Is Your Home Making You or Your Family Sick?
An Introduction to Indoor Air Quality
Facilitator Guide

Introduction
Which is dirtier: outdoor or indoor air? If you answered indoor air, you are correct. In the U.S., more than 90 percent of Americans’ time is now spent indoors. Yet the air inside homes and other buildings can be many times more polluted than outdoor or ambient air. As a result, some Americans may be exposed to significant levels of indoor air pollutants on a daily basis. But it doesn’t have to be that way.

This lesson is intended to help participants make informed choices that can reduce their exposure to indoor air pollution.

Objectives
As a result of this program, participants will:
- Develop a greater awareness of issues related to indoor air quality.
- Identify problems in the home that can trigger asthma, allergic reactions, and other health problems.
- Evaluate and make changes in their home to improve indoor air quality.

Target Audience
Examples of potential audiences in your community include KEHA members, local health department staff, caregivers (e.g., local nursery home or childcare facilities), realtors, and neighborhood associations.

Estimated Program Time and Additional Notes
This program includes three mini-lessons that focus on indoor air quality. These lessons can be taught in succession or individually, and include information on general indoor air quality issues, mold, and radon. Each mini-lesson can be taught in 15-20 minutes. Activities times vary (see activities for more information).

Facilities Required
If PowerPoint presentation(s) are being presented technology access (e.g., screen, projector, and computer) and electrical outlets will be needed. If activities are conducted additional materials are needed (see activities for additional materials needed).

Educational Materials
The following educational materials will be useful if you are doing one or more of the three mini-lessons.
- Leader’s Guide
- Is Your Home Making You or Your Family Sick? An Introduction to Indoor Air Quality Extension Bulletin and Home Checklist
- Particle Pollution Activity
- Toolkit List with Activity

Below are education materials available for each of the three mini-lessons. Two or more factsheets have been provided for each topic. Depending on your audience and your printing capabilities you may only want to print out and provide the shorter factsheet(s) to participants, then provide the longer factsheet/booklet for those that
request more information. Additional resources are also provided for each topic for you to use as needed, including a PowerPoint™ presentation, evaluation, follow-up evaluation, and success story.

**General Indoor Air Quality Mini-Lesson**
*Note that May is Asthma Awareness Month! Air Quality Awareness Week also takes place around the end of April and/or beginning of May!*
- Leader Guide
- Common Indoor Air Pollutants: Sources and Health Impacts (HF-LRA-161) Factsheet – 4 pages
- PowerPoint™ Presentation
- Evaluation
- Follow-up Evaluation
- Success Story

Additional Resources for Indoor Air Quality:
- [Kentucky Department for Public Health: 2012 Asthma Fact Sheets – Area Development Districts](#)
- [Healthy Homes – Keep It Clean Facilitator Guide](#)
- [Healthy Homes – Keep It Ventilated Facilitator Guide](#)
- [UK See Blue Go Green – Home: Air website](#)

**Mold Mini-Lesson**
- Leader Guide
- Mold and Mildew (HHF-LRA.168) Factsheet – 2 pages
- Ten Things You Should Know about Mold Factsheet – 2 pages
- PowerPoint™ Presentation
- Evaluation
- Follow-up Evaluation
- Success Story

Additional Resources for Mold:
- Environmental Management Branch: Mold
  275 E. Main St., HS1C-D
  Frankfort, Kentucky 40621
  P: (502) 564-4856
  E: [Erica Brakefield](mailto:ericabrakefield@ky.gov)
- [U.S. Environmental Protection Agency: Mold and Moisture website](#)
- [Healthy Homes – Keep It Dry Facilitator Guide](#)

**Radon Mini-Lesson**
*Note that January is National Radon Action Month!*
- Leader Guide
- [Basic Radon Facts Factsheet (U.S. EPA)](#) – 2 pages
- PowerPoint™ Presentation
- [Eddie’s Story (U.S. EPA)](mailto:usaepa@usa.gov) – 1 minute YouTube video
- Evaluation
- Follow-up Evaluation
- Success Story
Additional Resources for Radon:

- **Kentucky Radon Program**
  275 E. Main St.
  Frankfort, Ky. 40621
  P: (502) 564-4856
  E: Clay Hardwick

- **Kentucky EPA Map of Radon Zones (US EPA)** – 1 page

- **Sample Social Media Messages for Radon (Radonleaders.org)**

- **Radon Outreach Kit (US EPA)** – 26 pages


- **Home Buyer’s and Seller’s Guide to Radon (U.S. EPA)** – 44 pages

- **CanSAR (Cancer Survivors Against Radon)**

**Before Teaching the Program**

- Study all program resources, including PowerPoint™ presentation with facilitator script, factsheet(s), activity, participant handouts, and end-of-session evaluation, for the lesson you are teaching.
- Make copies of handouts for each participant. If you are only teaching one mini-lesson you will only need to print out that mini-lesson’s materials.
- If inviting a community partner, schedule a time to talk with the collaborator about your program. Coordinate the date, resources, and plan for presentation.
- Locate and prepare all materials and supplies in advance of the program.
- Set up the meeting room.

**Program Procedure**

- Take attendance.
- Distribute handouts.
- Start the PowerPoint™ presentation.
- Follow the facilitator script.
- Distribute and collect the end-of-session evaluation.

**Materials and supplies needed for the program**

- Sign-in sheet
- Facilitator’s (leader’s) script(s)
- PowerPoint™ presentation(s)
- Laptop
- Projector
- Pens/ pencils
- Handouts
- Post-session evaluation (one per participant)
- Envelope for follow-up evaluation (one per participant)
- Materials for activity

**Evaluation:**

1. Give each participant an evaluation form to complete and turn in. Evaluation forms are available for each of the three mini-lessons.
2. Give each participant an envelope. Have participants write their name and mailing address on the envelope. In 6 months, send a follow-up evaluation (and self-addressed envelope) to participants using the addressed envelope. Ask participants to complete the follow-up evaluation and mail back to you. A follow-up evaluation is available for each of the three mini-lessons.
3. Please send all evaluations to Ashley Osborne at ashley.osborne@uky.edu. Ashley will compile data and send back to you electronically.