

HOMEOWNER CHECKLIST

Does your home need attention?

The "Sick Home" Checklist

Use these observations to start a conversation about your air, moisture, comfort, and HVAC system. This checklist is not a diagnosis of your home or your health.

AIR & MOISTURE

- ☐ Musty or unfamiliar odors keep returning.
- ☐ Condensation, damp spots, staining, or a leak is visible.
- ☐ Dust builds up quickly or there is visible debris at vents.
- ☐ Measured humidity repeatedly exceeds 60% RH. [1]

COMFORT & HVAC

- ☐ Cooling or heating seems weaker than usual.
- ☐ Some rooms feel consistently different from the rest.
- ☐ The filter looks dirty or I do not know when it was checked.
- ☐ The system sounds different, runs longer, or stops unexpectedly.

WHAT TO SHARE

- ☐ I can identify when and where the concern happens.
- ☐ I have photos, monitor readings, or recent service records.

Your next step

Record the location and timing of any checked item. Request an assessment for recurring air or moisture concerns, or HVAC service for equipment symptoms. Ask about monitoring to track changes over time.

Request help at cleanairhomeservices.com

No checked items does not establish that a home is safe. Address active leaks promptly. Discuss recurring health symptoms with a healthcare professional. Do not open electrical or refrigerant compartments.

[1] EPA: A Brief Guide to Mold, Moisture and Your Home (linked)