

## Indoor Air Quality Resources 2005

Joseph Laquatra, Judy Boggess, Mark Pierce, and David Diligent

Resources identified by the Practical Management Strategies Project, Cornell University

Appendix A: Indoor Air Quality  
Appendix B: Mold & Moisture Problems  
Appendix C: Lead Poisoning

### **Appendix A: Indoor Air Quality**

#### **Health Department Resources**

*About Radon*, Virginia Department of Health [15 pg booklet] Publication 48504E-10-95  
Virginia Department of Health, Radiological Health  
1500 East Main Street Room 240  
Richmond VA 23219 (804) 786-5932

*Air Pollution in Your Home?* American Lung Association [brochure] Publication 1001 June 1990  
1-800-LUNG-USA

*The ABCs of Indoor Air Quality*, Virginia Department of Health [brochure] prepared by Peter Sherertz  
Bureau of Toxic Substances Room 124  
PO Box 2448  
Richmond VA 23218 (804) 786-1763 Fax (804) 786-9510

*Breathe the Difference – A Checklist for Improving the Air Quality in Your Home* [brochure]  
Delaware Health and Social Services, Division of Public Health  
PO Box 637  
Dover DE 19903 (302) 739-6619 or 1-800-464-4357 (HELP)

*Building Related Illness or "Sick Building Syndrome"* Virginia Department of Health [brochure]

*Citizen's Guide to Radon: The Guide to Protecting Yourself & Your Family from Radon* [15 pg booklet]  
Virginia Department of Health, Radiological Health, Feb 1993, reprinted in Dec 2000

*Facts about... Home Controls of Allergies & Asthma*, American Lung Association [brochure]  
1-800-LUNG-USA [www.lungusa.org](http://www.lungusa.org)

*Formaldehyde Fact Sheet*, Oregon Health Division Indoor Air Program  
Oregon Health Division  
800 NE Oregon Street #21 Ste. 608  
Portland OR 97232-2109 (503) 731-4012

*Healthy Homes Checklist*, Missouri Department of Health [2 pg list]  
Missouri Department of Health, Section for Environmental Public Health  
1-800-392-7245

*Healthy Homes Checklist – Suggested Solutions*, Missouri Department of Health [1 pg list]

*Healthy Indoor Air: America's Homes Training and Reference Manual* [binder]  
EPA, Montana State University, USDA  
[www.montana.edu/wwwcxair](http://www.montana.edu/wwwcxair)

*Healthy Indoor Air for America's Home's Indoor Air Hazards Every Homeowner Should Know About* [12 pg booklet]  
EPA, Montana State University, USDA  
[www.montana.edu/wwwcxair](http://www.montana.edu/wwwcxair)

*Help Yourself to a Healthy Home: Protect Your Children's Health, Farm\*A\*Syst* [24 pg book]  
Home\*A\*Syst, University of Wisconsin  
303 Hiram Smith Hall  
Madison WI 53706 (608) 262- 0024 Fax (608) 265- 2775 [www.uwex.edu/homeasyst](http://www.uwex.edu/homeasyst)

*Indoor Air Quality: A Guide to a Healthy Environment for Nebraskans* [brochure]  
Nebraska Department of Health and Human Services  
Regulation & Licensure Indoor Air Quality Program  
301 Centennial Mall South  
Lincoln NE 68509-5007

*New York City Department of Health Community Health Works*  
NYC Childhood Asthma Initiative Community Asthma Program  
Home Environment Remediation Strategies, pages 40-49

*Oregon Indoor Air Resource Guide*, American Lung Association of Oregon [45 pg book]  
American Lung Association of Oregon  
9320 S.W. Barbur Blvd. Suite 140  
Portland OR 97219-5481 (503) 246-1997 or 1-800-LUNG-USA

*Radon: A Train the Speaker Program* (with slides), EPA and Nevada State Health Division  
Training Manual Book

*Radon Facts*, Nebraska Department of Health and Human Services [1 pg fact sheet] published May 1998

