the house has allergies or asthma, it is best to remove carpeting—especially shag or plush—and replace with wood flooring, tile, or linoleum. Dust and other allergens get trapped in carpet.

- When choosing new carpeting, select one with a tight weave (“level loop”) rather than shag or plush. To avoid fumes, have new carpet aired out in warehouse, and ask about not gluing carpet down.
- Choose carpet with cloth backing rather than rubber. Avoid carpet pads made of glued foam pieces.
- Turn area rugs and doormats over and vacuum the backs as well as the tops.

### DUST CONTROL



|  | LOW CONCERN           | MEDIUM CONCERN    | HIGH CONCERN         |
|--|-----------------------|-------------------|----------------------|
| How far is your home from a busy street or highway?            | 4+ blocks             | 1-4 blocks        | Less than 1 block    |
| Are unpaved roads, shoulders, or driveways close to your home? | No                    |                   | Yes                  |
| Do you remove shoes at the front door?                         | Yes                   | Sometimes         | No                   |
| What types of doormats do you have?                            | Heavy-duty commercial | Rubber or plastic | Rope or carpet piece |
| Does every outside door have a doormat?                        | Yes                   | Some              | No                   |

**Dust Control Actions:** Dust gets tracked into the home on our shoes. It may contain lead, pesticides, and other harmful materials.

- To reduce tracked-in dust, take off shoes when you enter the home.
- Place good quality doormats at all doorways; vacuum doormats every week.
- Dust every week or two with a damp rag or cleaning cloth.
- Remodeling creates a lot of dust; avoid major home repair projects when children or pregnant women are present.

## LAUNDRY AND BEDDING



|   | LOW CONCERN | MEDIUM CONCERN    | HIGH CONCERN           |
|---|-------------|-------------------|------------------------|
| How often do you wash bedding and sheets in hot water?  | Every week  | 1-3 times a month | Less than once a month |
| If anyone in the home has allergies, do they have dust mite covers on their pillows and mattresses? | Yes         | Don't know        | No                     |
| If you work with strong chemical products, do you wash those clothes separately?                    | N/A         | Yes               | No                     |

### Laundry and Bedding Actions:

- If anyone has dust mite allergies, wash sheets weekly in hot water. Turn water heater up to 130°; when finished reduce the temperature to under 120°. (The higher temperature could cause scalding during normal use.)
- Cover pillows with dust mite covers. You can find these at most stores that sell bedding.
- Wash clothes separately that have been worn while using harmful chemicals, such as for repairing cars, applying pesticides, or using solvents.

## OUTDOOR AIR POLLUTION



|  | LOW CONCERN      | MEDIUM CONCERN    | HIGH CONCERN             |
|--|------------------|-------------------|--------------------------|
| How many times do you smell smoke from neighboring woodstoves or fireplaces?   | 0-5 times a year | 1-2 times a month | More than 2 times a week |
| How far is your home from an airport, railway station, bus station, factory, gas station, dry cleaners, or auto body shop? | 1+ mile          | 1 mile            | 4 blocks or less         |

### Outdoor Air Pollution Actions:

- Find out where woodsmoke is coming from. If possible, talk to neighbors about health risks from wood smoke, and persuade them to limit it.
- Keep windows closed when smoke is present.
- Identify what businesses are creating air pollution. Check that they meet air pollution laws by calling the Olympic Region Clean Air Agency (see "Outdoor Emissions," page 11).
- Reduce tracked-in dust (see **Dust Control Actions**, page 3).

## LEAD PAINT



|  | LOW CONCERN | MEDIUM CONCERN | HIGH CONCERN |
|--|-------------|----------------|--------------|
| When was your home built?  | After 1978  | 1951-1978      | Before 1951  |
| Has there been any remodeling or paint removal in the last two years?<br>Has a next-door neighbor removed outside paint? | No          | Don't know     | Yes          |
| Are you or a landlord planning to remodel or repaint in the next year?   | No          | Don't know     | Yes          |
| If the home has lead-based paint inside or outside, is it peeling or flaking?  | No          | Don't know     | Yes          |

**Lead Paint Actions:** Have paint tested for lead if home was built before 1978, especially if there are children in the home. Before painting or remodeling, talk to an expert about how to safely reduce lead paint (see "Lead Information," page 11). Reduce tracked-in dust (see **Dust Control Actions**, page 3).

