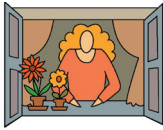


The following chart lists different rooms and possible indoor air problems that could be in each room. It also lists ways to fix those problems and a place to note who will work on that problem and when.

Work on this checklist as a family. Go through your home room-by-room and see what things you may need to fix or change. Add other items that you find. Then decide who will do each one and when. Set an action and a specific date for each action. Be sure to find a reward for each action that you finish.

Room-by-room indoor air quality checklist			
Room	Potential problems	Remedies	Who and When
Kitchen	Unvented gas stove and range	<input type="checkbox"/> Install and use an exhaust fan while cooking. <input type="checkbox"/> Never use a gas stove to heat the home.	
	Household cleaners	<input type="checkbox"/> Open windows and/or run the exhaust fan. <input type="checkbox"/> Use according to manufacturer's directions.	
	Moisture from cooking and dishwashing	<input type="checkbox"/> Install and use an exhaust fan.	
	Pressed wood cabinets	<input type="checkbox"/> After installation of cabinets, open windows and ventilate well. <input type="checkbox"/> Coat with a polyurethane finish to prevent emission of formaldehyde. <input type="checkbox"/> Maintain proper temperature and humidity levels.	
Bathroom	Cleaning supplies	<input type="checkbox"/> Choose less-toxic products when possible. <input type="checkbox"/> Open window or run exhaust fan during use. <input type="checkbox"/> Use according to manufacturer's directions.	
	Moisture, mold, mildew	<input type="checkbox"/> Clean sinks, showers and tubs frequently. <input type="checkbox"/> Use exhaust fans. <input type="checkbox"/> Fix plumbing leaks promptly. <input type="checkbox"/> Keep shower doors and curtains open. <input type="checkbox"/> Wipe down shower walls after use. <input type="checkbox"/> Use tile or vinyl flooring (when possible).	

Room-by-room indoor air quality checklist <i>continued</i>			
Room	Potential problems	Remedies	Who and When
	Personal care products	<input type="checkbox"/> Open window or run exhaust fan during use.	
Bedrooms	Humidifiers	<input type="checkbox"/> Use only when necessary. <input type="checkbox"/> Refill with clean water daily. <input type="checkbox"/> Clean frequently to prevent buildup of microbes.	
	Moth repellents	<input type="checkbox"/> Avoid breathing vapors. Keep moth repellents in trunks or other containers and store away from living areas.	
	Dust mites	<input type="checkbox"/> Use allergen-impermeable covers on pillows and mattresses. <input type="checkbox"/> Wash bedding in hot water at least once a week. <input type="checkbox"/> Use smooth, easy-to-clean furniture.	
All rooms	Animal dander, hair or feathers	<input type="checkbox"/> Keep pets clean. <input type="checkbox"/> Clean house regularly.	
	Carpets	<input type="checkbox"/> Clean and dry water-damaged carpets immediately; replace when necessary. <input type="checkbox"/> Ask retailer to air out new carpeting before installing. <input type="checkbox"/> Keep rooms well-ventilated during carpet installation. <input type="checkbox"/> Vacuum regularly.	



Room-by-room indoor air quality checklist <i>continued</i>			
Room	Potential problems	Remedies	Who and When
	Draperies	<input type="checkbox"/> Keep rooms ventilated when new draperies are installed, as they may emit formaldehyde. <input type="checkbox"/> Maintain proper humidity levels and temperature.	
	Secondhand smoke	<input type="checkbox"/> Do not smoke in the house, and insist that others smoke outside.	
	Dust mites	<input type="checkbox"/> Clean house and vacuum often.	
	Lead-based paint	<input type="checkbox"/> Leave lead paint that is in good condition alone. <input type="checkbox"/> Hire a professional to replace, enclose or encapsulate deteriorating lead paint.	
	Moisture	<input type="checkbox"/> Use exhaust fans and dehumidifiers when necessary.	
Basement and ground floor	Asbestos pipe wrap insulation	<input type="checkbox"/> Inspect for damage or deterioration. <input type="checkbox"/> Consult a professional to repair or remove any asbestos products.	
	Moisture	<input type="checkbox"/> Clean and disinfect floor drain. <input type="checkbox"/> Use dehumidifiers, especially in the summer. <input type="checkbox"/> Remove mold and mildew deposits promptly.	
	Radon	<input type="checkbox"/> Test for radon levels with an inexpensive do-it-yourself kit. <input type="checkbox"/> Consult professionals if radon levels are high.	
	Unvented clothes dryer	<input type="checkbox"/> Vent to the outdoors.	

Room-by-room indoor air quality checklist <i>continued</i>			
Room	Potential problems	Remedies	Who and When
Garage	Car exhaust	<input type="checkbox"/> Do not idle car in garage.	
	Paint/hobby products	<input type="checkbox"/> Use only in well-ventilated areas or outdoors. <input type="checkbox"/> Follow manufacturer's directions. <input type="checkbox"/> Buy limited quantities. <input type="checkbox"/> Reseal containers well.	
	Pesticides	<input type="checkbox"/> Store out of reach of children, and do not store inside the home. <input type="checkbox"/> Open windows when using indoors. <input type="checkbox"/> Follow manufacturer's directions.	
	Stored fuels (e.g. gasoline or kerosene)	<input type="checkbox"/> Buy limited quantities. <input type="checkbox"/> Use well-sealed containers. <input type="checkbox"/> Do not store inside the home.	
Heating and cooling systems	Air conditioner	<input type="checkbox"/> Change filter when needed. <input type="checkbox"/> Empty and clean water tray often. <input type="checkbox"/> Follow proper service and maintenance procedures.	
	Furnace	<input type="checkbox"/> Inspect and service each year. <input type="checkbox"/> Follow proper service and maintenance procedures, including changing filters.	
	Fireplace	<input type="checkbox"/> Open flue when fireplace is in use. <input type="checkbox"/> Inspect flue and chimney annually for blockage or other damage. <input type="checkbox"/> Always extinguish fires before going to bed for the night.	
	Kerosene heater	<input type="checkbox"/> Vent to the outside. <input type="checkbox"/> Only use fuel recommended by the manufacturer. Refill outside. <input type="checkbox"/> If unvented, open a door to the rest of the house and open a window slightly.	
	Wood stove	<input type="checkbox"/> Vent to the outside. <input type="checkbox"/> Choose a properly sized wood stove that meets EPA emission standards.	