*Radon Levels & Radon Abatement Projects in Oregon Homes*, Oregon Health Division  
[booklet of zip codes/counties & radon levels]  
Oregon Health Division, Radiation Protection Services  
800 NE Oregon #21  
Portland OR 97232 (503) 731-4014

*Radon Measurement Guide*, Oregon Health Division [brochure]

*Radon in Nebraska*, Nebraska Department of Health and Human Services [11 pg booklet]

## **Extension Resources**

*Be Aware of Your Indoor Air*, Louisiana State University Agriculture Center [9 pg booklet]  
Louisiana State University Agriculture Center  
Louisiana Cooperative Extension Service, USDA  
PO Box 25100  
Baton Rouge LA 70894-5100

*Does Your Home Have an Indoor Air Problem?* David Brook, Nov 1995 [15 pg newsletter ]  
Oregon State University Extension Services  
Publication Orders, Agricultural Communications  
Oregon State University  
Administrative Services A422  
Corvallis OR 97331-2119 (503) 737- 2513

*Home\*A\*Syst – An Environmental Risk Assessment Guide for the Home* [book]  
Northeast Regional Agriculture Engineering Service (NRAES)  
Cornell Cooperative Extension  
152 Riley Robb Hall  
Ithaca NY 14853-5701 (607) 255-7654 Fax (607) 254- 8770

*Test Your Home for Indoor Air Pollutants*, David Brook, July 1993 [7 pg article]  
Oregon State University Extension Services

## Environmental Protection Agency Resources

*A Guide to Radon: How to Protect Yourself and Your Family*, Environmental Protection Agency (EPA) & National Coalition of Hispanic Health and Human Services Organization (COSSMHO) [35 pg dual language book]

See EPA Indoor Environments Program Publication Order Form

*A Radon Guide for Tenants*, EPA [booklet]

See EPA Indoor Environments Program Publication Order Form

*Asthma Air Quality & Environmental Justice: EPA's Role in Asthma Education & Prevention*, EPA [1 pg article]

Publication EPA402F95-001 July 1995

*Biological Pollutants in Your Home*, U.S. Consumer Product Safety Commission (CPSC) & American Lung Association

[brochure] See EPA Indoor Environments Program Publication Order Form

*Building A New Home? Have You Considered Radon?* EPA

See EPA Indoor Environments Program Publication Order Form

*Buying A New Home? How to Protect Your Family from Radon*, EPA [brochure]

See EPA Indoor Environments Program Publication Order Form

*Carbon Monoxide Fact Sheet Publication #466*, CPSC [1 pg fact sheet]

CPSC, Washington DC 20207

*Child Safety Checklist*, HUD, Center for Disease Control (CDC), EPA & CPSC [1 pg]

*Citizen's Guide to Radon*, 3rd edition, The Guide to Protecting Yourself and Your Family From Radon, EPA,

U.S. Department of Health & Human Services & U.S. Public Health Services [15 pg booklet]

See EPA Indoor Environments Program Publication Order Form

*Consumer's Guide to Radon Reduction: How to Reduce Radon Levels in Your Home*, EPA [17 pg booklet]

See EPA Indoor Environments Program Publication Order Form

*How Healthy is the Air in Your Home: A Room-by-Room Checklist for Your Home's Indoor Air* [brochure]

Consumer Research Council & EPA

1-800-438-4318

*Home Buyer's and Seller's Guide to Radon*, EPA [38 pg booklet]

See EPA Indoor Environments Program Publication Order Form

*The Inside Story: A Guide to Indoor Air Quality*, EPA & CPSC [book]

See EPA Indoor Environments Program Publication Order Form

*Introduction to Indoor Air Quality: A Reference Manual*, EPA, U.S. Public Health Services (USPHS) & National Environmental Health Association (NEHA) [book]

See EPA Indoor Environments Program Publication Order Form

*Protecting Your Home from Radon: A Step-by-step Manual for Radon Reduction*, 2nd edition [book]

