

home wellness checklist

mws

how well is your home? tally up your checkmarks and see your score below!

WHOLE HOME

- Leave your outdoor shoes at the door
- Open windows to bring in fresh air
- Ensure detectors are installed/working (smoke + CO)
- Increase presence of nature (indoor plants) and bring in more natural light
- Ensure all lead is out of your home (for homes built before 1980)

LIVING ROOM

- Vacuum every day and use a HEPA filter
- Avoid all smoking indoors, (i.e. cigarettes, vaping and e-cigarettes)
- Avoid using candles/incense as they increase airborne particles
- Purchase/use finishes, furniture and carpets made without harmful chemicals
- Ensure proper ventilation in fireplaces and wood stoves

BEDROOMS

- Sleep only room! Limit all other activities in this space
- Use black out curtains, and blue lighting to realign the body's circadian rhythms
- Use portable humidifiers and air purifiers to capture airborne dust
- Set a temperature target between 65-70°F to help keep you comfortable throughout the night
- Blockout noise. Noise is associated with increases in blood pressure and a higher risk of developing cardiovascular disease

KITCHEN

- Cook with the exhaust hood on (and vented outdoors)
- Ensure your fire extinguisher is easily accessible
- Filter drinking water and consider adding a whole house water filter system
- Choose glassware over plastic and cast iron or ceramic cookware over non-stick
- Control pests using physical traps, natural pest enemies and preventative measures (removing garbage, open food etc.) not by using unsafe pesticides.

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BATHROOMS

- Exhaust air outdoors to control moisture buildup resulting in mold and water damage
- Avoid plug/play air fresheners as they deliver chemicals in the air that cause irritation
- Look for effective green cleaners labeled as safer by a third-party organization like EPA Safer Choice, Green Seal, or ECOLOGO.
- Skip the antimicrobials and use simple soap and water
- Prevent slips, trips and falls with handrails and non-slip mats

OUTDOORS

- Avoid or limit the use of the chemicals on your lawn and in your garden in order to keep your exposure low to pesticides/herbicides
- Beware of air from attached garages as air in those spaces can infiltrate your home
- Ensure the safety and security of your home by installing an alarm system and ensuring kids/seniors cannot access dangerous parts of the home (i.e pool, garage, etc)
- Check for leaks, cracks and holes, that allow pests or drafts to enter home
- Make sure you have a plan/materials needed so that you can withstand any natural disasters in your region

BASEMENT

- Measure and control radon, the second leading cause of lung cancer
- Do not disturb signs of asbestos, and hire a professional to test and remediate, if necessary.
- Dehumidify and inspect for signs of water issues
- Choose a hard floor, carpets can trap moisture producing mold and mildew
- Avoid having any kind of solvents (or other chemical storage) inside your basement- move to outdoor storage area or garage

score chart

tally up your checkmarks to see how you did!

1 - 10 : 911!! You need immediate help!

10 - 20 : Definite improvements need to be made ASAP.

20 - 30 : Could be better, but you're definitely on the right track.

30 + : Your house is nearly there, a few more tweaks and you'll have a perfect score.