

Track The Pollution In Your Home

You spend nearly 90% of your time indoors...more than half of that time in your home. This easy quiz could uncover the existence of potential health hazards you may not have realized!

Give yourself 1 point for each "yes" answer. More than 5 points tells you it's time for Nature's Home®

Sources of Indoor Contaminates

- Do any household members smoke?
- Do any furry pets live indoors?
- Are insecticides or pesticides used indoors?
- How many cars are parked in an attached and enclosed garage?
- Are any of the following hobbies conducted indoors: woodworking, jewelry making, pottery, or metal building?
- Do you use pressurized aerosol canisters?
- Is part of your living area below ground?
- Is your home insulated with urea-formaldehyde or asbestos?
- Are heating vents corroded or rusted?
- Do burner flames on gas-heating or cooking appliances appear yellow instead of blue?
- Do you have an unvented gas space heater?

Strength of Indoor Contaminates

- Are there unusual and noticeable odors?
- Is the humidity level unusually high or is moisture noticeable on windows or other surfaces?
- Does the air seem stale?
- Are there any of the following symptoms noticeable among residents: headaches, itchy or watery eyes, nose or throat infection or dryness, dizziness, nausea, colds, or sinus problems?
- Have you noticed an increase in lack of energy?
- Do you still feel tired after a normal night's sleep?
- Do you have difficulty concentrating?
- Are you feeling mildly depressed for no apparent reason?
- Is there a noticeable lack of air movement?
- Have you insulated or weatherized your home?
- Is dust on furniture noticeable?
- Is dust or dirt staining walls, ceilings, furniture, or draperies?

High Risk Household Members

- Are any family members less than 4 or more than 60 years old?
- Is anyone normally confined to the house for more than 12 hours per day?
- Does anyone suffer from asthma or bronchitis, allergies, heart problems, or hypersensitivity pneumonitis?

Total "Yes" answers