# MOISTURE

## GENERAL MOISTURE CONTROL



|  | LOW CONCERN | MEDIUM CONCERN | HIGH CONCERN |
|--|-------------|----------------|--------------|
| What temperature is it inside during the winter?   | 60-68° F    | 55-60° F       | Below 55° F  |
| Are there any water leaks or damp areas in the kitchen or bathrooms? (Be sure to look for signs of leaks under all sinks.) | No          |                | Yes          |
| Can you open a window in each room?  | Yes         |                | No           |
| Do windows fog up in the winter?   | Rarely      | Sometimes      | Often        |
| If you have a clothes dryer, is it vented to the outside?  | Yes or N/A  | Don't know     | No           |
| Are your clothes dryer ducts made of metal?  | Yes         | N/A            | No           |

**General Moisture Control Actions:** Take the actions here and on the next few pages to reduce humidity, which will reduce mold. You want the humidity to be at 40%-50%. To measure humidity you can use a hygrometer, available at some hardware stores and pharmacies for about \$20-\$40.

- Raise indoor temperatures to 60-68° F to reduce moisture.
- Repair water leaks and remove or repair anything damaged by water – wood, drywall, carpeting, flooring, furniture.
- Ventilate home whenever weather permits by opening windows.
- Repair or replace windows that cannot be opened.
- Take shorter showers, keep lids on cooking pots, and use exhaust fan.
- Vent clothes dryer to the outside to reduce moisture, mold, and dust. Use metal ductwork for dryer vent.



## BATHROOM AND KITCHEN



|  | LOW CONCERN  | MEDIUM CONCERN | HIGH CONCERN     |
|--|--------------|----------------|------------------|
| Is there carpeting in the kitchen or bathroom?                                     | No           |                | Yes              |
| Do you use a fan or open a bathroom window during and after showering and bathing? | Yes          | Sometimes      | No               |
| Do you use a fan or open a window while cooking, especially when boiling water?    | Yes          | Sometimes      | No               |
| Are the bathroom and kitchen fans vented to the outside?                           | Yes to both  |                | No to either one |
| How often do you clean the refrigerator drip pan and coils?                        | Often or N/A | Sometimes      | Rarely, if ever  |

### Bathroom and Kitchen Actions:

- Remove kitchen and bathroom carpeting, if possible.
- Ideally, bathroom fans should have a timer. Turn the fan on during bathing or showering and keep it on for about 30 minutes afterwards.
- Reduce kitchen humidity by covering pots, running ventilation fans, or opening windows.
- Make sure bathroom and kitchen fans vent to the outside; to check, look outside for vents and in the attic to see where ductwork leads.
- If bathroom or kitchen does not have a fan, consider having one installed. If not possible, open a window.
- Clean the refrigerator drip pan at least every 3 months, and vacuum or wipe the coils at least every 6 months. The coils are either on the back of the refrigerator or near the base — you may need to remove grill in front.



**DRAINAGE AND BASEMENT**

| LOW CONCERN | MEDIUM CONCERN | HIGH CONCERN |
|-------------|----------------|--------------|
| No          | Don't know     | Yes          |
| No or N/A   |                | Yes          |

Does the home have any drainage problems, such as water collecting next to or under the house?

Is the basement damp (musty odor, mildew, discolored walls, damp carpets or furniture)?

**Drainage and Basement Actions:**

- Check gutters, downspouts, foundation, and slope to make sure water drains away from home. Correct specific drainage problems.
- Remove basement carpeting, if possible.
- Use a dehumidifier in the basement; regularly empty the water it collects or drain it directly into a sink.
- Consult with a specialist, such as a building contractor, about correcting a basement moisture problem.

**CRAWLSPACE AND VENTING**

| LOW CONCERN | MEDIUM CONCERN | HIGH CONCERN |
|-------------|----------------|--------------|
| Yes or N/A  | Don't know     | No           |
| Yes or N/A  | Don't know     | No           |

Is the crawlspace vented and if so, are the vents clear of blockages?

Is the soil covered with plastic?

**Crawlspace and Venting Actions:**

- Cover the crawlspace floor with 6 mil black polyethylene (plastic) and anchor with sand, gravel, or bricks. The plastic will reduce moisture and radon (a naturally occurring gas) in your home.
- To help air flow, remove anything blocking crawlspace vents, such as leaves or dirt. If there are no vents, a contractor may be needed; call for advice.

