

## Useful Apps and Links to Learn About Healthy Homes Topics

The apps listed below are compatible with iPhones and Androids unless otherwise noted

### **Asthma:**

*DailyBreath* - Allows you to track environmental triggers that may affect your asthma. (iPhone only)

*My Pollen Forecast – Allergies* - To help track the pollen count and your allergens to prepare you for any allergy or asthma difficulties you could experience. (iPhone only)

*AsthmaMD* - To help track and manage asthma and COPD. Includes ability to track asthma triggers and incidence. Gives option to participate in research on the diseases.

*WebMD Allergy* - Delivers up-to-date allergen levels based on you location in its allergy forecast section. Also includes Allergy 101, Weather Forecast and Allergy tracker to record symptoms and treatment.

### **Bed Bugs:**

*Say Goodnight to Bed Bugs* - Provides in-depth research-based, current information on, identification, how to search, and best management control options from the Cornell Cooperative Extension Services.

### **Energy Efficiency:**

The guide below from the U.S. Department of Energy shows you how easy it is to cut your energy use at home and also on the road. The easy, practical solutions for saving energy include tips you can use today—from the roof and landscaping to appliances and lights. They are good for your wallet and good for the environment:

[Energy Saver](#)

### **Healthy Homes:**

*Healthy Homes Basics*- This app from the US Department of Housing and Urban Development offers practical how-to guidance on how to have a safe and healthy home, right at your fingertips. Information is categorized by home hazards, as well as health impacts.

### **Home Safety Tips:**

*Make Safe Happen Home Safety* - The Make Safe Happen™ App helps make your home safer for kids with room-by-room advice customized for the ages of the children in the home. Simply select your children's ages, the rooms of your home, and begin making your home safer today.

*Child Ready: The Home Safety Tool* - University of New Mexico, Division of Pediatric Emergency Medicine, Child Ready Program presents the "Home Safety Tool." This interactive and visually engaging tool will take you through a home, room by room and in the front and backyard, to discover safety tips to prevent common childhood injuries at home.

**Indoor Air Quality:**

The link below from the Environmental Protection Agency outlines how understanding and controlling some of the common pollutants found in homes, schools, and offices may help improve your indoor air and reduce your family's risk of health concerns related to indoor air quality:

[Indoor Air Quality](#)

**Lead:**

The link below from the Environmental Protection Agency details vital information on lead exposure and the negative health effects it can have on a person. The document also lists steps on how to protect your family from lead hazards:

[Protect Your Family from Lead in Your Home](#)

**Maintenance:**

The link below provides great information ranging from seasonal maintenance around the home to inspections and installations:

[Homeowner Maintenance Manual](#)

The link below provides you with ways on how to successfully achieve a safe and clean home by keeping up on appliance repair & maintenance:

[Appliance Repair & Maintenance](#)

**Mercury in Fish:**

*Fish4Health*- Provides advice for pregnant or nursing women, women who may become pregnant, or young children in regards to healthful seafood consumption. This app helps users identify fish that may be high in mercury and PCBs that may potentially harm babies and young children. (iPhone only)

The Smart Seafood Buying Guide link below from the National Resources Defense Council website outlines five ways to ensure that the fish you eat is healthy for you and for the environment:

[Smart Seafood Buying Guide](#)

**Mold:**

*Mold 101: Health & Safety App*- This app is a health and safety resource for workers, volunteers, and homeowners who will participate in clean-up activities to help them understand how to identify and control hazards from mold.

**Outdoor Air Quality:**

*Air Visual*- Supplies you with reliable air quality information covering over 10,000 locations from a global network of government monitoring stations and AirVisual's own validated sensors.

*Plume Air*- Offers you real time pollution levels in your area, and forecasts of how air quality will evolve hour by hour over the next 24 hours—just like a weather forecast.

**Pest Identifier:**

The link below from the National Pest Management Association helps you determine what insects are pestering you and learn how to prevent an infestation by using the Pest Guide:

## [Pest Guide](#)

### **Pesticides on Food:**

*Dirty Dozen*- Developed by the Environmental Working Group, this app lists fruits and vegetables that contain the most pesticide residues.

### **Radon:**

The Citizen's Guide to Radon from the Environmental Protection Agency supplies readers with vital information on radon ranging from how to test for radon in the home to the health risks associated with radon exposure:

[A Citizen's Guide to Radon](#)

### **Safe Products/Green Cleaning:**

*Think Dirty*- User-friendly way to learn about the potentially toxic ingredients in your cosmetics and personal care products. The app allows you to scan the product barcode and Think Dirty will give you easy-to-understand info on the product, track dirty ingredients and shop for cleaner options.

*EWG's Healthy Living*- Supplies users with product health and safety ratings for over 200,000 food and cosmetics products. This app allows you to scan a product, review its safety rating and then pick a better choice.

*Good Guide*- Allows you to search, browse or scan safe and healthy consumer product goods based on scientific ratings.

### **Safer Construction/Remodeling Choices:**

*Rebuild Healthy Homes*- Developed by the U.S. Department of Housing and Urban Development's Office of Lead Hazard Control and Healthy Homes, this app better informs users on the essentials of healthy homes for indoor residential environments.

The Whole Building Design Guide below from the National Institute of Building Science discusses the importance of green products in construction and how these products have a lesser/reduced effect on human health and the environment when compared to competing products:

[Whole Building Design Guide](#)

### **Safer Pest Control Options:**

The links below discuss the importance on integrated pest management, or IPM, which focuses on preventing infestations before they start and using pesticides as a last resort:

[Pest Management](#) (Natural Resources Defense Council)

[Pest Management](#) (National Pesticide Information Center)

### **Water Quality:**

The Environmental Working Group has developed a tap water database that shows pollutants found in Americans' tap water based off water utilities testing and an EWG drinking water quality analysis:

[EWG's Tap Water Database](#)