Green Your Home:
Improving Environmental Quality

Project Learning Tree®

How healthy is your home? Indoor pollutants can cause headaches, dizziness, nausea, fatigue, dry or runny eyes, congestion, and sore throats. They can also increase the symptoms of asthma. There are many simple things that you can do to improve the health of your home. Use the following questions to help you identify various factors that affect indoor air quality.

1 Has your home been tested for radon? ❏ Yes ❏ No

2 Do you regularly change the filters on your heating and air conditioning units to improve efficiency and reduce allergens? ❏ Yes ❏ No

3 Do you use household cleaners that are nontoxic and safe for use around children and pets? ❏ Yes ❏ No

4 Have you checked your home for molds and mildew? ❏ Yes ❏ No

5 Do you use fans in the kitchen and bathrooms to prevent moisture buildup that can lead to the growth of molds and mildew? ❏ Yes ❏ No

6 Do you turn off the car engine when the car is in the garage or near air intakes? (Idling produces dangerous gasses such as carbon monoxide.) ❏ Yes ❏ No

7 Have you replaced old thermometers that contain mercury with newer mercury-free thermometers? (Thermometers containing mercury should be properly disposed of to prevent mercury contamination.) ❏ Yes ❏ No

8 If you have pesticides, are they safely stored outside and out of reach to protect children, pets, and the environment? ❏ Yes ❏ No

9 Do you have indoor plants, such as the Spider plant or Boston fern, that are non-toxic and help remove indoor air pollutants? ❏ Yes ❏ No

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