

# H E A L T H Y H O M E S

*Your Home, Your Environment, Your Choice*

## Choose Wisely

[www.deq.utah.gov/healthyhomes](http://www.deq.utah.gov/healthyhomes)

#	Topic	Explanation & Online Resources
1	Chimney smoke  [see also #9]	Use your wood-burning stove or fireplace only when air quality conditions are good. Fine particles in smoke can accumulate in the respiratory system and irritate sensitive lung tissue. Smoke causes poor visibility and often creates an unpleasant odor. <a href="http://www.cleanair.utah.gov">www.cleanair.utah.gov</a>
2	Asbestos	There is no safe level of exposure to asbestos. Never disturb asbestos. Only certified asbestos professionals should disturb or remove asbestos. Have your home or building inspected before you begin a remodeling or renovation project. <a href="http://www.airquality.utah.gov/haps/asbestos/index.htm">www.airquality.utah.gov/haps/asbestos/index.htm</a> <a href="http://www.epa.gov/asbestos/">www.epa.gov/asbestos/</a>
3	Storm water run-off  [see also #20 & 24]	Storm drains capture rainwater flowing across streets, parking lots, and driveways. As it flows, the water picks up trash, dirt, oil, animal waste, fertilizer, and other things left behind by motor vehicles, people, and animals. This polluted water, known as runoff, goes directly into our streams, lakes, and rivers. Runoff pollution affects fish and other wildlife and can also contaminate drinking water supplies. Keep your home's driveway, sidewalks, and gutters clean and sweep up any debris. <a href="http://www.epa.gov/owow/nps/whatis.html">www.epa.gov/owow/nps/whatis.html</a> <a href="http://www.epa.gov/npdes/pubs/solution_to_pollution.pdf">www.epa.gov/npdes/pubs/solution_to_pollution.pdf</a>
4	Energy conservation	The average American family's energy use generates over 11,200 pounds of air pollutants each year. Therefore, every unit (or kilowatt) of electricity conserved reduces the environmental impact of energy use. To conserve energy, use compact fluorescent light bulbs, buy energy-efficient appliances and electronics (look for the "Energy Star" logo), and turn off lights, appliances, and electronics when not in use. <a href="http://www.energy.utah.gov">www.energy.utah.gov</a> <a href="http://www.utahenergy.org">www.utahenergy.org</a> <a href="http://www.energywise.utah.gov">www.energywise.utah.gov</a> <a href="http://www.energystar.gov">www.energystar.gov</a>
5	Lead-based paint	Lead-based paint damages the nervous system of fetuses and young children that can result in learning disabilities. People get lead poisoning by inhaling and ingesting, through hand-to-mouth activity, dust that contains lead. Owners, buyers, and renters are encouraged to check for lead before renting, buying, or renovating pre-1978 housing. If you are already in pre-1978 housing, get your children and home tested and repair or remove sources of lead. <a href="http://www.airquality.utah.gov/haps/lead/index.htm">www.airquality.utah.gov/haps/lead/index.htm</a>
6	Electronics recycling	When you recycle your electronics instead of discarding them in a landfill, you are protecting the environment from contaminants, such as lead and mercury, and reducing the amount of waste in our landfills. <a href="http://www.deq.utah.gov/what_you_can_do/recycling/electronic.htm">www.deq.utah.gov/what_you_can_do/recycling/electronic.htm</a>
7	Pollution in the environment	The Emergency Planning and Community Right-to-Know Act was enacted to promote emergency planning and provide the public with information on releases of toxic chemicals in their communities. Through the Toxic Release Inventory, you have access to information that can help you identify potential concerns and risks. <a href="http://www.superfund.utah.gov/trihome.htm">http://www.superfund.utah.gov/trihome.htm</a> <a href="http://www.epa.gov/tri/index.htm">www.epa.gov/tri/index.htm</a>
8	Mercury	Mercury has traditionally been used to make products like thermometers, switches, and some light bulbs. Mercury exposure at high levels can harm the brain, heart, kidneys, lungs, and immune system of people of all ages. Buy and use products that are mercury-free, and make sure that you properly dispose of any mercury-containing items that you have. <a href="http://www.epa.gov/mercury/about.htm">www.epa.gov/mercury/about.htm</a>
9	Wood-burning stove  [see also #1]	Use your wood-burning stove only when air quality conditions are good. Make sure you operate your stove properly and efficiently. Burn only clean seasoned hard wood and avoid "dampening down." Keep the wood stovepipe and chimney clean. Replace your older appliance with a cleaner, more efficient model. <a href="http://www.cleanair.utah.gov">www.cleanair.utah.gov</a>
10	Back flow & cross connections	Cross connections and back flow can result in dangerous, highly contaminated water unexpectedly entering drinking water systems. To prevent this from happening, maintain your plumbing system according to local ordinances, requirement, code, and policies. More information is available from your local drinking water system. <a href="http://www.drinkingwater.utah.gov">www.drinkingwater.utah.gov</a> <a href="http://drinkingwater.utah.gov/documents/compliance/Cross_Control_Basic_Info.pdf">http://drinkingwater.utah.gov/documents/compliance/Cross_Control_Basic_Info.pdf</a>