**CLEAN UP**

| LOW CONCERN | MEDIUM CONCERN | HIGH CONCERN |
|-------------|----------------|--------------|
| Yes or N/A  | Don't know     | No           |
| Rarely      | Sometimes      | Often        |

If there was a sewage backup or water damage (inside or out) in the last 5 years, was the damaged material removed? Were all areas touched by sewage disinfected?

Are there signs of mold growth in corners or around windows? Does the home have a musty odor or is there visible mildew?

**Clean Up Actions:**

- Clean and disinfect areas contaminated by sewage backup with a chlorine bleach solution of 1/4 cup bleach per gallon of water.
- Clean up mold with dish detergent and hot water. Allow area to dry thoroughly and increase ventilation.

## INDOOR AIR

### GENERAL INDOOR AIR



|   | LOW CONCERN | MEDIUM CONCERN    | HIGH CONCERN      |
|---|-------------|-------------------|-------------------|
| How often do you air out your home and open the windows?                    | Weekly      | 1-3 times a month | Less than monthly |
| Is there particleboard used in your floor, built-in cabinets, or furniture? | No          | Minimal           | Yes               |
| Is your home a mobile home, manufactured home, or trailer?                  | No          | Yes               |                   |

**General Indoor Air Actions:** Air your home out often by opening windows. If you have a lot of particleboard, have the air tested for formaldehyde levels (see "Air Quality Testing," page 11). If it is high, remove the sources, if possible. Seal sources of formaldehyde that cannot be removed, using an acrylic sealer. Also see **Moisture Control Actions**, pages 5 and 6.

### HEATING



|  | LOW CONCERN | MEDIUM CONCERN | HIGH CONCERN   |
|--|-------------|----------------|----------------|
| What is your major source of heat?   | Electric    | Gas or oil     | Wood stove     |
| If you have a furnace, how many years has it been since the ductwork was last cleaned? | 0-1         | 1-4            | 4+             |
| What condition describes the insulation in your furnace ductwork?                      | Dry         | Not insulated  | Moist or moldy |
| How many years has it been since you changed your furnace filters?                     | 0-1         | 1              | 2+             |
| Does your furnace or gas/wood stove have an outside source of air (for combustion)?    | Yes or N/A  | Don't know     | No             |

#### Heating Actions:

- If you use a woodstove and are going to replace it, consider an electric furnace, which adds the least pollution inside.
- If there are rodents or insects, a lot of dust, or visible mold inside the ducts, consider having the furnace ductwork cleaned.
- Use insulated, rigid metal ductwork for heating. If you have insulated air ducts and the insulation is moldy, it should be replaced. Correct the condition that caused the mold growth or the mold will come back.
- Change furnace filters at least twice a year; every 3 months is best.
- Make sure there is an outside air supply for your furnace or gas/wood stove. Look for a duct that leads outside from the furnace or stove, then check outside for a vent.
- Older woodstoves may not meet current air quality standards. Consider using your stove less often, or updating your stove to an EPA-certified woodstove (see "Outdoor Emissions," page 11, for ORCAA, which has a list). Do not burn trash and plastics. Do not burn green wood; burn only dry, seasoned wood and provide enough air for fire.

### ASBESTOS CONTROL



|   | LOW CONCERN | MEDIUM CONCERN | HIGH CONCERN |
|---|-------------|----------------|--------------|
| Does your home have asbestos in furnace insulation, "popcorn" ceiling (used until 1978), siding, or sheet vinyl flooring? | No          | Don't know     | Yes          |
| If there is asbestos, is it in good condition – not damaged, loose, or flaking?   | Yes         | Don't know     | No           |

**Asbestos Control Actions:** Test materials for asbestos (see "Asbestos Information," page 11). If you have asbestos that is damaged, loose, or flaking, do not disturb it. Instead, look into getting it removed (see your local yellow pages). For asbestos that is in good condition, leave it in place and covered, if possible.

## GENERAL AIR ISSUES



|   | LOW CONCERN | MEDIUM CONCERN | HIGH CONCERN |
|---|-------------|----------------|--------------|
| Does anyone use scented products, air fresheners, or aerosols?                        | No          | Sometimes      | Yes          |
| Does the home have an air cleaner, "oxygenator," O <sub>3</sub> , or ozone generator? | No          |                | Yes          |

### General Air Issues Actions:

- Some people react to the smells of commonly used household and personal care products. Switch to unscented and fragrance-free products or avoid using deodorizers, air fresheners, incense, candles, perfumes, colognes, fabric softener, and dryer anti-static sheets, as well as some cosmetics, hair care products, skin products, dish soaps, and other cleaning products (see "Less-Toxic Alternatives", page 11, for "green cleaning" ideas).
- If possible use pump or roll-on products instead of aerosols; avoid items with petroleum distillates and formaldehyde.
- Do not use any type of air cleaner that produces ozone. Ozone is a lung irritant and a potential health hazard. Watch for the words "oxygenator," "ion generator," or "electrostatic" – these may mean it produces ozone. Instead look for a mechanical system that uses a HEPA filter.

