



Indoor Air Home Assessment

This assessment tool is intended to help the care provider identify indoor air pollutants in the home that can potentiate health risks. The health effects associated with indoor air pollution can be especially problematic for certain high risk populations. For indoor air pollution, high risk populations include pregnant people, children, elderly, chronically ill, disabled and those with respiratory health impairments. This assessment will provide a generalized home health environmental assessment with a focus on air quality, associated health impacts and simple tips and resources to address areas of concern.

Name: _____

Date: _____

HOUSING CHARACTERISTICS	YES	NO	OTHER	HEALTH IMPACT
Homes built before 1978 may contain lead paint. Was the home built before 1978?				<ul style="list-style-type: none"> • Lead can cause damage to the brain and neurological system. • Children are especially vulnerable to the health effects of lead. Early exposures can lead to behavior and learning complications, lower IQ and hyperactivity.
If so, has the home been tested for lead?				
Is the fuel source of the home anything other than all electric (e.g., natural gas, oil, wood, propane)?				<ul style="list-style-type: none"> • Gas-powered appliances such as gas stoves and furnaces; and the burning of wood, oil and charcoal all emit harmful chemicals that can easily enter the body. • Health conditions such as asthma, irritation to eyes, nose and throat and other more serious conditions can result.
Does the family have a way to ventilate the home (e.g., central ventilation, exhaust fans, windows)?				
Are central heating and cooling filters and/or any portable air filtration systems checked on and changed on a regular basis?				<ul style="list-style-type: none"> • When filtration systems are not changed, they become less effective and potentially harmful. They can collect dust, mold and other contaminants that can worsen allergies and other respiratory problems like asthma.
INDOOR AIR POLLUTANTS	YES	NO	OTHER	HEALTH IMPACT
<u>Radon</u> Has the home been tested for radon?				<ul style="list-style-type: none"> • Radon is an odorless and colorless gas that is the second leading cause of lung cancer in the U.S. and the first leading cause of lung cancer for non-smokers.
<u>Smoking Use</u> Does anyone in the home smoke? Including tobacco, marijuana, cigars, vapes or other substances.				<ul style="list-style-type: none"> • Smoking in the home affects not only the smoker but also others who are exposed to the smoke. It can cause respiratory disease, heart disease and cancer. • Second-hand smoke can increase the risk for developmental issues in children.
Is smoking allowed indoors?				

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INDOOR AIR POLLUTANTS	YES	NO	OTHER	HEALTH IMPACT
<p><u>Pests and Pesticides</u></p> <p>Does the family have problems with pests including ants, termites, bed bugs, mice, rats or others?</p>				<ul style="list-style-type: none"> • Pests like insects and rodents cause damage to your property and belongings. • Pests can also trigger asthma and allergy symptoms. • Pesticide use indoors can cause a host of health problems including skin irritation, hormone disruption, breathing problems, neurological effects, cancer risk and more.
<p>Does the family use pesticides inside of the home?</p>				
<p><u>Mold, Mildew and Moisture</u></p> <p>Are there musty smells, discolored splotches on walls or surfaces with slimy or fuzzy texture, leaks or damp areas in the home?</p>				<ul style="list-style-type: none"> • Mold is a type of fungus that can cause allergic symptoms such as irritation to the eyes, nose and throat; sneezing; itching, coughing; breathing complications; headache and fatigue.
<p><u>Asbestos</u></p> <p>Are there visible materials with a fibrous or chalky appearance that could be concerning for asbestos? Check the insulation around pipes and boilers, ceiling and floor tiles, etc. Some materials might have a label indicating that they contain asbestos.</p>				<ul style="list-style-type: none"> • Asbestos fibers can increase the risk of developing lung diseases and a rare lung cancer called mesothelioma.
<p><u>Cooking Method(s)</u> ⁶</p> <p>Does the family use combustion processes for cooking? (e.g., use a gas or wood stove cooking?)</p>				<ul style="list-style-type: none"> • Combustion cooking processes can release many indoor air pollutants. Health effects include immediate symptoms such as eye, nose, and throat irritation. Long-term exposures may result in lung and heart disease and increased cancer risk.
<p><u>Cleaning Method(s)</u></p> <p>Does the family dry sweep or dust inside of the home?</p>				<ul style="list-style-type: none"> • Dry dusting and sweeping can move particles from surfaces into the air where they can more easily be breathed in. • Chemical cleaners may contain ingredients that are harmful to the respiratory system, skin and other bodily systems that can cause short term and long term health effects.
<p>Does the family use chemical cleaning solutions inside of the home?</p>				
<p><u>Other Visible Irritants</u></p> <p>Does the family use air fresheners or plug-ins?</p>				<ul style="list-style-type: none"> • Products that have added strong scents or fragrance as an ingredient may contain chemicals that have been linked with respiratory problems, cancer and infertility.
<p>Do they use scented candles or incense?</p>				