ISBN 0-9639434-0-5

*Reducing Radon Risks*, EPA [booklet]

See EPA Indoor Environments Program Publication Order Form

*Should You Have the Air Ducts in Your Home Cleaned?* EPA [17 pg booklet for educated homeowners]

See EPA Indoor Environments Program Publication Order Form

*The "Senseless" Killer*, CPSC [brochure on CO] Publication 009308

CPSC, Washington DC 20207

*What You Should Know about Combustion Appliances & Indoor Air Pollution*, CPSC, EPA and American Lung Association

[brochure] See EPA Indoor Environments Program Publication Order Form

## **Appendix B: Mold and Moisture Problems**

### **Health Department Resources**

*Asbestos: A Guide to Asbestos in the Home for New Jersey Residents*, New Jersey Department of Health  
[16 pg booklet] Publication G3068  
New Jersey Department of Environmental Health Services (609) 984-2193

*Asbestos in the Home* [12 pg booklet]  
Environmental Health Services Radiation, Toxics, & Indoor Air Division  
815 Quarrier Street Suite 418  
Charleston WV 25301 (304) 558-2981 or 1-800-ENV-HELTH

*Clean-up Procedure for Mold in Houses*, Canada Mortgage & Housing Corporation (CMHC) [30 pg book]  
(613) 748-2367

*Fact Sheet: Household Mold*, Oregon Department of Human Services, Health Division  
Oregon Department of Human Services, Health Division  
800 NE Oregon #21  
Portland OR 97232-2162

*Health Officials Offer Advice for Preventing Carbon Monoxide Poisoning* [1 pg]  
Mark E. Ferrell, Communications Coordinator  
West Virginia Bureau for Public Health (304) 558-0035

*Indoor Air Quality Information Sheet - Mold in My Home: What Do I Do?* Arizona Department of Health Services  
[3 pg handout]  
Office of Environmental Health  
3815 N. Black Canyon Highway  
Phoenix AZ 85105 (602) 230-5830

*Indoor Air Quality Information Sheet - Mold in My Home: What Do I Do?* March 1998 [6 pg]  
California Department of Health Services  
[www.cal-iaq.org/mold9803.htm](http://www.cal-iaq.org/mold9803.htm)

*Indoor Air Quality Information Sheet - Mold in My Home: What Do I Do?* West Virginia Department of Health and Human Resources [4 pg]  
West Virginia Bureau for Public Health  
Office of Environmental Health Services, Radiation, Toxics, and Indoor Air Division  
815 Quarrier Street  
Charleston WV 25301 (304) 558-2981

*Is Mold Affecting Your Health?* Mold & Indoor Air Quality Nebraska [brochure]  
Nebraska Department of Health & Human Services

*Mold in My Home: What Do I Do?* Indoor Air Quality Information Sheet  
Mississippi State Department of Health  
507 E. Woodrow Wilson Blvd.  
PO Box 1700  
Jackson MS 31215-1700 (601) 576-7725

*Strachybotrys Chartarum (atra): A Mold that May be Found in Water Damaged Homes*, April 1997 [4 pg article]  
California Department of Health Services  
2151 Berkeley Way  
Berkeley CA 94704-1011

Virginia Department of Health, Division of Health Hazards Control Fact Sheets on: *Bioaerosols and Frequently Asked Questions about Flooding, Molds, & Health*  
Virginia Department of Health, Division of Health Hazards Control  
1500 East Main St Room 124

PO Box 2448,  
Richmond VA 23218 (804) 786-1763

Virginia Department of Health, Division of Health Hazards Control Fact Sheet on *Toxic Substances Info – Asbestos*  
Virginia Department of Health  
109 Governor Street Room 918  
Richmond VA 23219 (804) 786-1762

## **Extension Resources**

*Home Moisture Problems*, June 1994, David Brook, Oregon State University Extension Services  
[12 pg article] Publication EC1437

*Solving Indoor Moisture Problems*, November 1998, David Brook, Oregon State University Extension Services  
[2 pg article] Publication R124