## STOVE VENTING



|  | LOW CONCERN | MEDIUM CONCERN | HIGH CONCERN |
|--|-------------|----------------|--------------|
| Do you use a stove fan when cooking?                                       | Yes         | Sometimes      | No           |
| Is the stove fan vented to the outside?                                    | Yes         |                | No           |
| Is there an unvented kerosene or gas heater?                               | No          | Don't know     | Yes          |
| Do you sometimes smell fuel from the furnace, kitchen stove, or woodstove? | Never       | Sometimes      | Usually      |

### Stove Venting Actions:

- Use the stove fan in the kitchen when cooking; make sure it vents to the outside to keep moisture from building up.
- Never use an unvented kerosene or gas heater inside the home, because carbon monoxide poisoning may happen.
- If you smell any fuel, have the furnace checked, or call the gas company about a possible gas leak, or have your fireplace or woodstove checked.

## ATTACHED GARAGE



|   | LOW CONCERN  | MEDIUM CONCERN | HIGH CONCERN       |
|---|--------------|----------------|--------------------|
| Is a garage attached to the home?   | No or N/A    |                | Yes                |
| If there is an attached garage, are pesticides or gasoline stored in the garage? Is there a strong chemical or fuel odor? | No or N/A    |                | Yes                |
| How long do you let the car idle in the garage before driving off?  | 0-15 seconds | 16-30 seconds  | 31 seconds or more |

### Attached Garage Actions:

- Install a doormat and weather-strip the interior door between the garage and home; install self-closing hinges on that interior door.
- Avoid storing pesticides, gasoline, or other hazardous chemicals in the garage. If no other option, make sure all products are packaged well, not leaking, and closed. Do not store them in a wellhouse, either!
- Take unwanted hazardous items to a hazardous waste collection site (see "Hazardous Product Disposal," page 11).
- Clean any spills off garage floor. Consider venting garage to the outside.
- Avoid idling car in the garage; after starting, drive off immediately to keep exhaust from entering garage and home.

# HAZARDOUS HOUSEHOLD PRODUCTS

## SAFE USE

How often are the following products used in the home?

- Permanent or whiteboard markers
- Rubber or contact cement, plastic glue, or epoxy
- Ammonia or chlorine-based cleaners
- Paint, stain, varnish, thinner, stripper, spray-on adhesives, lubricants, or other solvents
- Gasoline or auto products (degreaser, carburetor cleaner)
- Drain, oven, or toilet cleaner with the word "Danger" on the label
- Lead solder or photo chemicals



LOW CONCERN

MEDIUM CONCERN

HIGH CONCERN

Never

Monthly - yearly

Weekly - daily

What do you usually do to avoid breathing in the products listed above?

Use outside and wear respirator

Open at least 2 windows and use fan

Nothing special or open door

Do you wear gloves and goggles (or glasses) when using these products and pesticides?

Always

Sometimes

Never

### Safe Use Actions:

- Use less-hazardous products whenever possible (see "Less Toxic Alternatives," page 11).
- Choose products labeled "Caution" or "Warning" rather than "Danger" or "Poison."
- Try to use automotive products, paint thinner, and other solvents outdoors.
- For indoor use of solvents, solder, and photo chemicals, consider installing a fan in the room or open two windows and use a fan to pull air outside.
- Learn more about the risks and make sure you are using all the recommended safety equipment.
  - Wear gloves and goggles when using corrosive products (such as acids or lye, which can burn or irritate skin or eyes).
  - For pesticides, wear long-sleeved shirt and long pants, a sturdy hat, and a dust mask for powders or a respirator for liquids, sprays, and solvents.



## SAFE STORAGE

Are any flammable products stored near fire or heat?

Are any hazardous products within the reach of children?



LOW CONCERN

MEDIUM CONCERN

HIGH CONCERN

No

Yes

No

Yes

### Safe Storage Actions:

- Move flammable materials (including all aerosols) away from source of flames, heat, or sparks.
- Move hazardous products to locked cupboards out of the reach of children.