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HOME SAFETY PRACTICES	YES	NO	OTHER	HEALTH IMPACT/INDICATION
<p><u>Monitoring</u></p> <p>Does the home have a smoke and carbon monoxide detector on each floor of the home?</p>				<ul style="list-style-type: none"> Carbon monoxide is an odorless and colorless gas that can be fatal if exposed to at high levels. Having functional detectors in the home is the only way to know if carbon monoxide is present in the home at potentially harmful levels.
<p>Does the family know how to check if their smoke detector is functioning?</p>				
<p><u>Fire Extinguisher</u></p> <p>Does the family have an unexpired fire extinguisher with a pressure gauge in the green zone?</p>				<ul style="list-style-type: none"> In case of a fire emergency in the home, you want to have a designated place for your fire extinguisher that is accessible to everyone in the household.
<p><u>Safe Storage</u></p> <p>Are all cleaners, pesticides or other chemical-based products closed and stored out of reach of children and pets?</p>				<ul style="list-style-type: none"> Inhalation, ingestion or contact to the skin or eyes can potentially cause many health risks including toxicity and death. Some chemicals may continue to emit into the air even when they are tightly sealed. If possible, store chemicals in closed cupboards out of reach of children and pet or outside of the home.
<p><u>Home Renovations/Remodeling</u></p> <p>Are there any active renovations taking place in the home during the home assessment?</p>				<ul style="list-style-type: none"> Many everyday building materials have harmful components that can negatively impact indoor air quality. It is possible to choose safer materials and adopt breathing-friendly work practices to improve the air quality in your home during construction and renovation projects.
<p>Does the family anticipate home renovations?</p>				

Provider Notes:

Findings:

Indoor Air Quality Tips and Resources

The tips and resources listed below are not a complete list of all possible actions. For more information on any assessment section, please refer to calnursesforehj.org/indoor-air/, epa.gov, cdc.gov, lung.org or others sources that are evidence-based.

HOUSING CHARACTERISTICS

LEAD

*If the home was built before 1978 or unsure, it may contain lead paint and there should actions taken to prevent exposure. If so, direct the family to: www.epa.gov/lead/how-make-your-home-lead-safe

*If you suspect potential lead exposure of a child, make an appointment with the family's pediatrician. Direct the family to: www.cdc.gov/lead-prevention/testing/

FUEL SOURCE

*Provide education about the sources of fuels commonly used in the home that pollute the air and are harmful to health.

*For more information on managing combustion products: www.epa.gov/indoor-air-quality-iaq/sources-combustion-products

VENTILATION

*Use exhaust fans, portable fans and open windows to direct indoor air pollutants outdoors.

*Ventilate when there are obvious fumes and visible particles in the air such as when cooking on a gas stovetop and cleaning.

*Open windows often in weather and safety-permitting conditions.

FILTRATION

*Always change home filters per the manufacturers recommendation.

*If unsure, it is typically recommended to check filters monthly during seasons of higher use (i.e., hot and cold seasons), and if you have pets, allergies, or are conducting home renovations.

*Recommend a high efficiency particulate air (HEPA) filter if possible.

