

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

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

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

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.