




air matters

FOR HEALTHY HOMES AND HEALTHY LIVES

**Toolkits for safer homes, cleaner air,
healthier lives.**



www.yourairmatters.org

- 
- Today's Presentation:
 - What's the toolkit about?
 - What tools are in the kit?
 - How are the cards used to inform and educate?
 - How do you order?

Part I

About the Kit

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What is the **air matters** tool kit?

- The toolkit is designed to promote safe and healthy housing through low cost tools that inform and empower residents
- Each kit is customized for residents, with up to 11 different tools that detect, measure, or prevent contaminants in the home



What is air matters?

Air matters is a new way to inform and empower residents:

- To make preventative home maintenance the norm
- To promote cost savings and wellness.
- To provide flexibility, the toolkit enables tribal staff to pick and choose tools based on the needs of the communities and homes that they serve.



What air matters is not

- A replacement for conducting comprehensive home assessments.
- A substitute for broader source control measures, such as installing ventilation, weatherizing a home, replacing a wood stove, etc.

The Tools

Air Matters cue cards and tools on display at a health fair



Cost Breakdown

TOOL	UNIT COST
Bon Ami	\$ 4.00
Moisture Meter	\$ 17.99
Carbon Monoxide	\$ 19.57
Microfiber Cloth	\$ 0.42
Squeegee	\$ 10.17
Scrub Brush	\$ 6.99
Sponge	\$ 0.60
Chimney Thermometer	\$ 22.59
Lead Test Kit	\$ 3.00
Allergen-Free Pillow Case	\$ 8.99
Non Toxic Pest Traps	\$ 6.98
Respirator	\$ 0.70
Gloves	\$ 2.00
Hygrometer	\$ 14.95
Tax	\$ 8.03
Total	\$ 126.98



Possible funding sources

- HUD – NAHASDA eligible for Income qualified households
- EPA – IGAP or Clean Air Grants
- IHS or TRIBAL HEALTH PROGRAMS

** Can be included in the HUD Mold Remediation and Prevention Grant



Examples of ways to distribute the kits

- **TRIBAL HOUSING AUTHORITIES OR DEPARTMENTS**
 - Provide to *new tenants upon move-in*
 - Provide to *tenants of older homes*
 - Provide to *tenants not meeting housekeeping inspections*



Examples of ways to distribute the kits

- **TRIBAL HEALTH CLINICS**

- Provide to *asthma patients*
- Provide to *pregnant women*
- Provide to *parents of newborns and infants*
- Provide to *elders with lung or heart diseases*



Examples of ways to distribute the kits

- **TRIBAL ENVIRONMENT OR AIR PROGRAMS**
 - Demonstrate the toolkits at *community events* (housing fairs, health fairs, employee events)
 - Demonstrate the toolkit to *new parent support groups*
 - Provide a sample toolkit to *Social Services, Head Start and Early Learning* program staff
 - Raffle a kit at an *Elders* dinners, bingo, etc

PART II

About the Tools



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Carbon Monoxide Detector

- Carbon monoxide (CO) detectors are designed to measure CO levels over time and sound an alarm when dangerous levels of CO accumulate.
- The CO detector is especially important in homes with combustion appliances including gas heaters, stoves, fuel fired furnaces and woodstoves.
- Carbon monoxide is a toxic tasteless, colorless and odorless gas that causes nearly 400 deaths per year (CDC).



Woodstove Thermometer

- Wood stove thermometers are essential as they monitor combustion performance for optimum efficiency.
- The thermometer attaches magnetically to the flue and indicates burning performance.
- They can help to prevent chimney fires and reduce hazardous creosote build up.



Hygrometer

- An instrument that measures the amount of water vapor in the air, or relative humidity (RH). Ideal indoor RH is between 30-50%.
- Indoor environments with RH levels over 60% tend to develop mold, which can exacerbate respiratory illnesses.



