

QUIZ: How Healthy Is Your Home?

- How often do you or a service spray your home for pests such as roaches, ants, silverfish, etc.?
 - Approximately every quarter (0 pts)
 - Twice a year (1 pts)
 - Never (5 pts)
- Does your sunscreen contain oxybenzone?
 - Yes (0 pts)
 - I don't know (0 pt)
 - Definitely not (5 pts)
- Do you use only fragrance-free beauty and bath products and know the ingredients in those products?
 - Never (0 pts)
 - Occasionally (1 pt)
 - Almost Always (5 pts)
- Where do you use water filters in your home?
 - No where (0 pts)
 - Kitchen sink and/or refrigerator (1 pt)
 - Kitchen sink and all bathtubs and showers (4 pts)
 - We have a whole house water filter system (5 pts)
- How do you filter the air in your home?
 - I don't (0 pts)
 - Use inexpensive air filters (0 pts)
 - Use Filtrete 1000 or higher air filters for my air conditioner (3 pts)
 - Use high-quality HEPA air filters (4 pts)
 - We have a built-in fresh-air exchanger for our house (5 pts)
- How often do you feed your family non-organic fruits and vegetables?
 - Always (0 pts)
 - Frequently (1 pt)
 - Rarely (5 pts)
- What type of cleaners do you use to clean your home?
 - The standard, chemical-laden household cleaners (0 pts)
 - Specially made "green" store-bought household cleaners (2 pts)
 - I make my own cleaners with vinegar, borax, etc. (5 pts)
- What type of containers do you use to heat food in a microwave?
 - Plastic (including microwave meal packages) (0 pts)
 - Glass or ceramic only (5 pts)
- What are your mattresses made of?
 - Regular mattresses with the typical fire-retardants (0 pts)
 - All natural rubber, cotton, or wool (5 pts)
- How old is your home?
 - 0 to 7 years (0 pts)
 - 8 to 30 years (5 pts)
 - Over 30 years—built before 1978 (2 pts)

Your Score: _____

0 to 20: Toxic

21 to 40: Unhealthy

41+: Keep it up!

**Sheila
Cox**

**HAR Client
Experience Rating**

5.00/5.0 ★★★★★

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