



Home Toxin Audit Checklist (Part 2)

A simple 10-minute checklist to reduce environmental toxin load at home.

Tip: Choose ONE change to do this week. Small wins add up.

Air (Part 2)

- CO detectors installed and working
- HVAC filter upgraded (MERV 11-13) or HEPA purifier
- Ventilate during cooking/cleaning when possible
- Check AQI on smoke days; reduce outdoor exertion
- Avoid daily air fresheners; choose fragrance-free

Water + Moisture (Part 2)

- No active leaks (under sinks, around toilets, basement)
- Bathroom fan works and vents outside
- Humidity controlled (aim 30-50%)
- No persistent musty smell; inspect hidden areas
- If significant mold is suspected, seek pro assessment

Products + Chemicals (Part 2)

- Fragrance-free laundry, soaps, and cleaners
- Avoid mixing cleaners; follow label directions
- Store chemicals safely; keep lids tightly closed
- Minimize indoor pesticides; seal cracks + use traps
- Wash produce; prioritize organic for high-use items



Quick Swaps + Safety Notes (Part 2)

Pick a few changes that fit your life. Consistency matters most.

Quick swaps (Part 2)

Air: Use a HEPA purifier in the room you sleep. Ventilate while cooking.

Fragrance: Choose fragrance-free laundry + personal care when possible.

Cleaning: Use simple basics: unscented soap, vinegar, baking soda (as appropriate).

Pests: Seal entry points, use traps, avoid routine indoor sprays.

Produce: Wash well; prioritize organic for your most-used produce.

Act fast (Part 2)

- If you suspect carbon monoxide: leave immediately and call emergency services.
- If symptoms are sudden or severe (confusion, chest pain, fainting): seek urgent care.
- If you have asthma/allergies and mold is suspected: prioritize professional assessment.

My 1-week plan (Part 2)

This week, I will do these 1-3 actions:

Optional: Track sleep, headaches, brain fog, and mood for 7 days to notice patterns.