

WOMEN'S HEALTH AWARENESS: TRANSFORMING COMMUNITIES BY ENHANCING WOMEN'S HEALTH



Environmental Health Resources

Indoor Air Quality (IAQ): Educational Links

[Environmental Working Group \(EWG\)](#)

Mission is to empower people to live healthier lives in a healthier environment.

Below are resource links from the EWG's, indoor air quality website

- ◆ [Top Tips for Better Air Quality](#)
- ◆ [Healthiest Air Filters](#)
- ◆ [Reducing Household Dust](#)
- ◆ [Healthy Living Home Guides](#)
- ◆ [Steps to Improve Air Quality in Your Home](#)
- ◆ [Breathe Easy: Improving Indoor Air Quality in Primary Living Spaces](#)
- ◆ [Breathe Easy: Improving Indoor Air Quality, Kitchen, Bathroom and Laundry Room](#)
- ◆ [Breathe Easy: Improving Indoor Air Quality, Playroom and Bedrooms](#)

[Environmental Protection Agency: Indoor Air Quality](#)

Mission is to protect you, your family and the environment from potential risks from pesticides and toxic chemicals

Below are resource links from the EPA, indoor air quality website

- ◆ [Introduction to Indoor Air Quality \(IAQ\)](#)
- ◆ [Protect Indoor Air Quality in Your Home](#)
- ◆ [Guide to Air Cleaners in the Home, 2nd edition, Portable Air Cleaners, Furnace and HVAC Filters](#)
- ◆ [Dealing with Dust in the Wind: Guide to Air Cleaners in the Home \(Webinar\)](#)
- ◆ [Residential Air Cleaners: A Technical Summary, 3rd edition, Portable Air Cleaners, Furnace and HVAC Filters](#)
- ◆ [The Technical Details: Residential Air Cleaners \(Webinar\)](#)
- ◆ [IAQ: Should You Have the Air Ducts in Your Home Cleaned?](#)
- ◆ [IAQ Scientific Findings Resource Bank: Topics and Frequently Asked Questions](#)
- ◆ [Biological Pollutants Impact on Indoor Air Quality](#)

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U.S. Government Agencies: Indoor Air Quality Resources and Hotlines

[U.S. Consumer Product Safety Commission \(CPSC\)](#)

The U.S. Consumer Product Safety Commission (CPSC) protects the public from the unreasonable risk of injury or death from 15,000 types of consumer products.

To report a dangerous product or a product-related injury, you can go to:

- ◆ [CPSC's File a Report](#)
- ◆ Product Safety Hotline: 800-638-2772
- ◆ Email: info@cpsc.gov

[U.S. Department of Housing and Urban Development \(HUD\)](#)

The U.S. Department of Housing and Urban Development's (HUD's) Office of Policy Development and Research (PD&R) supports the Department's efforts to help create cohesive, economically healthy communities. PD&R is responsible for maintaining current information on housing needs, market conditions, and existing programs, as well as conducting research on priority housing and community development issues.

HUD National toll-free number: 800-245-2691
Washington, DC area 301-251-5154

[U.S. Department of Energy \(DOE\)](#)

Energy Efficiency and Renewable Energy (EERE) plans to improve the energy efficiency of homes, buildings and industries. EERE will implement minimum energy performance standards and support [home weatherization](#).

The U.S. Department of Energy's (DOE) [Weatherization Assistance Program \(WAP\)](#) installs mechanical ventilation for adequate indoor air quality, assess fire hazards and installs smoke and carbon monoxide alarms when needed, among other health and safety measures.

Phone: 510-486-6591

[U.S. Public Health Service, Federal Occupational Health, Office of Environmental Hygiene](#)

Provides indoor air quality consultative services to federal agency managers.

Phone: 866-436-4457

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[Centers for Disease Control and Prevention \(CDC\): National Institute for Occupational Safety and Health \(NIOSH\)](#)

Indoor Environmental Quality (IEQ) refers to the quality of a building's environment in relation to the health and wellbeing of those who occupy space within it. IEQ is determined by many factors, including lighting, air quality and damp conditions.

Below are some ventilation references and resources:

- ◆ [Building Ventilation](#)
- ◆ [HVAC Management for Better IEQ](#)
- ◆ [CDC/NIOSH Recommendations for the Cleaning and Remediation of Flood-Contaminated HVAC Systems](#)

[Occupational Safety and Health Administration: Indoor Air Quality](#)

The purpose of this webpage is to give workers and employers useful up-to-date information to identify, correct and prevent indoor air quality problems.