11	Wastewater & septic tank	When inappropriate chemicals are poured into septic tanks, they can pass through the system without treatment directly into your drinking water supply. They may also affect normal septic system operation by killing microorganisms that help treat your wastewater. <a href="http://www.epa.gov/npdes/pubs/bastre.pdf">www.epa.gov/npdes/pubs/bastre.pdf</a>
12	Water conservation	Efficient plumbing/appliances can reduce water waste by 25 percent. Unnecessary water use not only contributes to water shortages but also adds to the volume of wastewater that must be treated by sewage treatment plants. Conservation helps preserve the environment by decreasing pollution. <a href="http://www.conservewater.utah.gov/">http://www.conservewater.utah.gov/</a>
13	Household chemicals  <i>[see also #17]</i>	Between 5% and 15% of what we throw away contains hazardous substances, which can contaminate air, water, and soil and harm people or other living things. The average household contains 3 to 10 gallons of materials that are hazardous to human health or the natural environment. Properly dispose of household chemicals like cleaning supplies, paints, solvents, and lawn and garden chemicals. Don't pour waste chemicals onto the ground or into sinks or toilets, especially if you're on a septic tank. Call your local Health Department for disposal options and upcoming household hazardous waste collection days. <a href="http://www.deq.utah.gov/what_you_can_do/pollution_prevention/household_waste.htm">www.deq.utah.gov/what_you_can_do/pollution_prevention/household_waste.htm</a> <a href="http://www.hazardouswaste.utah.gov/guide1.htm">www.hazardouswaste.utah.gov/guide1.htm</a>
14	Car batteries <i>[see also #17]</i>	Recycling is an economical and environmentally sound way to handle used automobile batteries. Auto parts stores and service stations frequently accept used automobile batteries, and 80% of these batteries are currently recycled.
15	Trash	On average, every Utah citizen generates four pounds of garbage daily. With 2 million Utah residents, that means our landfills could receive 8 million pounds daily or 2.9 billion pounds yearly. About 85 percent of this garbage winds up in landfills. Of the remaining 15%, about 10% is recycled and 5% is incinerated. The real answer to managing household waste is to reduce the amount we generate. First, reduce and reuse. Recycle what is left. Take advantage of curbside and green waste recycling programs that may be offered in your area. <a href="http://www.deq.utah.gov/what_you_can_do/pollution_prevention/household_waste.htm">www.deq.utah.gov/what_you_can_do/pollution_prevention/household_waste.htm</a>
16	Radon	One in four homes in Utah has elevated levels of radon, which can cause lung cancer. Radon, a radioactive gas, enters your home through cracks and openings in the foundation. You can know your risk by testing your home using a simple kit available from the Utah Safety Council for a small fee. <a href="http://www.radon.utah.gov">www.radon.utah.gov</a>