## SAFE DISPOSAL



Do you have any damaged, rusting, or open containers of hazardous products, such as those listed at the top of page 9?

Do you have any banned or restricted products, such as DDT; penta; chlordane; carbon tetrachloride; 2,4-D, 5-T; chlorpyrifos (Diazinon); Dursban; Lorsban?

Do you have any liquid mercury, mercury thermometers, spent fluorescent tubes, or mercury thermostats?

| LOW CONCERN | MEDIUM CONCERN | HIGH CONCERN |
|-------------|----------------|--------------|
| No          |                | Yes          |
| No          |                | Yes          |
| No          |                | Yes          |

### Safe Disposal Actions:

- Do not put pesticides or any other hazardous chemicals, including those listed, down the drain or in the trash. Call your local hazards line to find out where to bring unwanted, damaged, or dangerous chemicals for proper disposal (see "Hazardous Product Disposal," page 11). This includes the mercury products mentioned above. Do not break fluorescent tubes, as they release a small amount of mercury gas/vapor.
- Call your local hazardous waste line to find out which products are restricted, or about removal of banned products (see "Hazardous Product Disposal," page 11). If you do not want to use these products, take them to a household hazardous waste collection site.

## PESTICIDES



How often do you or a commercial service apply pesticides (bug sprays, rat poison, weed killers, including weed and feed) inside or outside the home? (Traps do not count.)

Do you have a lawn?

| LOW CONCERN | MEDIUM CONCERN        | HIGH CONCERN        |
|-------------|-----------------------|---------------------|
| Never       | Less than once a year | Once a year or more |
| No          |                       | Yes                 |

### Pesticide Actions:

- Reduce or stop using indoor pesticides. Try non-chemical controls or less-hazardous products (see "Less Toxic Alternatives," page 11, for gardening and least-toxic pest control information). 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).
- Avoid applying pesticides on a calendar schedule. Treat specific problems only when necessary and use non-chemical controls or less-hazardous chemicals, if possible.
- Avoid using "weed and feed" and other pesticides on your lawn. Weed and feed contains pesticides that get tracked inside. 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.



**Now go to Action Plan on page 12.**

## Useful Telephone Numbers

### Air Quality Testing (asbestos, carbon monoxide, formaldehyde, mold, ozone, radon, etc.)

Analytical Chemistry Inc. ....206-622-8353 (Tacoma) • [www.acilabs.com](http://www.acilabs.com)  
Blue Sky Testing Labs .....206-721-2583 (Seattle)  
Healthy Building Associates .....206-297-3808 (Seattle) • [www.healthybuilding.com](http://www.healthybuilding.com)  
Argus Pacific .....206-285-3373 (Seattle) • [www.arguspacific.com](http://www.arguspacific.com)  
Nowicki & Associates .....253-927-5233 (Federal Way) • [www.nowickiandassociates.com](http://www.nowickiandassociates.com)  
Advance Environmental .....360-357-5666 (Olympia)  
Healthy Habitat Northwest .....360-357-6443 (Olympia)

*NOTE: Radon and other testing kits may be available at your local hardware store.*



### Asbestos Information (for testing see Air Quality Testing above)

Olympic Regional Clean Air Agency .....360-586-1044 or 800-422-5623 • [www.orcaa.org](http://www.orcaa.org)

### Asthma and Allergies

American Lung Association .....206-441-5100 or 800-732-9339 • [www.alaw.org](http://www.alaw.org)  
Asthma and Allergy Foundation of America ...800-778-AAFA (WA) • 800-7-ASTHMA • [www.aafa.org](http://www.aafa.org)  
WA Dept of Health Asthma Program .....360-236-3090 • [www.doh.wa.gov/cfh/asthma](http://www.doh.wa.gov/cfh/asthma)

### Gas Leaks

Puget Sound Energy (WA) .....425-454-2000 or 888-225-5773

### Hazardous Product Disposal

Dept of Ecology Recycling Information Line....800-RECYCLE • [www.ecy.wa.gov/programs.html](http://www.ecy.wa.gov/programs.html)  
Thurston County Environmental Health .....360-754-4111 • [www.co.thurston.wa.us/health/ehadm/](http://www.co.thurston.wa.us/health/ehadm/)  
Business Hazardous Waste .....360-786-5457 • [www.co.thurston.wa.us/health/ehhw/](http://www.co.thurston.wa.us/health/ehhw/)

