

IAQ Diagnostic Checklist for Home Owners

EPA studies indicate that indoor air can be up to 100 times more polluted than outdoor air. And, the average American spends up to 90% of their time indoors. It is vital that to analyze adverse health patterns you may be experiencing inside your home; patterns that could indicate a link between what you are experiencing and indoor air pollution. A diary or log of symptoms correlated with time and place may prove helpful. Your answers to the following questions could indicate the need for an indoor air quality product that would make a significant difference in your health.

- Are you feeling any new or recurring adverse health effects in your home (headaches, fatigue, coughing, sneezing, difficulties breathing, etc.)?

When did the [symptom or complaint] begin?

Does the [symptom or complaint] exist all the time, or does it come and go? That is, is it associated with times of day, days of the week, or seasons of the year?

Are you usually in a particular place within the home at those times? Where?

Does the problem abate or cease, either immediately or gradually, when you leave home? Does it recur when you return?

- Have you recently changed your place of residence?
- Have you made any recent changes in, or additions to, your home?
- Have you, or has anyone else in your family, recently started a new hobby or other activity?
- Have you recently acquired a new pet?
- Does anyone else in your home have a similar problem? How about anyone with whom you work? (An affirmative reply may suggest either a common source or a communicable condition.)