*What You Should Know About Pest Control in Your Home: A Consumers Guide to Pest Control Options*  
Oregon Pesticide Analytical & Response Center [brochure]  
Oregon State University Extension Office

## **Environmental Protection Agency Resources**

*Flood Cleanup: Avoiding Indoor Air Quality Problems Fact Sheet*, EPA  
See EPA Indoor Environments Program Publication Order Form

*Indoor Air Quality Tools for Schools*, EPA Website Appendix H: Moisture, Mold and Mildew  
[www.epa.gov/iedweb00/schools/tfs/guideh.html](http://www.epa.gov/iedweb00/schools/tfs/guideh.html)

## **Appendix C: Lead Poisoning**

### **Health Department Resources**

*A Lead Poisoning Prevention Plan for Parents*, NJ Physician Lead Advisory Committee, revised June 1998  
[1 pg fact sheet]

*About Lead and Pregnancy*, Virginia Department of Health [15 pg education/prevention booklet]  
Publication 20024C-6-97  
Virginia Department of Health, Lead Safe Virginia Program  
PO Box 2448  
Richmond VA 23218 (804) 225-4455 [www.vdh.state.va.us](http://www.vdh.state.va.us) or [www.vahealth.org/leadsafe](http://www.vahealth.org/leadsafe)

CD Summary May 28, 1998 Vol. 45 No. 12 Occupational Lead Poisoning, Oregon Health Division [1 pg newsletter]  
ISSN 1058-7888  
Oregon Health Division (503) 731-4023 Fax (503) 731-4798 [cd.summary@state.or.us](mailto:cd.summary@state.or.us)

*Coping with Your Child's Diagnosis of Lead Poisoning*, Michigan Department of Community Health [13 pg booklet]  
Michigan Department of Community, Health Lead Hazard Remediation Program (517) 335-9390

*Don't Take Lead Dust Home from Work*, New Jersey Department of Health [1 pg fact sheet] Publication G5737  
New Jersey Department of Health  
(609) 984-1863

*Guide to Lead Poisoning Prevention*, Dairy Council [1 pg fact sheet]

*Healthy Home Healthy Kids*, Minnesota Department of Health Lead Program  
[education curriculum, detailed, for educated households]  
Minnesota Department of Health Lead Program  
PO Box 64975

*Important Information for Homeowners & Renters about Lead Paint Hazards*, New Jersey Department of Health [brochure]

*Is Your Home Lead Safe?* Nebraska Childhood Lead Poisoning Prevention Program [brochure]

Publication PHA-PB2 (24512)  
Nebraska Department of Health & Human Services Regulation & Licensure  
Childhood Lead Poisoning Prevention Program  
301 Centennial Mall South  
PO Box 95007  
Lincoln NE 68509-5007

*Keep Your Baby Safe from Lead*, Environmental Health Service [1 pg fact sheet] Publication G4589

New Jersey Environmental Health Service (609) 633- 2043 or (609) 984-2193

*Keep Your Child Lead-Safe*, Virginia Department of Health [15 pg prevention booklet] Publication 45252A-5-96

*Lead & Pregnancy – Protect Yourself & Your Baby*, Virginia Department of Health [7 pg booklet] Publication 72640A-5-98

*Lead and Your Child's Diet*, Virginia Department of Health [7 pg booklet] Publication 70201B-1-98

*Lead Bulletin*, September 1994 , Portland Water Bureau [education/prevention]

Portland Water Bureau  
1120 SW 5th Avenue  
Portland OR 97204 (503) 823-7431

*Lead Can Harm Children: Keep Your Child Safe*, Virginia Department of Health [booklet that can easily be copied]

Publication 44651B-3-97

*Lead Dust Clean-up & Control* [brochure] Publication PHA-PAM-3, revised Dec 1997 (24502)

Nebraska Childhood Lead Poisoning Prevention Program  
301 Centennial Mall South  
Lincoln NE 68509-5007 (402) 471- 7764 Fax (402) 471- 6436