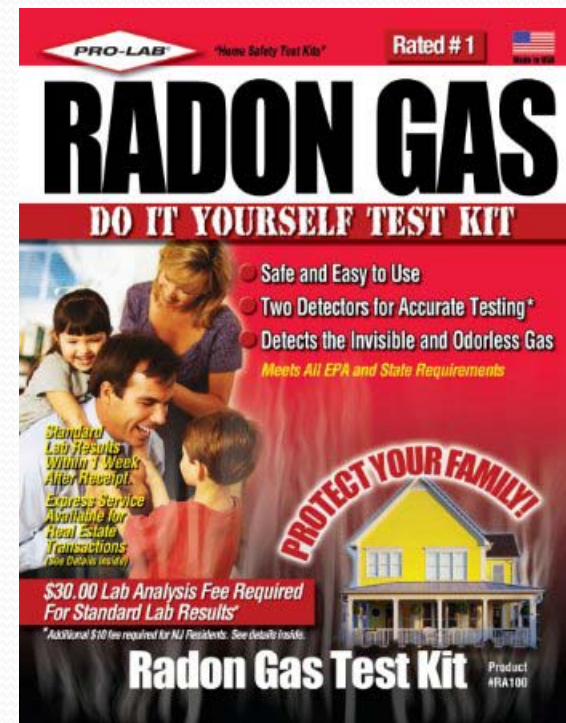
Mold Removal Kit

- The mold removal kit contains tools to clean surface mold, including a non-toxic cleanser, a scrub brush, a sponge, rubber gloves, a squeegee, a spray bottle and an N95 mask.
- Mold generally only needs soap and warm water to be scrubbed off. Chemicals like bleach do not kill mold, and are lung irritants (EPA)



Radon Gas Detection Kit

- A radon gas detection kit detects the presence of radon, a radioactive gas that occurs naturally in the soil.
- Radon is considered a significant indoor air hazard and is the second leading cause of lung cancer.



Lead Detection Kit

- The lead detection kit detects the presence of lead in the paint or in the dust in your home.
- Homes built before 1978 should be tested, especially if children are present.
- Lead is a potent neurotoxin and is especially dangerous for children under the age of 7.



Nontoxic Pest Traps

- A non toxic pest trap is a device that uses a mechanical device or pheromones instead of toxic pesticides to kill and/or trap pests.
- Exposure to chemical insecticides can increase asthma risk, especially among children.



Dust Mite Pillow Case

- An allergen safe pillow cover can be useful for those with dust mite allergies.
- Dust mites and their waste products are one of the most common causes of year-round allergies and asthma.
- About 20 million Americans have a dust mite allergy.



Digital Moisture Meter

- A digital moisture meter measures the amount of moisture in everything from walls and floors to firewood. Optimal levels are below 15%.
- Excessive moisture may lead to allergic reactions, asthma attacks and even hypersensitivity pneumonitis (inflamed lungs).
- Excessive moisture can also cause structural damage and mold to grow in your home.
- Moisture in firewood means less heat and more toxic emissions.



Microfiber Cleaning Cloth

- A microfiber cleaning cloth removes dust and dirt without chemicals.
- Dust can make allergies and asthma worse.
- Dust is in every home and comes from carpets, shoes, drapes, pillows, blankets, pets, paper, etc.
- Dust can contain chemicals, pesticides, bacteria, dust mites and even mold.



Green Cleaning Kit

- A green cleaning kit uses safer products for removing dust, dirt, and germs without chemicals.
- Cleaners in the kit are based on three common ingredients: baking soda, white vinegar and soap.
- Using green cleaning products reduces exposure to chemicals that may contaminate indoor air.
- Common household chemicals can be linked to health concerns including asthma and cancer.



PART III

The cards

The logo for 'air matters' is presented within a white rectangular box. The top half of the box features a decorative background of flowing, wavy lines in shades of light blue and white. The text 'air matters' is written in a lowercase, sans-serif font, with 'air' in a smaller size than 'matters'. Below this, the tagline 'FOR HEALTHY HOMES AND HEALTHY LIVES' is written in a smaller, all-caps, sans-serif font.

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Protect your family from this invisible, dangerous gas

What it is

Carbon monoxide is the leading cause of poisoning death in the United States. Homes often have many devices that produce carbon monoxide gas. Gas stoves, fireplaces and woodstoves, gas water heaters, charcoal grills and snow machines are examples.

What it does

When it's breathed in, carbon monoxide replaces oxygen in the lungs. Carbon monoxide poisoning can cause damage to the brain and heart, or even death.

carbon monoxide detector

Carbon Monoxide

Carbon Monoxide Detector

What you can do

Start by following the instruction manual. Call your local fire department for help with installation.

- Install a carbon monoxide detector in your home. Place it on the wall close to bedrooms.
- Check the batteries in the detector every month, and replace the detector every five years.
- Seek prompt medical attention if you suspect carbon monoxide poisoning. Symptoms include dizziness, light-headedness and nausea.
- Leave your home immediately if the detector sounds. Call 911 after you've exited the house.
- Never use a generator, charcoal grill, camp stove, unvented stove or other fuel-burning device inside the home.
- Don't idle a car, truck, snow machine or motorcycle inside a garage that's attached to the home.
- Never heat your home using a gas oven.

Fact

Low levels of carbon monoxide can produce flu-like symptoms.



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Keep fires burning efficiently and safely

What it is

A chimney thermometer measures the temperature of the fire in your woodstove. The thermometer attaches magnetically to the flue.