### Indoor Air Quality Information

American Lung Association.....206-441-5100 or 800-732-9339 • [www.alaw.org](http://www.alaw.org)  
WA Dept of Health Indoor Air Quality Program..360-236-3090 • [www.doh.wa.gov/ehp/ts/IAQ](http://www.doh.wa.gov/ehp/ts/IAQ)  
Environmental Protection Agency (Indoor  
Air Hotline) .....800-438-4318 • [www.epa.gov/iaq](http://www.epa.gov/iaq)



### Lawn Care

Thurston County Environmental Health .....360-754-4111 • [www.co.thurston.wa.us/health/ehadm/](http://www.co.thurston.wa.us/health/ehadm/)  
WSU Thurston County Extension .....360-786-5445 • [thurston.wsu.edu](http://thurston.wsu.edu)

### Lead Information

National Lead Information Center .....800-424-LEAD or 800-532-3394 • [www.epa.gov/lead](http://www.epa.gov/lead)

### Lead Testing (paint, soil)

Analytical Chemistry Inc. ....206-622-8353  
Evergreen Analytical Svcs (mail-in testing) .....425-882-2672  
NVL Labs (mail-in testing).....888-NVL-LABS (888-685-5227)  
For list of certified lead paint removal contractors  
WA Dept of Comm Trade & Ec Dev .....360-586-5323 • [cted.wa.gov/lead](http://cted.wa.gov/lead)



### Less-Toxic Alternatives (cleaners, pesticides, and more)

Thurston County Environmental Health .....360-754-4111 • [www.co.thurston.wa.us/health/ehadm/](http://www.co.thurston.wa.us/health/ehadm/)  
Washington Toxics Coalition .....206-632-1545 or 800-844-SAFE • [www.watoxics.org](http://www.watoxics.org)

### Outdoor Emissions (factory emissions, wood smoke, and burning complaints)

Olympic Region Clean Air Agency (ORCAA) ....360-586-1044 or 800-422-5623 • [www.orcaa.org](http://www.orcaa.org)

### Pesticide Incident Reporting

WA Dept of Agriculture Pesticide Mgmt .....360-902-2040 in Olympia or 877-301-4555

**Poison Center**

Washington Poison Center .....800-222-1222 (WA)




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

National Radon Hotline .....800-SOS-RADON • [www.nsc.org/library/facts/radon.htm](http://www.nsc.org/library/facts/radon.htm)  
Environmental Protection Agency (Indoor  
Air Hotline) .....800-438-4318 • [www.epa.gov/iaq](http://www.epa.gov/iaq)  
WA Department of Health .....360-236-3253 in Olympia • [www.doh.wa.gov](http://www.doh.wa.gov)

**Repair Assistance**

City of Olympia Housing Program .....360-753-8436  
[www.olympiawa.gov/cityservices/neighborhood/cdbghousing/cdbgfaq2.htm](http://www.olympiawa.gov/cityservices/neighborhood/cdbghousing/cdbgfaq2.htm)  
Thurston County Housing Authority .....360-753-8292 • [www.hatc.org](http://www.hatc.org)  
Community Action Council.....360-438-1100 • [www.caclmt.org](http://www.caclmt.org)  
Thurston County Tenants Union.....360-943-3036  
USDA Rural Home Repair Program.....360-704-7760 • [www.rurdev.usda.gov/rhs](http://www.rurdev.usda.gov/rhs)

**Smoking**

American Lung Association .....  .....206-441-5100 or 800-732-9339 • [www.alaw.org](http://www.alaw.org)  
Tobacco Quit Line .....877-270-7867 • [www.Quitline.com](http://www.Quitline.com)

**Testing**

For additional air, water, radon, soil, and lead testing resources, check your local yellow pages under Laboratories-Analytical or Environmental & Ecological Services.

**Water Quality Testing**

Thurston County Environmental Health .....360-786-5465 • [www.co.thurston.wa.us/health/ehdw/](http://www.co.thurston.wa.us/health/ehdw/)  
For list of accredited labs:  
WA Dept of Ecology .....360-895-6145 • [www.ecy.wa.gov/programs/eap/labs/srchmain.htm](http://www.ecy.wa.gov/programs/eap/labs/srchmain.htm)

**Action Plan**

Look through pages 2-10 and note where you have circled "high concern." Look at the suggested actions. Decide which actions are most needed. Base this on:

- importance to the people in your home,
- your willingness to do them,
- how important it is to your overall health 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 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. \_\_\_\_\_  
\_\_\_\_\_