*Lead Exposure: Prevent Take Home Dust*, Oregon Health Division [1 pg fact sheet]

Oregon Health Division, Section on Environmental, Occupational, & Injury Epidemiology  
(503) 731- 4025

*Lead: Is Your Child at Risk?* Virginia Department of Health [7 pg education/prevention booklet]

Publication 40394F-4-98

*Lead Levels in Children*, Virginia Department of Health [15 pg booklet] Publication 38646G-2-98

*Lead Poisoning at Home - Learn How to Prevent It*, Virginia Department Health [7 pg booklet] Publication 71225B-3-98

*Leadosaurus Says – Be Alert! Lead Can Hurt!* [activity book]

West Virginia Bureau for Public Health  
Office of Environmental Health Services, Childhood Lead Poisoning Prevention Program  
815 Quarrier Street Suite 418  
Charleston WV 25301-2612 (304) 558-2981 or 1-800-922-1255

*Leo the Little Lion Learns How to Get Ahead of Lead* [coloring booklet]

West Virginia Bureau for Public Health  
Office of Environmental Health Services Lead Program 1-800-922-1244

*Leo the Little Lion Learns How to Get Ahead of Lead*, NY State Department of Health [children's story booklet]

Publication 2533 11/96

*Protect Your Child from Environmental Health Hazards in the Home: A Parent's Handbook*

Virginia Department of Health, education/prevention, Publication 97072A-06-99

*Questions Parents Ask about Lead Poisoning* - New Jersey Department of Health & Senior Services [brochure]

Publication G7037 revised 7/99  
New Jersey Department of Health & Senior Services (609) 292-5666

*Sources of Lead*, New Jersey Physician Lead Advisory Committee [1 pg fact sheet] revised June 1998

*Unlead Kids*, City of Portland Bureau of Water Works-education [brochure] revised Nov 1994  
City of Portland Bureau of Water Works  
1120 SW 5th Avenue  
Portland OR 17204 (503) 823-7770

*Virginia Partnership for Lead Poisoning Prevention Education, Family Education Project Training Manual*  
[references and information from other areas, some teaching information can be given to low income households – education/prevention]

*What You Don't Know About Lead Poisoning Can Hurt Your Child* [easy education brochure]  
Oregon Urban League of Portland  
10 North Russell St  
Portland OR 97227 (503) 280-2600

## **Extension Resources**

*Louisiana State University Agricultural Center Teaching Kit Protect Kids from Lead Poisoning* [education curriculum and brochures, can be used for low income families -teaching kit, plus Publications 2556 and 2564]  
Louisiana State University Agricultural Center  
Louisiana Cooperative Extension Service Knapp Hall  
PO Box 25100  
Baton Rouge LA 70894-5100 (504) 388-4141 Fax (504) 388-2478

## **Environmental Protection Agency / Housing & Urban Development Resources**

*Caution: Lead Paint, Handle with Care*, HUD [5 pg booklet on remodeling]  
1-800-HUDS-FHA www.hud.gov

*Lead in Your Home: A Parent's Reference Guide*, EPA [70 pg book for educated parents] EPA 747-B-99-003

*Lead Paint Can Poison: Learn the Facts*, HUD [5 pg booklet]  
1-800- HUDS- FHA www.hud.gov

*Protect Your Family from Lead in Your Home*, EPA, CPSC & HUD [booklet education and prevention]  
Publication EPA747K99001, May 1999  
[www.hud.gov/lea/leapame.pdt](http://www.hud.gov/lea/leapame.pdt)

*Reducing Lead Hazards When Remodeling Your Home*, EPA [22 pg booklet for higher educated people doing home remodeling safely] Publication EPA747K97001, Sept 1997

*Sesame Street Lead Away Video* [self-education material for low income households and children]  
National Safety Councils Lead Info  
1-800-424-LEAD (5323) Fax 202-659-1192 e-mail: ehc@cais.com  
Children's Evision Workshop Lead Away  
PO Box 55742  
Indianapolis IN 46205-0742