What it does

Under optimal burning conditions, the fire in a woodstove heats your home while producing only small amounts of smoke, ash and creosote. The thermometer helps determine if you are burning within the optimal range.

chimney thermometer

Wood Burning Stove

Chimney Thermometer

What you can do

Start by attaching the thermometer to the flue pipe or stove top. Seek professional advice if the temperature reads too high or too low.

- Choose the right firewood. Hardwoods are best.
- Avoid burning green or wet wood (you'll have to burn more of it to produce the same heat as dry wood). Firewood should have less than 20 percent moisture content.
- To dry firewood, it should be split, securely covered, and seasoned for at least six months.
- Seasoned wood burns hotter, cuts fuel consumption and reduces the amount of smoke produced.
- Open the damper to raise the flue temperature, close it to lower the flue temperature.
- Never burn trash or treated wood, which puts toxic pollutants into the air inside and around your home.
- Regularly clean ashes from your wood-burning appliance. Ashes can clog the air intake vents, making your stove burn less efficiently.



Fact

Burning green or wet wood is a leading source of indoor and outdoor air pollution, contributing to asthma, heart attack and stroke.

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Keep the air in your home dry & healthy

What it is

A hygrometer measures the amount of moisture, known as humidity, in the air.

What it does

High humidity (too much moisture in the air) creates conditions where mold, bacteria, viruses and dust mites thrive. These can negatively affect people with asthma or allergies.

hygrometer

Healthy Air Hygrometer

What you can do

Start by attaching the hygrometer to a wall (use a sticky adhesive) or a countertop. Check it daily.

To achieve ideal humidity (between 30 and 50 percent):

- When showering or bathing, always run a fan for at least one hour. If there is no fan, open a window.
- Use the kitchen fan while cooking.
- Cover pots and pans while cooking.
- Check that the vent from your dryer is vented to outside the house.
- Check the crawlspace beneath your home. It should be sealed with a heavy black plastic. If it is not, call your property manager or a contractor.
- Always vent your home, allowing moist air out through open, unblocked vents in the crawlspace, walls and attic.



Fact

A crawlspace without a vapor barrier (plastic) over the soil brings almost five gallons of moisture into the home each day.

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Stay on top of mold

What it is

Use the items in this kit to stay on top of mold. Surface mold grows most often in bathrooms, on windowsills, in closets and behind dressers or beds.

What it does

Surface mold often causes allergies and asthmatic reactions: sneezing, wheezing, coughing and shortness of breath. It may also cause asthma to develop in children.

surface mold removal kit

Mold

Surface Mold Removal Kit

What you can do

Start by using gloves and a mask for protection, then use castile soap, warm water and the scrub brush to remove mold from surfaces. Dry the surface when finished.

- When cleaning surface mold, use mild soap and a scrub brush. Don't use bleach as it doesn't kill mold and is irritating to the lungs.
- Dry the area completely after cleaning.
- After removing mold, correct the moisture problem to keep it from returning.
- Always wear a respirator mask and gloves when removing mold.

Fact

One in 10 people is allergic to mold.



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Find lead paint that may be hiding in your home

What it is

This kit detects lead paint in your home. Lead paint was used for decades and is sometimes under layers of newer paint. Lead paint is a hazard when paint is chipping, cracking or peeling, especially when those chips become lead dust, ground into the carpet where children play.

What it does

Lead has negative effects on virtually every organ and system in the body.

lead paint detection kit

Lead Paint

Lead Paint Detection Kit

What you can do

Start by following the lead testing instruction manual.

- Wipe down flat surfaces with loose paint (like window sills) with a damp paper towel (not a microfiber cloth).
- Use a damp mop to clean floors weekly.
- Remove shoes when entering the house.
- Vacuum carpets and upholstery using a HEPA vacuum.
- Pick up loose paint chips and place in the trash.
- Avoid and contain paint dust when remodeling, renovating or maintaining your home.

Fact

Lead poisoning can cause behavioral and learning problems in children, as well as slowed growth, hyperactivity and even hearing issues. Children and pregnant women are most at risk.



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Safely eliminate insects & pests

What it is

A non-toxic pest trap controls infestations of flies, cockroaches, mice, ants and other pests without chemicals. Fly swatters, mousetraps, fly paper or glue traps are all examples.

What it does

A non-toxic pest trap uses a scent to attract insects into a glue trap. Unlike most products, a non-toxic trap does not bring chemicals into your home to kill pests.

non-toxic pest trap

Insects & Pests

Non-Toxic Pest Trap

What you can do

Start by placing bait stations where insects have been seen, like along walls, under appliances, in cupboards or under sinks.

