

INDOOR AIR QUALITY CHECKLIST

*Is Your Health Affected by Poor Indoor Air Quality?
If So, Maybe an Indoor Environmental Professional Can Help*

What are some signs of poor Indoor Air Quality?

- Persons experiencing regularly from any of the following symptoms may suffer from poor Indoor Air Quality:
 - Watery, itchy eyes
 - Wheezing
 - Runny nose and congestion
 - Coughing
 - Headaches
 - Dizziness
 - Fatigue
 - Sinusitis
 - Frequent rashes
 - Bronchitis
 - Asthma
 - Dermatitis
 - Shortness of breath
 - Fatigue
 - Nose bleeds
- Stale, stuffy air with a distinctive odor
- Lingering cooking odors
- Excessive humidity

What could cause poor Indoor Air Quality?

- Animal products – Pets are a source of several contaminants, including hair, dander (skin flakes), dried saliva and dried urine. These particles float easily in the air and spread throughout a home. Insects and their body parts can also pollute the air.
- Microscopic organisms – Dust mites are tiny organisms that feed on dead human skin cells. They are found in bedding, clothing and other textiles and become airborne during activities such as vacuuming and making beds. Bacteria and viruses also fall into this category and cause infectious diseases. They are usually spread through person-to-person contact, but they can also circulate in a home's ventilation system, particularly after remodeling.
- Smoking
- Water leakage
- Dirty heating and air conditioning units
- Radon
- Asbestos
- Lead Paint
- Chemicals in cleaning products, new furniture and carpeting
- Fertilizer or pesticides used by commercial lawn care services
- Carbon Monoxide
- Recent Construction

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INDOOR ENVIRONMENTAL SPECIALISTS
MOLD ■ LEAD ■ RADON ■ ASBESTOS

What can you do to improve your Indoor Air Quality?

- Testing - Have your home professionally tested for mold, humidity, and radon levels; asbestos, lead paint and other sources of poor indoor air quality. A qualified environmental professional can help provide solutions to these issues.
- Ensure moisture control - The relative humidity of a home should be kept within the range of 30% to 50%. There are many ways to control moisture levels in the home.
 - Use dehumidifiers and air conditioners to lower humidity levels, especially during the summer.
 - To reduce moisture, use exhaust fans that are vented to the outside in kitchens and bathrooms.
 - Attend to water problems promptly, including leaking pipes and foundation cracks. Install a sump pump if necessary.
 - Make sure rain water drains away from the home's foundation in order to prevent moisture problems in the basement or crawlspace.
 - Refrain from using basements as living quarters unless they are dry and have sufficient ventilation.
 - Make sure attics and crawl spaces are properly ventilated, as moisture often accumulates in them.
 - Limit the use of humidifiers and the number of houseplants.
- Good Cleaning - Cleaning is important because surfaces coated with grease, soap scum and other organic materials are very susceptible to mold growth. Cleaning also helps eliminate the buildup of animal products and microscopic organisms.
 - Clean appliances that come into contact with water regularly, such as dehumidifiers and window type air conditioning units.
 - Use a vacuum with a high-efficiency filter. This will reduce animal dander and hair and tiny organisms, such as dust mites.
 - If individuals are particularly sensitive to biological pollutants, replace carpeting with wood or vinyl flooring.
 - Mold must be thoroughly removed in order to eliminate a potential air quality hazard, as some people are sensitive to dead mold spores. Use soap and water or cleaning products to remove mold deposits from shower walls, bathtubs and other like surfaces.
 - Have your heating and cooling systems cleaned and inspected annually by a licensed contractor.
 - Use a high quality filter on forced air heating and cooling systems.

This is only a partial list of potential indoor air quality problems. It is important to note that the health issues listed can also be unrelated to poor indoor air quality. Consulting a physician regarding any potential health issues is always recommended. Consider consulting an indoor environmental professional to discuss specific indoor air quality issues.