

# Whats a Healthy Home?

## Understanding Indoor Air Quality

Soboba Band of Luiseño Indians EPA

Housing can have a huge impact on your health!

Unbeknownst to you, your house may be exposing you to all kinds of physical, biological and chemical health risks! Are you taking care of yourself?



There are many routes of exposure to these risks, however the ones we will be focusing on are those of inhalation and ingestion.

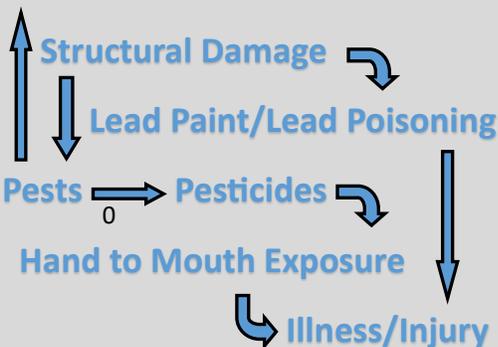
Have you ever had moisture or water intrusion in your home? (flooding/condensation/plumbing

Lets understand why this can be a major issue for your family.

Moisture/ Water Intrusion may cause:

Mold ↪

Asthma Exacerbation



Does that make sense? What were saying is... everything is integrated!

### Moisture, Mold Prevention & Control Tips

Clean and repair roof gutters regularly.

Make sure the ground slopes away from the building foundation so water does not enter and collect around the foundation.

Keep A/C maintained to avoid leakage.

Keep indoor humidity low to avoid mold growth!

If you see condensation or moisture collecting on walls, windows or pipes, act quickly to dry it up.



# MOLD!

Mold usually becomes a problem indoors when spores make it inside, land on wet surfaces, and begin growing. Inhalation and ingestion of mold spores can cause a plethora of reactions that include: irritation to ears, nose, throat, and lungs, as well as runny nose, red eyes, skin rashes and severe asthma attacks.

Keep your house dry and ventilated!

Mold can cause major respiratory problems as well as possible complications in pregnancy. Also... it smells!



So what do we do to fix this?

## Moisture Sources

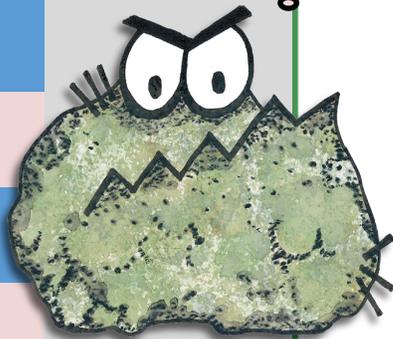
Poorly managed rainwater and groundwater.

Make sure to keep an eye out for plumbing leaks as well as condensation on surfaces.

Concrete can breathe moisture, so keep an eye out for moisture on exposed concrete surfaces.

## Word Search

I'm Toxic!!



GWGTWXSIAAGUVDKREHFO  
 FQCBEKYDCJYQASTHMACT  
 HYCJLNVNMOKNZSNITLLW  
 EMXLLQHBMJQSDPRYVFQY  
 ASWFNVAIRQUALITYARKG  
 LFAPERCONDENSATIONVR  
 TMTOSLJRLRFYJDCOXQOG  
 HGEDSGNUILFPLUMBINGU  
 YWRKSFOATNBIYSMELLYT  
 HJIOAIRCONDITIONINGT  
 OMNPUQVCKWHOHTHRMME  
 MYTYENKNNHWKOPOBOEOR  
 ELRFCZDUKEKLLRQJLRIS  
 TEULQQAAGAVBERSHDZSE  
 INSUFSAALTKAZSPVVTJ  
 UMIVMOVNCTANKDRBQLUV  
 UTOTSOLIMHEZAF LXNURG  
 XTNROVOXXJARGENWFSEV  
 RESPIRATORYHEKTXRTUS  
 HNMGVFEHLFCCLBJTDLTR

Bring this back to the EPA office, in the administration office, to claim your prize!

- |                  |                 |              |             |
|------------------|-----------------|--------------|-------------|
| air conditioning | water intrusion | condensation | groundwater |
| healthy home     | respiratory     | air quality  | moisture    |
| indoors          | leakage         | smelly       | gutters     |
| plumbing         | asthma          | wellness     | health      |
| mold             |                 |              |             |