- Seal all holes and cracks both inside and outside of the house that may provide entry.
- Eliminate access by pests to food and water.
- Act immediately at the first sign of a pest: don't let one become hundreds.
- Check pest traps regularly and replace as needed.
- Remove dead pests.

Fact

Exposure to chemical insecticides can increase asthma risk, especially among children.



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Protect against dust mites

What it is

Dust mites are microscopic bugs in the spider family. They live in warm or moist, soft places like mattresses, pillows, bedding, upholstered furniture, carpets and curtains.

What it does

The dust mite pillow cover is a barrier, preventing dust mites from living and breathing in your pillow. Body parts and droppings from dust mites can exacerbate asthma.

dust mite pillow cover

Dust Mites

Dust Mite Pillow Cover

What you can do

Start by placing the pillow cover over the pillow. Wash the cover regularly.

- Wash all stuffed animals and bedding or put in the freezer for 24 hours to kill any dust mites.
- Use a HEPA vacuum cleaner with a high quality bag.
- Keep humidity levels between 30–50 percent.

Fact

Dust mites and their waste products are one of the most common causes of year-round allergies and asthma. About 20 million Americans have a dust mite allergy.



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Detect harmful moisture in your walls, ceilings, floors & firewood

What it is

A moisture meter measures the amount of moisture in everything from walls and floors to firewood.

What it does

Excessive moisture may lead to allergic reactions, asthma attacks and even hypersensitivity pneumonitis (inflamed lungs). It can also cause rot, structural damage and mold to grow in your home. Moisture in firewood means less heat and more toxic emissions.

digital moisture meter

Moisture

Digital Moisture Meter

What you can do

Start by placing prongs lightly against materials like sheet rock or drywall or flooring (no need to insert the prongs). For firewood, push the prongs directly into the wood.

- Use the meter to check for moisture in drywall or flooring whenever there's been a leak. Moisture should read less than 15 percent.
- Check the exterior of your home for moisture damage, especially around windows, doors and flashing.
- Cover and store firewood so that the moisture content is below 20 percent before you burn.
- When practical, open doors and windows to increase ventilation.

Fact

Mold will start to grow on surfaces that contain approximately 20 percent moisture.



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Trap dust & dirt with millions of microfibers

What it is

A microfiber cleaning cloth removes dust and dirt without any chemical cleaners.

What it does

Dust makes allergies and asthma worse. No matter how often you clean, dust is in every home and comes from carpets, shoes, drapes, pillows, blankets, pets and just living. But dust does more than make you sneeze. It often contains chemicals, pesticides, bacteria, dust mites and even mold spores.

microfiber cleaning cloth

Dust & Dirt

Microfiber Cleaning Cloth

What you can do

Start by slightly dampening the cloth and using it on surfaces. Cloth is machine-washable.

- Take off shoes at the door.
- Vacuum hard floors and carpets weekly.
- Use a dry or slightly damp microfiber cloth to pick up dust.
- Place a walk-off mat at all exterior doors.
- Wash hands with plain soap and warm water before eating.

Fact

The average U.S. home collects 40 pounds of dust each year.



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Clean your home with simple & safe products

What it is

A green cleaning kit uses products without harsh chemicals to remove dirt, dust and germs. Cleaners in the kit are based on three common ingredients: baking soda, white vinegar and soap.

What it does

Using green cleaning products reduces unnecessary exposure to chemicals that may contaminate indoor air. These chemicals are linked to asthma, fertility problems and cancer.

green cleaning kit

Healthy Cleaning Green Cleaning Kit

What you can do

Start by following the recipes included in the kit.

- Avoid products labeled “warning,” “danger” or “poison” (“caution” is less hazardous but still risky).
- Use cleaning products with safe ingredients.
- Avoid fragranced or scented products as they may contain petroleum distillates.
- Use only the amount of cleaning, sanitizing or disinfecting product necessary.
- Avoid using antibacterial products.
- Never mix chlorine bleach and ammonia, as doing so will produce a deadly gas.
- Keep all household products out of the reach of children.

Fact

There are 17,000 petrochemicals available for home use, and only 30 percent have been tested for impact on human health.




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Part IV

Ordering the kits

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- The processing time for orders for the **air matters** kits are 2-4 weeks (longer for large orders).
 - Visit our website, download the order form and send it to our email.
 - You also can link to our **air matters** Amazon list, where you can purchase the tools yourself.
 - We are available by email and phone to answer any questions about the tool kit such as how to assemble the kit and other outlets where you might be able to purchase the tools.

Part V

Interactive Exercise

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For More Information:

Tribal Healthy Homes Network

www.thhnw.org

1-800-717-2118

information@thhnw.org

Air Matters Toolkits

www.yourairmatters.org

1-800-717-2118

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