

## ADDITIONAL RESOURCES

### General Healthy Home Information

WebMD Health eHome (An interactive tool)  
<http://www.webmd.com/health-ehome-9/>

National Center for Healthy Housing  
<http://www.nchh.org>

Alliance for Healthy Homes  
[http://www.afhh.org/ahh/ahh\\_main.htm](http://www.afhh.org/ahh/ahh_main.htm)

### Mold and Moisture

Sonoma County Environmental Health  
Division  
<http://www.sonoma-county.org/health/eh/>

### Safe and Healthy Cleaning

Green Seal Certified Household Cleaners  
<http://www.greenseal.org/findaproduct/>

### Pesticides

National Pesticide Information Center  
<http://npic.orst.edu/>

### Household Product Safety

U.S. Dept. of Health and Human Safety  
Household Products Database  
<http://householdproducts.nlm.nih.gov/>

### Lead

U.S. Environmental Protection Agency  
<http://www.epa.gov/lead/index.html>

Find more resources at  
[www.sonomaasthma.org](http://www.sonomaasthma.org)

### HOW TO REPORT A PROBLEM

If you are a renter and have a health or safety problem, contact your landlord first. If the problem is not resolved, contact your local code enforcement department. For more information visit: <http://www.sonoma-county.org/health/eh/>

If you or someone in your home has **asthma** or **allergies**, and you want more information about how to control environmental triggers in your home, contact:

**Sonoma County  
Asthma Coalition**  
**707-527-5864**  
115 Talbot Ave.  
Santa Rosa, CA 95404  
[www.sonomaasthma.org](http://www.sonomaasthma.org)

SONOMA COUNTY

**Asthma Coalition**

**AMERICAN LUNG ASSOCIATION**  
IN CALIFORNIA

The Sonoma County Asthma Coalition is fiscally sponsored  
by The American Lung Association in California

## TIPS FOR A HEALTHY HOME

### WHAT'S YOUR HEALTHY-HOUSE SCORE?

- Yes No Do you have washable area rugs or natural flooring instead of carpet?
- Yes No When renovating/painting your home, did you choose products labeled "zero" or "low-VOCs"?
- Yes No Do you actively search for and repair leaks in your home and remove mold?
- Yes No Is your home smoke-free?
- Yes No Do you use non-toxic cleaners?
- Yes No Do you avoid the use of aerosol sprays, air fresheners, and scented products?

Every "Yes" Answer = 10 Points

50-60 Pts: You are doing great in your efforts!

30-40 Pts: You are on your way to a healthier home.

0-20 Pts: Follow the tips inside to make a healthier home.