

Indoor Checklist:

Home exposure	Yes	No	Action if the answer is "YES"	Done
<b>The low-hanging fruit – easy places to start</b>				
Does anyone smoke in your house?			Have them smoke outside	
Do you have any clothing dry cleaned?			Air them out for at least 48 hours before bringing them inside	
Do you or those you live with wear shoes indoors?			Don't wear shoes in the house	
Do you have scented candles burning in the house?			Take them out of the house	
Do you have metal-wicked candles (slow burning) burning in the house?			Take them out of the house	
Do you use air fresheners in the house?			Do not use air fresheners	
Do you have plug-in air fresheners in the house?			Take them out of the house	
Have you had water damage in your house?			Get your home tested for mold by a professional	
Is there anywhere in your house where it smells musty or moldy?				
Do you use scented dryer sheets?			Switch to non-scented dryer sheets	
Do you use scented laundry detergent?			Switch to non-scented	
Do you use aerosol sprays in the house?			Switch to non-aerosol sprays (like pump action sprays)	
Do you cook with Teflon pans?			Switch to pans without Teflon	
Has it been more than 8 weeks since you last changed your furnace filter?			Change them	
Do you use high-quality furnace filters (pleated with at least a MERV-7 rating)?			Use high quality – MERV 7-9	
<b>More difficult – but highly rewarding tasks</b>				
Do you have particle board furniture in the house?			Remove it and replace with real wood furniture	
Do you have wall-to-wall carpeting?			Remove it and replace with pre-finished hardwood, tile, stone or linoleum	