

Use this checklist to help you assess the health of your home and identify areas for improvement.

- These items are beneficial to keeping your home a healthy place to live.
- These are items you may want to consider to improve the health of your home.

Lead	Yes	No
Was your home built before 1978?	<input type="checkbox"/>	<input type="radio"/>
Do you see chipping or cracking paint near doors, windows, or baseboards?	<input type="checkbox"/>	<input type="radio"/>
Do you have vinyl shades?	<input type="checkbox"/>	<input type="radio"/>
Do you have any metal costume jewelry or toys?	<input type="checkbox"/>	<input type="radio"/>
Lead Resources Any <input type="checkbox"/> ? Visit the Minnesota Department of Health (MDH) healthy homes website under Lead .		
Mold and moisture		
Are vents from your kitchen, bathroom, and laundry room clean and unobstructed?	<input type="radio"/>	<input type="checkbox"/>
Do you smell mold or mildew when you first enter your home?	<input type="checkbox"/>	<input type="radio"/>
Do your windows open and close?	<input type="radio"/>	<input type="checkbox"/>
Does water condense on the inside of windows?	<input type="checkbox"/>	<input type="radio"/>
Do you see signs of water damage under sinks, in closets, or on walls?	<input type="checkbox"/>	<input type="radio"/>
Are there signs of mold or mildew in the shower, sink, windowsill, walls, or ceiling?	<input type="checkbox"/>	<input type="radio"/>
Is your bathroom fan able to draw a piece of tissue toward itself?	<input type="radio"/>	<input type="checkbox"/>
Mold and Moisture Resources Any <input type="checkbox"/> ? Visit the Minnesota Department of Health (MDH) healthy homes website under Mold and Moisture .		

Radon	Yes	No
Have you tested your home for radon?	<input type="radio"/>	<input type="radio"/>
If necessary, have you followed recommended guidelines for radon mitigation?	<input type="radio"/>	<input type="radio"/>
Radon Resources Any <input type="radio"/> ? Visit the Minnesota Department of Health (MDH) Healthy Homes website under Radon .		
Asbestos		
Do you have ceiling tiles or “popcorn” soundproofing texture on walls or ceiling?	<input type="radio"/>	<input type="radio"/>
Do you see steam pipe or hot water pipe insulation in poor repair?	<input type="radio"/>	<input type="radio"/>
Do you have old vinyl sheet flooring or tiles in poor repair?	<input type="radio"/>	<input type="radio"/>
Asbestos Resources Any <input type="radio"/> ? Visit the Minnesota Department of Health (MDH) Healthy Homes website under Asbestos .		
Other indoor air quality		
If you have a gas stove, is it vented to the outside?	<input type="radio"/>	<input type="radio"/>
Do you smell air fresheners, candles, or incense?	<input type="radio"/>	<input type="radio"/>
Do aromas linger from cooking, cleaning, or other activities?	<input type="radio"/>	<input type="radio"/>
Other Indoor Air Quality Resources Any <input type="radio"/> ? Visit the Minnesota Department of Health (MDH) Healthy Homes website under Indoor Air Quality .		
Drinking Water	Yes	No
If you have a private well, do you test your water every year for bacteria?	<input type="radio"/>	<input type="radio"/>
If you have a private well, do you test your water every two or three years for nitrates?	<input type="radio"/>	<input type="radio"/>
If your home was built prior to 1985, have you tested your water for lead?	<input type="radio"/>	<input type="radio"/>
Drinking Water Resources Any <input type="radio"/> ? Visit the Washington County Environmental Services Water Resources website for information on well water testing. The MDH Owner’s Guide to Wells contains more information on the resources available to well owners in Minnesota.		

Chemical Safety	Yes	No
Do you use chemical fertilizer, weed & feed, weed killer, or pesticides as instructed on the label?	<input type="radio"/>	<input type="radio"/>
Do you read product labels prior to purchase to identify the risks associated with using, storing, and disposing the product?	<input type="radio"/>	<input type="radio"/>
Do you follow product usage guidelines to avoid accidents/injuries, etc.?	<input type="radio"/>	<input type="radio"/>
Do you look for less toxic alternatives to cleaning products?	<input type="radio"/>	<input type="radio"/>
Do you store cleaners and potentially toxic chemicals out of the reach of children?	<input type="radio"/>	<input type="radio"/>
Are medications stored out of the reach of children?	<input type="radio"/>	<input type="radio"/>
Do you have a doormat for wiping shoes at the front door and other entrances?	<input type="radio"/>	<input type="radio"/>
Do you routinely remove shoes before entering the home?	<input type="radio"/>	<input type="radio"/>
Chemical Safety Resources Any <input type="radio"/> ? Visit the Reduce.org website to learn more about reading product labels, chemical storage and ways to reduce the number of chemical hazards in your home. Or search for the Non-Toxic Cleaning Recipes brochure on the Minnesota Pollution Control Agency (MPCA)'s website.		
Household Hazardous Waste		
Do you know where to bring your left over or unwanted chemicals?	<input type="radio"/>	<input type="radio"/>
Household Hazardous Waste Resources Answered <input type="radio"/> ? You can bring your Household Hazardous Waste, including mercury-containing items to the Washington County Environmental Center for safe disposal.		
Mercury		
Does your thermostat have a manual dial (not digital)?	<input type="radio"/>	<input type="radio"/>
Do you have a thermometer that contains mercury?	<input type="radio"/>	<input type="radio"/>
Do you properly dispose of fluorescent lights or compact fluorescent energy-saving bulbs?	<input type="radio"/>	<input type="radio"/>
Mercury Resources Any <input type="radio"/> ? Learn more about Mercury in the home on the MPCA website under Mercury .		

Pest Control	Yes	No
Do you see holes in baseboards and floors where wires and cables enter the home?	<input type="checkbox"/>	<input type="radio"/>
Look under the sink and cabinets and behind the stove and refrigerator:		
Are there signs of pests (gnaw marks, droppings, moths)?	<input type="checkbox"/>	<input type="radio"/>
Are there crumbs?	<input type="checkbox"/>	<input type="radio"/>
Is it possible to get to these small spaces for cleaning?	<input type="radio"/>	<input type="checkbox"/>
Are there objects with standing water outside surrounding your residence that could become breeding grounds for mosquitoes?	<input type="checkbox"/>	<input type="radio"/>
Pest Control Resources Any <input type="checkbox"/> ? Visit the University of Minnesota Extension website to learn more about Household Insects . Visit the Centers for Disease Control and Prevention Pest Management website to learn more about integrated pest management strategies. Visit the Metropolitan Mosquito Control District for more information on mosquito management in the Twin Cities area.		
Food Safety	Yes	No
Do you prepare food for others when you are ill?	<input type="checkbox"/>	<input type="radio"/>
Do you have a thermometer in your refrigerator and freezer?	<input type="radio"/>	<input type="checkbox"/>
Is your refrigerator kept at 40°F or below and freezer at 0°F or below?	<input type="radio"/>	<input type="checkbox"/>
Do you rinse fruits and vegetables under running water before consuming?	<input type="radio"/>	<input type="checkbox"/>
Do you thaw food at room temperature/on the counter?	<input type="checkbox"/>	<input type="radio"/>
Do you check final cooking temperatures of food?	<input type="radio"/>	<input type="checkbox"/>
Do you prepare raw meat/poultry and ready to eat food (salads, etc.) on the same cutting board or work surface?	<input type="checkbox"/>	<input type="radio"/>
Do you place cooked food on a plate that previously held raw meat or poultry?	<input type="checkbox"/>	<input type="radio"/>
Food Safety Resources Visit the MDH website Food Safety for more detailed information on food preparation, storage and cleanliness. Learn more about foodborne illness from FightBac.org .		