



HEALTHY INDOOR DIAGNOSTICS

HEALTHY HOME QUIZ

1. Do you or your family members suffer from chronic headaches or other chronic health conditions? Yes/No

No: If you answered no, that's great! Many of us suffer from these seemingly minor conditions and don't realize they can sometimes be addressed by evaluating our environment.

Yes: If you answered yes, contact us for a no obligation conversation to discuss how we might be able to help you uncover hidden environmental issues in your home that could be affecting your health. Sometimes seemingly minor conditions can be addressed by evaluating our environment.

2. Do you store opened paint, stain, or other chemical products in your utility room (or inside your home)? Yes/No

No: If you answered no, that's great! Even when containers seem "sealed" - fumes are actually leaking out constantly and can build up inside your home.

Yes: If you answered yes, contact us for a no obligation conversation to discuss the dangers of storing these items in a room where a central furnace is located. Harmful fumes can be spread through your home if these items are stored near your furnace even when containers seem "sealed".

3. Do you think your home is free of harmful EMFs? Yes/No

Yes: If you answered yes, you might be surprised to realize that EMF exists in EVERY home! Electromagnetic radiation or electromagnetic fields (EMF) exist everywhere electricity is in use. EMF's are invisible lines of force that surround all electrical devices, wiring, and occur with new wireless technology as well- we can help you determine if EMF levels in your home meet safe levels.

No: If you answered no, you should contact us for a no obligation conversation to determine potential EMF exposures and how we can help you minimize them in critical areas of your home.

4. Do you avoid the use air fresheners to improve the air quality in your home? Yes/No

Yes: If you answered yes, that's good! Commercial air freshening products do NOTHING to improve air quality. Natural essential oils (or FRESH air from outside) are always the better option.

No: If you answered no and frequently use these products - you should know air fresheners are artificial scents made up of dozens of chemical compounds. This also applies to anything with "fragrance" as an ingredient. Air fresheners may contain harmful chemicals and generally should be avoided.

5. Do you use mass brand cleaning products (even those labeled "green")? Yes/No

No: If you answered no, that's a good thing. Natural cleaning products with vegetable ingredients are a good choice.

Yes: If you answered yes, you should know there are no "green" standards. You should read the label and choose those made with vegetable ingredients. Baking soda, vinegar, and castille liquid soap make a natural cleaner you don't have to worry about.

6. Do you store cleaning products and beauty products (like nail polish) in your home? Yes/No

No: If you answered no, that would be surprising. We all store these products for easy access in our homes.

Yes: If you answered yes, you should consider storing ANY cleaning products and nail polish in sealed bins within your home. This keeps harmful VOC's from circulating freely in your home.

7. Do you keep your home windows closed to avoid allergens from the outside? Yes/No

No: If you answered no, you probably know that when your home is closed up it allows pollutants and chemicals to build up. Ventilation and fresh air is critical to dilute any toxins that may exist.

Yes: If you answered yes, we understand that outdoor air can contain irritants so you keep your windows closed to avoid them. However, fresh airflow through your home is very important. Contact us today to determine if air filtration or other indoor air quality evaluation could help.

8. If you have an attached garage on your home– does the door into your house lack an effective seal? Yes/No

No: If you don't know - the seal on the door into your home should be verified. Fumes from car exhaust and chemicals that are stored in your garage can get pulled into your home if the seal is not adequate. Really analyze the chemicals in your garage and store them in sealed bins to limit VOC's that are emitted around your home.

Yes: If you answered yes, this should be remedied quickly. Keeping car exhaust and chemical fumes OUTSIDE the house is very important. Be sure to store any chemicals, pesticides, fuel, paint, etc. in a sealed container to limit VOC exposure and make sure you have a SOLID seal on this door.

9. Do you ever wonder what effect cell phones, wireless computers, and mobile devices have on the health of your family? Yes/No

No: Perhaps you've never thought much about it – we all love the convenience of these devices. However, the constant use of all these devices adds an additional exposure to a new source of EMF. Simple changes can be made to reduce any harmful exposures.

Yes: If you answered yes, good for you. Awareness is the first step – and if you contact us today – we can use our state of the art equipment to quantify your exposure and help you keep your family's exposure at a healthy level.

10. Do you or your children suffer from asthma or allergies? Yes/No

No: If you don't know – that's great. Many factors in the home can worsen these conditions.

Yes: If you answered yes, air quality inside your home may be a factor. Contact us today to discuss how evaluating your home could improve the health of your family.

If you answered 4 or more of the above questions "YES" – you could benefit from an in-home evaluation. Call us today at 303.903.8714 to schedule an appointment.

When in doubt...check it out! Call us today!