17	Household hazardous waste  <i>[see also #13 &amp; 15]</i>	Household chemicals, paints, solvents, cleaners and batteries constitute household hazardous waste — a significant source of pollution. Properly dispose of all hazardous household materials. Make your own cleaning products. Keep all solvents and paints in airtight containers. Recycle or share these products with your neighbors. Buy the smallest amount of material needed to get the job done. Also, substitute a hazardous product with a non-hazardous alternative. Contact your local landfill for specific information regarding proper disposal. <a href="http://www.pioneerthinking.com/homecleaning1.html">www.pioneerthinking.com/homecleaning1.html</a> <a href="http://www.deq.utah.gov/what_you_can_do/pollution_prevention/household_waste.htm">www.deq.utah.gov/what_you_can_do/pollution_prevention/household_waste.htm</a>
18	Water-based paints <i>[see also #13 &amp; 17]</i>	Use water-based instead of oil-based paints. Properly dispose of paint. Keep paint in airtight container. Wait to paint on low pollution days. <a href="http://www.cleanair.utah.gov">www.cleanair.utah.gov</a>
19	Chemical sprayers <i>[see also #13 &amp; 17]</i>	Avoid consumer spray products. Apply chemicals according to label instructions and avoid runoff. Do not exceed recommended application rates. <a href="http://www.deq.utah.gov/what_you_can_do/pollution_prevention/household_waste.htm">www.deq.utah.gov/what_you_can_do/pollution_prevention/household_waste.htm</a>
20	Storm drain/gutter  <i>[see also #3 &amp; 24]</i>	Never dump anything down a storm drain or in a gutter. Sweep up debris and keep clean. Water from storm drains and gutters goes directly into our streams, lakes, and rivers. Polluted water affects fish and other wildlife and can also contaminate drinking water supplies. <a href="http://www.epa.gov/owow/nps/whatis.html">www.epa.gov/owow/nps/whatis.html</a> <a href="http://www.epa.gov/npdes/pubs/solution_to_pollution.pdf">www.epa.gov/npdes/pubs/solution_to_pollution.pdf</a>
21	Gasoline-powered small engines	Using a gas-powered lawn mower for one hour produces as much pollution as driving your car 50 miles. Using a chain saw for one hour produces as much pollution as driving your car 200 miles. Use a snow shovel rather than a snow blower, a push mower rather than a gas mower, and a rake rather than a leaf blower. Be sure to recycle green waste. Contact your city or county office to find out if a program is available in your area. <a href="http://www.cleanair.utah.gov">www.cleanair.utah.gov</a>
22	Used tire recycling	Recycling used tires provides a good fuel source and removes a potential source of water contamination and breeding ground for mosquitoes. Take your used tires to a used tire recycler. <a href="http://www.hazardouswaste.utah.gov/Solid_Waste_Section/Waste_Tire_Program.htm">http://www.hazardouswaste.utah.gov/Solid_Waste_Section/Waste_Tire_Program.htm</a>
23	Used oil recycling	Just one gallon of used oil, the amount from a single small auto engine, has the potential to contaminate up to one million gallons of fresh water — a year's supply for 50 people. Take your used oil to a Used Oil Collection Center for recycling. <a href="http://www.hazardouswaste.utah.gov/Frames.htm">www.hazardouswaste.utah.gov/Frames.htm</a>
24	Storm drain  <i>[see also #3 &amp; 20]</i>	Never dump anything down a storm drain or in a gutter. Sweep up debris and keep clean. Water from storm drains and gutters goes directly into our streams, lakes, and rivers. Polluted water affects fish and other wildlife and can also contaminate drinking water supplies. <a href="http://www.epa.gov/owow/nps/whatis.html">www.epa.gov/owow/nps/whatis.html</a> <a href="http://www.epa.gov/npdes/pubs/solution_to_pollution.pdf">www.epa.gov/npdes/pubs/solution_to_pollution.pdf</a>