*For more information on types of air filter and healthy home practices: www.ewg.org/healthyhomeguide/air-filters/

INDOOR AIR POLLUTANTS

RADON

*If the home has not been tested or if the family is unsure, educate the family about the low price and ease of home radon test kits: sosradon.org/purchase-kits

*If radon level is high (above 4 pCi/L), find a certified radon reduction contractor. Call 1-800-SOS-RADON.

*For more resources, direct family to: <https://www.epa.gov/radon>

SMOKING

*Educate the family about the health benefits of keeping a strict no-smoking and no-vaping rule in the home.

*If there is a smoker in the household, direct the family to regularly clean surfaces and air out the home to remove residues of smoke.

*Smoking cessation resources: smokefree.gov/

Indoor Air Quality Tips and Resources

PESTS AND PESTICIDES

- *Educate the family about eliminating food, water and shelter sources that attract pests.
- *Ensure that food is tightly sealed in container when not in use and that garbage bins can be tightly closed.
- *If there are pest issues, direct family to resources about Integrated Pest Management:
www.epa.gov/safepestcontrol/integrated-pest-management-ipm-principles

MOLD, MILDEW AND MOISTURE

- *Educate the family about the areas of the home that are most at risk for mold growth.
- *Help the family to address any signs of leaks or water damage.
- *Educate the family about preventative measures: ventilation, not allowing areas of the home to remain damp and addressing areas of concern as soon as possible.
- *For more information on mold, direct the family to: <https://www.epa.gov/mold>

ASBESTOS

- *Educate the family about where asbestos can be found in the home such as wall insulation, hot water pipes, etc.
- *Educate the family to not disturb surfaces that might contain asbestos.
- *If there are concerns about asbestos, direct the family to resources about asbestos and finding an accredited inspector: www.epa.gov/asbestos

COOKING METHODS

- *If the family uses gas appliances or combustion cooking methods, educate about the importance of ventilation.
- *Refer to the ventilation and fuel source tips and resources sections of this assessment for more information.

CLEANING METHODS

- *Educate the family about the importance of vacuuming weekly with a HEPA vacuum, if possible.
- *Educate the family about how sweeping and dry dusting can cause particles to move into the air rather than out of the home.
- *Educate the family about how fine particles are especially irritating to those with asthma and other breathing complications.

CLEANING SOLUTIONS

- *Highlight some of the most concerning chemicals found in household cleaners, such as ammonia, bleach, and phthalates.
- *Educate the family on basic safety measures when managing chemical cleaners such as wearing gloves and avoid mixing of chemicals.
- *Recommend commercially available cleaning products that are labeled as non-toxic. Look for certifications like Green Seal or EPA Safer Choice.
- *For more information, direct family to: epa.gov/saferchoice/products

OTHER VISIBLE IRRITANTS

- *Educate the family to minimize the use of air fresheners and scented candles.
- *Decrease the number of personal care products used that have strong fragrances and switch to fragrance-free if possible.

Indoor Air Quality Tips and Resources

HOME SAFETY PRACTICES

MONITORING

- *Smoke detectors should be present on each floor of the home.
- *Press the test button on each smoke detector monthly. You should hear a loud alarm if the detector is properly functioning.
- *Do not idle vehicles in the garage, especially if it is connected to the home.
- *For more information on carbon monoxide, direct the family to: [cdc.gov/carbon-monoxide/about/index.html](https://www.cdc.gov/carbon-monoxide/about/index.html)

FIRE EXTINGUISHER

- *Check that the extinguisher is in its designated place, the gauge is in the green (charged) zone, and there are no visible signs of damage or corrosion.

SAFE STORAGE OF HAZARDOUS MATERIALS

- *All cleaners, pesticides and other potentially harmful substances should be kept out of reach of children and pets.
- *Make sure all lids are tightly secured and labels are intact.
- *Do not mix chemical solutions together.

HOME RENOVATIONS/REMODELING

- *If the family is remodeling, help them keep the air cleaner during the process by directing them to: [lung.org/clean-air/indoor-air/building-type-air-resources/at-home/new-construction-remodeling-tips](https://www.lung.org/clean-air/indoor-air/building-type-air-resources/at-home/new-construction-remodeling-tips)

Provider Notes

Corrective Action Plan:

Follow-Up Plan:
