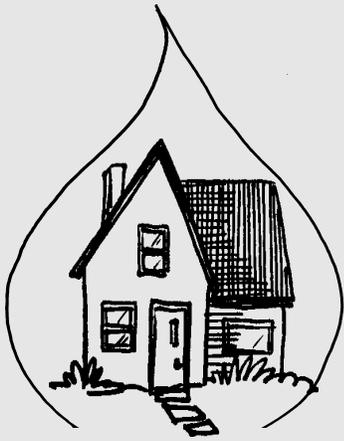


Home*A*Syst

for New Jersey



This worksheet identifies where indoor air problems come from, and what can be done to eliminate them. Health hazards related to air quality can be serious, but there are many opportunities for action. This assessment covers:

1. Identifying and controlling potential sources of air quality problems.

- ✓ **Combustion by-products, such as smoke and carbon monoxide**
- ✓ **Building materials, including carpets, wood products and paints**
- ✓ **Household products and chemicals**
- ✓ **Biological contaminants, like mildew, animal dander, and dust mites**
- ✓ **Radon, a radioactive gas**

2. Managing your indoor air.

- ✓ **Ventilation**
- ✓ **Air cleaners**

Completing this worksheet helps you evaluate risks to your home's air quality, and gives tips for reducing those risks.

Indoor Air Quality

Reducing Health Risks and Improving the Air You Breathe

Why should you be concerned?

Clean air is a precious asset -- fresh, full of oxygen, clean-smelling, and without harmful pollutants. If you are like most people, you spend at least half of your life inside your home. The air in many modern American homes, however, may not be fit to breathe. It can be more polluted and dangerous to your health than the air outdoors, sometimes having five times the pollution of outdoor air. If your home has poor air quality, it may be simply annoying or unpleasant, or it may lead to serious health problems.

What are the signs of trouble?

It is not always easy to detect poor air quality. Although you can smell paint fumes and see smoke, many deadly gases, such as carbon monoxide gas, are invisible and odorless. Common health problems, such as irritated eyes and nose, headaches, dizziness, tiredness, asthma, viral infections, and respiratory diseases may be due to substances in the air you breathe. Some serious effects of poor air quality, like lung cancer, may take many years to develop. People react differently depending on their age, sensitivity, health status, and the type and length of exposure.

Part 1 -- Identifying and Controlling Potential Sources of Air Quality Problems

Finding the source--or sources--of the problem should be your first step. If you do nothing else, dealing with the most troublesome sources will lead to better health for everyone who breathes the air in your home. Poor air quality is usually not the result of a single pollutant. Reducing health risks to you and your family may require several actions. Addressing problems at the source is usually the most cost efficient approach. Simply "clearing the air" with more ventilation may not eliminate the problem, and can increase energy costs.

How many sources exist in your home?

In tackling the problem of indoor air pollution, you need to think in terms of the specific pollutant, such as formaldehyde or carbon monoxide. You also have to track down the physical source of the pollutant, such as a furnace or damp crawl space. This assessment cannot cover all possible pollutants and their sources, but it calls attention to the most common types and provides a starting point for investigation and action. Fill out the assessment questions that pertain to each of the five sections in Part 1.

1.1 Combustion by-products: What precautions are you taking?

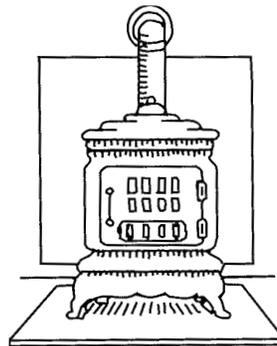
Fuel burning appliances. Airborne combustion by-products come from oil and gas furnaces, wood or gas stoves, fireplaces, kerosene and gas space heaters, gas ranges, cooktops and water heaters, and automobiles. Pollutants include carbon monoxide, nitrogen and sulfur oxides, formaldehyde, smoke, and tiny breathable particles. These by-products should be vented to the outside to prevent accumulation indoors. You should provide extra ventilation for space heaters and gas stoves that are designed for use without a chimney or flue.

Carbon monoxide -- an odorless, colorless gas -- is a pollutant of special concern because it can kill. Symptoms of exposure such as headaches, dizziness and nausea may be mistaken for other causes. A malfunctioning furnace or blocked flue pipe can result in carbon monoxide levels that are fatal.

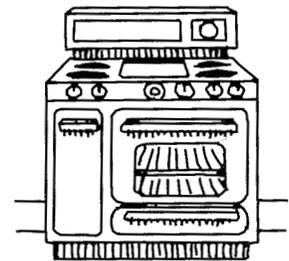
If unsure about the safety of your combustion appliances, call the dealer or service professional for expert assistance. Yearly inspection is recommended for most heating systems. Like your car, your furnace needs cleaning and tune-ups to keep it in good

condition. Even a well running system can become a hazard if the chimney or flue becomes blocked and gases cannot escape. In addition, be alert for backdrafting. This occurs when the indoor air pressure is lower than outdoor air pressure. Then, combustion gases will be pulled back into the living space, instead of being fully exhausted to the outside. Backdrafting is especially likely in a well sealed, energy efficient home. (See Home-A-Syst worksheet on Heating & Cooling Systems)

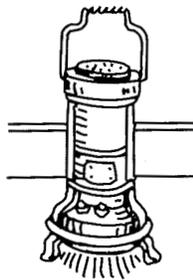
Carbon monoxide (CO) detectors look and operate much like a smoke detector. Some experts recommend that CO detectors be installed in all homes that have combustion appliances. However, the detectors will not replace good maintenance of your heating system.



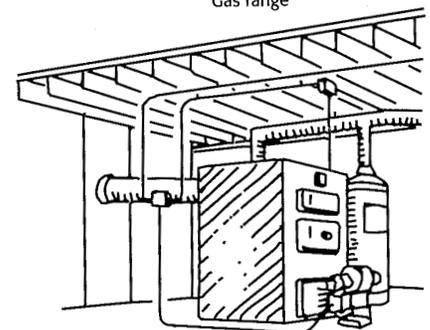
Wood or coal stove



Gas range



Portable kerosene heater



Gas furnace or water heater

Figure 1. Examples of fuel-burning appliances and devices that may be present in a home.

Tobacco smoking. The smoke from cigarettes, cigars and pipes contains a wide range of throat and lung irritants, as well as hazardous and cancer causing chemicals. A smoky home environment puts everyone at risk, not just the smoker.

Assessment 1.1 -- Combustion By-Products

Use the assessment below to rate your combustion by-product risks. For each question, put the risk level number (1, 2, or 3) in the column labeled "Your Risk." Although some choices may not correspond exactly to your situation, choose the response that best fits.

Responding to Risks

Your goal is to lower your risks. Turn to the Action Checklist on page 90 to record the medium and high risk practices you identified. Use the recommendations above to help you make plans to reduce your risks.

1.2 How many building materials, wood finishes, and home furnishings might be affecting your indoor air?

Many products used to build and furnish a home can pollute indoor air. Four of the most common types are discussed here. Especially when these materials are new, they can release hazardous emissions into the air such as formaldehyde and volatile organic com-

pounds. Air pollutants can also come from old or deteriorating materials, such as asbestos. High temperature and humidity can worsen the problem.

Pressed wood products. Pressed or manufactured wood products -- made from wood chips or sawdust -- are widely used in home construction for flooring, sheathing, shelving, and cabinets. Furniture is often made of manufactured wood products. The particular concern is formaldehyde, which is used in the glues that hold these materials together. Formaldehyde will *off-gas*, or be released into the air, especially when the product is new. Some individuals may be very sensitive to formaldehyde. Sealing the surface of the wood product will reduce formaldehyde emissions. Manufactured wood products with low formaldehyde emissions are also available.

Carpet. New carpets can release volatile chemicals from carpet backing, padding, and fibers, as well as the finishes that give carpeting its anti-static and soil-release properties.

ASSESSMENT 1.1 -- Combustion By-Products

| | LOW RISK | MEDIUM RISK | HIGH RISK | YOUR RISK |
|---|---|---|--|-----------|
| Combustion appliances, plus chimneys and flues | All combustion appliances vented to the outside. Chimneys, flues, gas/oil furnances, wood stoves, and other combustion appliances inspected and cleaned at least once a year. | Inspected only once or twice in the past five years. | Frequent use of unvented kerosene or gas space heaters. Chimneys, flues, and combustion devices not inspected, or inspection record unknown. | |
| Carbon monoxide detectors (only in homes with combustion appliances) | Carbon monoxide detectors properly installed and battery tested regularly. | Detector installed but not tested regularly. | No carbon monoxide detector installed. | |
| Tobacco smoking | Tobacco smoking not permitted in the home. | Smoking permitted, but only in well ventilated areas. | Frequent smoking or poor ventilation causes smoky indoor air. | |

Planning to install a new carpet?

For better air quality, try to:

1. Choose a carpet that is certified by The Carpet and Rug Institute (CRI) to be a low volatile organic compound (VOC) emitting carpet.
2. If you think that you may be especially sensitive, ask the carpet dealer to unroll the carpet and leave it in a well ventilated area for at least 24 hours before it is brought to your home.
3. Plan to install the carpet at a time of year when you can provide extra ventilation by opening windows during and immediately after installation.
4. Arrange for chemically sensitive persons to be out of the house for the first few days after the new carpet is installed.

The carpet industry is working to reduce these emissions. The Carpet and Rug Institute (CRI) now certifies low-emissions carpeting (see Figure 2). Carpets of any age can act as a trap or sponge for chemical and biological pollutants which are carried in the air or are tracked in from outside. Damp, dirty carpet is a breeding ground for biological pollutants. Carpets require regular vacuuming and cleaning.

Paint, varnish and other surface finishes. Products used to finish, protect and beautify materials in the home are potential sources of indoor air pollutants because they contain volatile organic compounds (VOCs). Products that are oil-, solvent-, or alkyd-based release more harmful vapors than water-based products. Not sure about a particular product? If the instructions on the label say to clean up with soap and water, then it is water-based. Provide lots of extra ventilation when finishes are newly applied, or apply outside the home and wait until they are dry.

Lead, a highly toxic substance, was once a common ingredient in household paint. Many homes still have lead-base paint. Lead dust can be released into the air as the paint wears, or during renovations. See the Home-A-Syst worksheet on lead for more information.

Asbestos. Until about 1980, asbestos was widely used in building materials to give strength, increase heat insulation and provide fire resistance. It was used in roof and siding shingles, soundproofing materials, insulation around pipes, heating ducts and flues, and in

INDOOR AIR QUALITY CONSUMER INFORMATION

IMPORTANT HEALTH INFORMATION:
SOME PEOPLE EXPERIENCE ALLERGIC OR FLU-LIKE SYMPTOMS, HEADACHES, OR RESPIRATORY PROBLEMS WHICH THEY ASSOCIATE WITH THE INSTALLATION, CLEANING, OR REMOVAL OF CARPET OR OTHER INTERIOR RENOVATING MATERIALS. IF THESE OR OTHER SYMPTOMS OCCUR, NOTIFY YOUR PHYSICIAN OF THE SYMPTOMS AND ALL MATERIALS INVOLVED.

SENSITIVE INDIVIDUALS
PERSONS WHO ARE ALLERGY-PRONE OR SENSITIVE TO ODORS OR CHEMICALS SHOULD AVOID THE AREA OR LEAVE THE PREMISES WHEN THESE MATERIALS ARE BEING INSTALLED OR REMOVED.

NOTE:
YOU CAN REDUCE YOUR EXPOSURE TO MOST CHEMICAL EMISSIONS WHEN CARPET AND OTHER INTERIOR RENOVATING MATERIALS ARE INSTALLED, CLEANED, OR REMOVED BY INCREASING THE AMOUNT OF FRESH AIR VENTILATION FOR AT LEAST 72 HOURS. (See Installation and Maintenance Guidelines or ask for Owner's Manual.)

INSTALLATION GUIDELINES:

- VACUUM OLD CARPET BEFORE REMOVAL
- VACUUM FLOOR AFTER CARPET AND PAD HAVE BEEN REMOVED
- ALWAYS VENTILATE WITH FRESH AIR (OPEN DOORS AND/OR WINDOWS, USE EXHAUST FANS, ETC.) DURING ALL PHASES OF INSTALLATION AND FOR AT LEAST 72 HOURS THEREAFTER
- IF ADHESIVES AND/OR PAD ARE USED, REQUEST THOSE WHICH HAVE LOW CHEMICAL EMISSIONS
- FOLLOW DETAILED INSTALLATION GUIDELINES FROM MANUFACTURER OR FROM CARPET AND RUG INSTITUTE

The manufacturer of this carpet participates in a program which seeks to develop ways to reduce emissions by testing samples of carpet. With fresh air ventilation, most carpet emissions are substantially reduced within 48-72 hours after installation.

CRI
INDOOR AIR QUALITY
CARPET
TESTING PROGRAM
product type

FOR MORE INFORMATION: CARPET AND RUG INSTITUTE 800/882-8846

Figure 2. Carpet and Rug Institute (CRI) label that appears on carpet tested for low emissions. Reprinted with permission from CRI.

decorative finishes. When asbestos products get old, they can become crumbly and disperse tiny fibers into the air. If you breathe asbestos particles over time, they can accumulate in the lungs and lead to serious respiratory problems.

Assessment 1.2 -- Building Products and Furnishings

Use the table on the next page to identify risks related to product-chemical emissions and asbestos. For each question, put the risk-level number (1, 2, or 3) in the column labeled "Your Risk." Although some choices may not correspond exactly to your situation, choose the response that best fits.

Tips for Controlling Moisture in the Home

- * Prevent standing water, such as in basements or refrigerator and air conditioner drip-pans
- * Fix leaks and seepage problems
- * Use a vapor-proof ground cover in crawl spaces
- * Use exhaust fans when bathing, showering or cooking
- * Use dehumidifiers and/or air conditioners to remove excess moisture in warm, humid weather
- * Limit the use of humidifiers

1.3 How do biological contaminants affect indoor air?

Your house is home to many organisms. Some are wanted, like pets, but many are uninvited. Biological contaminants come from living or once living organisms, mainly from animal hair and dander, saliva and feces, molds and other fungi, dust mites, pollens, and microscopic organisms. These can cause odors, damage household materials, lead to allergic reactions, and cause infectious diseases and respiratory problems. Each person has different sensitivity to these contaminants.

Biological pollutants are found in every home and cannot be eliminated completely. Their growth and quantities can be controlled, however, by keeping surfaces clean and moisture levels low. Most biological contaminants will increase in damp or humid spaces. Good maintenance practices will control moisture and prevent the need for chemical products like pesticides and disinfectants — both of which could add even more pollutants to the air.

Dust control. Household dust includes some biological contaminants which are common allergens. Animal dander is shed from skin, hair or feathers. Dust mites are microscopic “bugs,” and their feces--the primary

Responding to Risks

Your goal is to lower your risks. Turn to the Action Checklist on page 90 to record the medium and high risk practices you identified. Use the recommendations above to help you make plans to reduce your risks.

ASSESSMENT 1.2 -- Building Products and Furnishings

| | LOW RISK | MEDIUM RISK | HIGH RISK | YOUR RISK |
|---|---|---|--|-----------|
| New building materials, paints, varnishes, and furnishings | Low or no emission furnishings, building materials, paints, and varnishes selected. New items given adequate ventilation or sealed. | New furnishings, building materials, paints, and varnishes given increased ventilation. | No attempt to select low emission products and ventilation is inadequate. | |
| Asbestos (in homes built or remodeled before the 1980s) | Asbestos present, but safely encased and isolated. Areas with asbestos checked regularly. | Asbestos present and intact, but located in high-traffic areas. | Asbestos containing material in poor shape and crumbling. People exposed to the dust and fibers. | |

allergen--are easily airborne. Regular cleaning, including dusting, vacuuming, damp cleaning, and laundering bedding with hot water, are needed to control these contaminants. In households with pet allergies, keep pets out of the sleeping areas of sensitive persons. If dust related allergies are a particular problem, limit the use of carpeting, upholstered furnishings and “dust catchers” such as window blinds and knick-knack displays.

Assessment 1.3 -- Biological Contaminants

Use the table below to identify risks related to air pollution from biological sources. For each question, put the risk-level number (1, 2, or 3) in the column labeled “Your Risk.”



Figure 3. Vacuum cleaners with high-efficiency (HEPA) filters trap more particles.

Although some choices may not correspond exactly to your situation, choose the response that best fits.

Responding to Risks

Your goal is to lower your risks. Turn to the Action Checklist on page 90 to record the medium and high risk practices you identified. Use the recommendations above to help you make plans to reduce your risks.

1.4 What air quality problems might be caused by household products and chemicals?

You may use a wide variety of potentially hazardous chemical products in your homes -- for cleaning, maintenance, personal grooming, and hobbies. These products can release chemicals or particles into the air during use (spray cans, for example), as the product dries or cures (such as glues and caulking), or from off-gassing as the product ages (plastics and air fresheners, as an example). They include furniture waxes, paint strippers, adhesives, some cleaning products, disinfectants, degreasers, cosmetics, and hobby supplies. Products having petroleum distillates or other volatile organic compounds (VOCs) create more unhealthy emissions than water-based products. Many “everyday” household products such as chlorine bleach, ammonia, boric acid, and deodorizers may generate indoor air pollutants, if used improperly. Some household products contain pesticides and other toxic chemicals and require special precautions. See the Home-A-Syst worksheet on

ASSESSMENT 1.3 -- Biological Contaminants

| | LOW RISK | MEDIUM RISK | HIGH RISK | YOUR RISK |
|-------------------------|---|--|---|------------------|
| Dust control | House swept and vacuumed regularly. No furry pets kept in the home. | Furry pets live in the home, but hair and dust vacuumed regularly. | Pet hair and dust allowed to accumulate in living areas. | |
| Moisture control | House maintained to prevent high humidity and chronic damp areas. | Seasonal problems with dampness and high humidity. | Damp areas cause furnishings or possessions to get moldy. | |

Managing Hazardous Household Products for more on this topic.

Reducing the hazard. Choose the least hazardous product and the smallest amount that will “do the job.” Always follow label directions and provide adequate ventilation. To avoid having to store hazardous products, buy only the amount you will need, then use it up, give away leftovers, or properly dispose of household chemicals that are not needed. You can reduce the need for many household chemicals by preventive maintenance, such as quick attention to spills and stains, or removal of food wastes to control odors and pests.

Do Not Mix

Never mix household chemicals unless specifically instructed, as additional toxic chemicals may be released into the air through chemical reaction.

1.5 Is radon present in your home?

Radon is a naturally occurring radioactive gas found in rocks and soil everywhere. It enters the home through cracks and openings -- in a basement, for example -- that are in contact with the ground. Radon is invisible, has no odor, and causes no immediate symptoms or health effects. It is, however, the



Figure 4. Provide adequate ventilation when using hazardous household products.

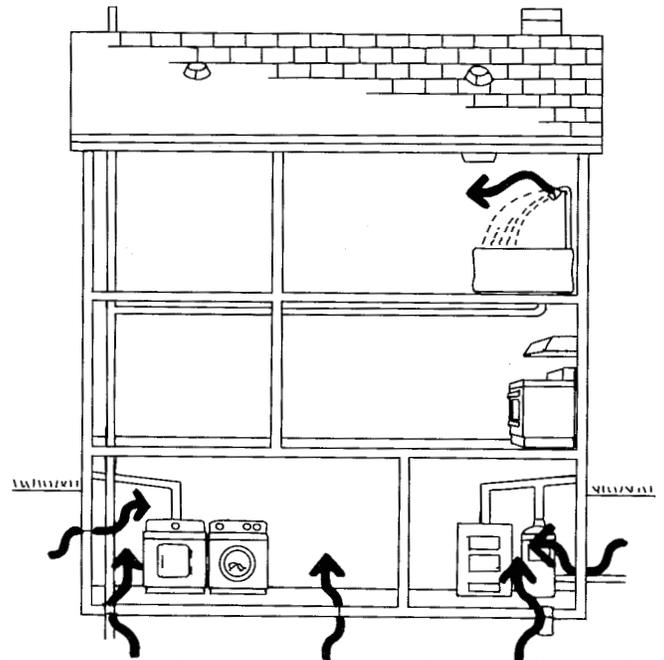


Figure 5. Radon gas enters a home through openings in contact with the ground and in household water.

second leading cause of lung cancer, and smokers are especially at risk if radon is present. It is the single greatest environmental health hazard and may be responsible for as many as 500 deaths a year in New Jersey.

Different parts of the country have different levels of radon. NJDEP recommends that all homes in New Jersey be tested for radon. Because every home is built differently, even neighboring homes can have very different levels. The only way to find out about radon in your home is by testing. The generally accepted indoor concentration limit of radon is 4 picoCuries per liter (pCi/L) of air.

Testing and Treatment. To find out if radon is a problem in your home, you can hire a New Jersey certified tester to conduct the test for you or you can test the home yourself. Having a certified tester test your home will give you better assurance that the test is done correctly, especially for complex test situations such as a home with mixed foundation types. If you wish to conduct the test yourself, test kits may be purchased directly from a certified tester, hardware store, or home center. An inexpensive screening test is available and can give a rough idea of how much radon is present. The test should be conducted when windows and doors are closed. For a more

reliable measure of exposure, repeat this test several times during the year and average results.

All radon kits and services provided in New Jersey must be certified by the state. For a complete list of New Jersey licensed radon service companies, contact the New Jersey Department of Environmental Protection’s Radon Information Line (1-800-648-0394). If an unsafe level is found, there are a variety of things you can do to reduce radon. These involve either plugging the leaks--such as caulking cracks in basement walls--or changing the ventilation patterns of your home so that radon isn’t drawn inside. The most common method of radon gas reduction is sub-slab ventilation, which uses a fan to draw the radon gas out from below the slab or foundation, thereby preventing its entry into the house. Check with the New Jersey Department of Environmental Protection’s Radon Information Line or your local health department for advice. If you plan to sell your home, New Jersey law requires you to provide the buyer with a copy of the results of any radon testing that has already been conducted in the home, but you are not required to conduct testing.

Assessments 1.4 & 1.5 -- Household Products, & Radon

Use the table below to identify risks related to radon and household chemical products. For each question, put the risk-level number (1, 2, or 3) in the column labeled “Your Risk.” Although some choices may not correspond exactly to your situation, choose the response that best fits.

Responding to Risks

Your goal is to lower your risks. Turn to the Action Checklist on page 90 to record the medium and high risk practices you identified. Use the recommendations above to help you make plans to reduce your risks.

PART 2 -- Ventilating and Cleaning Your Indoor Air

Even in homes with few sources of contamination, the air still needs to be kept fresh, especially during seasons when windows and doors are kept shut. Many homes “leak” air which helps maintain freshness, but newer homes use tighter construction methods

ASSESSMENTS 1.4 & 1.5 -- Household Products, & Radon

| | LOW RISK | MEDIUM RISK | HIGH RISK | YOUR RISK |
|---|---|--|---|------------------|
| Household products and chemicals | Products with hazardous vapors avoided and only used outdoors or indoors with proper ventilation and safety precautions. Hazardous products not stored in the home. | Products with hazardous vapors used indoors with some ventilation. Short periods of exposure only. | Products with hazardous vapors used indoors without ventilation. Long periods of exposure occur. Hazardous products stored in the home. | |
| Radon | Radon test conducted properly and radon level is below the threshold for action. | Radon is present at or near the threshold for action. | Radon in excess of acceptable levels -OR- radon level is unknown, no testing has been done. | |

which make it easier for pollutants to build up to dangerous levels. Tight homes are also susceptible to moisture problems.

How well is your house ventilated?

Use your nose and eyes to help evaluate indoor air quality. Be aware of persistent odors of chemicals, mildew, and tobacco smoke. Steamy windows in cool weather indicate high levels of moisture in the home. Lingering odors of grease and food may mean that your kitchen needs more ventilation.

Are your air filters and air cleaners doing their job?

Air filters on your heating/cooling air circulation system need to be inspected regularly and replaced when dirty. Dirty or clogged filters will limit the efficiency of the equipment. They are designed to remove only some larger. Harmful gases will generally go right through air filters.

There are several types of air cleaners, based on the different ways they clean the air. Mechanical filters are made of fibers that trap small particles as air passes through. Pleated paper filters can replace the common fiber filters and are much more effective at removing fine particles. However, they are more costly and need to be replaced more often. Electrostatic air cleaners use an electrical field to attract charged airborne particles; ion generators are used to give particles the initial charge. Solid sorbent cleaners -- such as activated carbon or charcoal -- attract gaseous

pollutants which cling to their surfaces. All cleaners must be evaluated in terms of how well they remove contaminants from the air.

Remember that air filters and cleaners are of limited use in solving indoor air quality problems. If poorly maintained, they could actually contribute to your air problems.

The effectiveness of filters and air cleaners depend on several things:

- ✓ how much air passes through the device;
- ✓ the kinds of airborne particles in your air;
- ✓ where the unit is located in relation to the source of pollutants; and
- ✓ regular maintenance of the system.

Assessment 2 -- Keeping Your Indoor Air Fresh and Clean

Use the table below to identify risks related to air freshness. For each question, put the risk-level number (1, 2, or 3) in the column labeled "Your Risk." Although some choices may not correspond exactly to your situation, choose the response that best fits.

Responding to Risks

Your goal is to lower your risks. Turn to the Action Checklist on page 90 to record the medium and high risk practices you identified. Use the recommendations above to help you make plans to reduce your risks.

ASSESSMENT 2 -- Keeping Your Indoor Air Fresh and Clean

| | LOW RISK | MEDIUM RISK | HIGH RISK | YOUR RISK |
|----------------------|--|--|--|------------------|
| Air freshness | Indoor air usually smells clean, in all seasons. Extra ventilation provided as needed. | Air sometimes has odors or mustiness, especially during certain times of the year. | Air nearly always smells musty, damp, acrid, smoky, heavy, and like "chemicals." | |
| Ventilation | House well ventilated. Exhaust fans used in kitchen and bathroom. | "Leaky" house gives some uncontrolled ventilation. | House poorly ventilated. No kitchen/bath exhaust fans are used. | |

FOR MORE INFORMATION...

Who to contact for more information about Indoor Air Quality

Radon testing. Contact the New Jersey Department of Environmental Protection's Radon Information Line at 1-800-648-0394, your local health department, or your county office of Rutgers Cooperative Extension.

Resources and Publications

1. Contact the New Jersey Department of Environmental Protection's Radon Information Line at 1-800-648-0394 for the following publications:
Testing your Home for Radon is Simple: Here's How
Radon Information for Home Buyers and Sellers
Information You Should Know About Radon
Certified Radon Measurement Businesses
Certified Radon Mitigation Businesses
2. Contact your county office of Rutgers Cooperative Extension office for the following fact sheets:
FS219 Radon Testing
FS591 Formaldehyde Test Kit Sources
10 Indoor Air Hazards Every Homeowner Should Know About... (from *Healthy Indoor Air for America's Homes*)
3. Indoor Air Quality Information Clearinghouse (IAQ INFO), 1-800-438-4318 toll-free, M-F, 9-5 EST, P.O. Box 37133, Washington, D.C. 20013-7133. Or 301-588-3408.
Ask for their list of documents currently available.
4. National Radon Hotline. 1-800-SOS-RADON toll-free. Recorded information available 24 hours a day.
5. Clean Air Council, 215-567-4004, 135 S. 19th St., Philadelphia, PA. Call for information on services, where to get more information, and testing procedures.
6. American Lung Association. Contact your local organization or call 1-800-LUNG-USA toll free.
7. Carpet and Rug Institute, Indoor Air Quality Testing Program 1-800-882-8846 toll-free.
Or write P.O. Box 2048, Dalton, GA 30722-2048, 402-278-3176.
8. *The Inside Story* by the Environmental Protection Agency, 36 pages with illustrations. Identifies problems and control methods for indoor air pollutants, including radon, tobacco smoke, lead, and household products. Applies to all regions of the U.S. \$44 per package of 25. Order from Superintendent of Documents, P.O. Box 371954, Pittsburgh, PA 15250-7954, or fax your order to (202) 512-2250. Mention order processing code #3136. Single copies can be requested from the Indoor Air Quality Information Clearinghouse (see contact information above).
9. *Household Care Products and Indoor Air Quality* (pamphlet). Free single copies are available from Chemical Specialties Manufacturers Association, Attn. CTIF, 1913 Eye Street NW, Washington, DC 20006. Product order number is CP-6.

This Home*A*Syst assessment does not cover all potential risks related to indoor air quality which could affect health or environmental quality. It is meant to serve as a starting point for identifying and addressing the most apparent risks. There are other Home*A*Syst worksheets -- on a variety of topics -- to help homeowners examine and address their most important environmental concerns.

This worksheet was written by Kathleen Parrott, Virginia Polytechnic Institute and State University.

This worksheet was adapted for use in New Jersey and technical review provided by Joseph Ponessa, Ph.D., Extension Specialist in Housing and Energy, Rutgers Cooperative Extension; Susan Lance, Program Associate in Water Quality, Rutgers Cooperative Extension; Jan Larson, Program Associate in Resource Management, Rutgers Cooperative Extension of Ocean County.