

Your Home and Your Health

Seasonal Checklist



Winter

- Check for mold** (behind furniture, in closets, under sinks, on ceilings). Small amount of mold? Remove with scrub brush and dish soap, and always wear a mask and gloves (do not use bleach). If mold is recurring or covers more than 10 square feet, address the moisture source and learn more at epa.gov/mold.
- Service your heat pump, furnace, Toyostove, or heat recovery ventilator (HRV) yearly.** Replace or clean filters every three to six months, or more frequently when air quality is poor.
- Check woodstove** for signs of damage, such as broken seals or gaskets, a loose door or cracked glass. Report or repair immediately.

Spring

- Spring cleaning?** Non-toxic and affordable alternatives can be made at home. Do a web search for green cleaning recipes and THHNW. If purchasing cleaning products, find safer alternatives at epa.gov/saferchoice and ewg.org.
- Vacuum weekly** to remove health hazards such as pollen, mold spores, lead dust, and even flame retardants.
- Have asthma or allergies?** Triggers include second-hand smoke (tobacco, marijuana, or vaping), woodsmoke, perfumes, pets, and store-bought cleaning products. Learn more at epa.gov/asthma.

Summer

- Avoid using pesticides and weed killers.** If renting, ask the property manager to avoid toxic chemicals or use the least toxic products as possible. Choose safer alternatives at epa.gov/safepestcontrol.
- Always use fans while cooking or showering** to reduce humidity and mold growth. No fan? Open windows if possible.
- Have rodents, ants, or roaches?** Use a non-toxic pest solution. Go to epa.gov/safepestcontrol for information.

Fall

- Change the batteries in Smoke Detectors and Carbon Monoxide Detectors annually.** Test alarms at least once a month by pressing the test button. Carbon monoxide is an odorless gas that can lead to poisoning and even death.
- Replace Smoke and Carbon Monoxide Detectors every ten years.** Check the manufacture date on the back of the alarm. If you do not have these detectors, install them.
- Heat with wood?** Dry wood burns hotter and cleaner. Keep woodpiles covered and 10 inches away from any structure. Learn more at epa.gov/burnwise.