To report emergencies, unsafe working conditions, safety and health violations, to file a complaint, or to ask safety and health questions, call:

Phone: 800-321-6742

- ◆ [Occupational & Environmental Epidemiology: Indoor
Environmental Quality](#)

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Mold, Formaldehyde, Carbon Monoxide, Radon, Vaping & Other Toxic Substances

Mold

National Institute of Environmental Health Sciences (NIEHS)

- ◆ [Introduction to Mold](#)
- ◆ [Guidelines for the Protection and Training of Workers Engaged in Maintenance and Remediation Work Associated with Mold](#)
- ◆ [Study Identifies Role of Mold in Asthma Development](#)

Centers for Disease Control and Prevention (CDC)

- ◆ [Centers for Disease Control and Prevention: Mold Webpage](#)
- ◆ [CDC: Cleanup and Remediation After Disasters](#)
- ◆ [Homeowner's and Renter's Guide to Mold Cleanup After Disasters](#)

Environmental Protection Agency (EPA)

- ◆ [Mold Webpage](#)
- ◆ [Mold Remediation in Schools and Commercial Buildings Guide](#)
- ◆ [A Brief Guide to Mold, Moisture and Your Home](#)
- ◆ [About Molds and Asthma](#)
- ◆ [Ten Things You Should Know About Mold](#)
- ◆ [Mold and Health](#)
- ◆ [Mold Cleanup in Your Home](#)
- ◆ [Mold Testing or Sampling](#)

North Carolina Healthy Homes

- ◆ [Mold and Moisture](#)

Formaldehyde and Carbon Monoxide (CO)

National Institute of Environmental Health Sciences (NIEHS)

- ◆ [Introduction to Formaldehyde](#)
- ◆ [Environment Kids Health: Carbon Monoxide](#)

National Institutes of Health, National Cancer Institute

- ◆ [Formaldehyde and Cancer Risk](#)

Centers for Disease Control and Prevention (CDC)

- ◆ [Preventing Carbon Monoxide Poisoning](#)
- ◆ [Carbon Monoxide: CO Detectors, Oil and Gas Furnaces and Portable Generators](#)
- ◆ [Preventing Guidelines: Carbon Monoxide](#)
- ◆ [What Is Formaldehyde?](#)

Agency for Toxic Substances and Disease Registry (ATSDR)

- ◆ [Formaldehyde in Your Home: What You Need to Know](#)
- ◆ [Formaldehyde Facts](#)
- ◆ [Carbon Monoxide Facts](#)

Environmental Protection Agency (EPA)

- ◆ [Basic Information About Carbon Monoxide: Outdoor Air Pollution](#)
- ◆ [Carbon Monoxide Impact on Indoor Air Quality](#)
- ◆ [Sources of Carbon Monoxide and Health Effects Associated](#)
- ◆ [What, Where, How, About Formaldehyde](#)

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- ◆ [Mold and Moisture Webinar](#)

NC Department of Health and Human Services (NCDHHS)

- ◆ [Occupational and Environmental Epidemiology: Mold](#)
- ◆ [Mold Cleanup & Removal Health Precautions](#)

- ◆ [Formaldehyde Emission Standards for Composite Wood Products](#)
- ◆ [Protect Against Exposures to Formaldehyde](#)

United States Consumer Product Safety Commission (CPSC)

- ◆ [Protect Your Family: Safety Tips and Symptoms of CO poisoning](#)
- ◆ [Carbon Monoxide Fact Sheet](#)
- ◆ [Facts About Carbon Monoxide Alarms](#)
- ◆ [Update on Formaldehyde 2016](#)

North Carolina Healthy Homes

- ◆ [Protect Your Family from Carbon Monoxide Exposure](#)

NC Department of Health and Human Services (NCDHHS)

- ◆ [Carbon Monoxide Webpage](#)
- ◆ [Hurricane Preparedness: Avoid Carbon Monoxide Poisoning During or After a Hurricane](#)

Radon

National Institute of Environmental Health Sciences (NIEHS)

- ◆ [Introduction to Radon Webpage](#)

National Institutes of Health, National Cancer Institute

- ◆ [Radon and Cancer](#)

Centers for Disease Control and Prevention (CDC)

- ◆ [Protect Yourself and Your Family from Radon](#)
- ◆ [Ionizing Radiation and Non-ionizing Radiation](#)

Environmental Protection Agency (EPA)

- ◆ [Find a Radon Test Kit](#)

Vaping, Second-hand smoke and Asthma

National Institute of Environmental Health Sciences (NIEHS)

- ◆ [UNC Video: Vaping Research and Risks](#)
- ◆ [Introduction: Smoking and Vaping](#)
- ◆ [Asthma Homepage](#)

National Institute on Drug Abuse (NIDA)

- ◆ [Tobacco and Nicotine: Commonly Used Drug Charts](#)

Centers for Disease Control and Prevention (CDC)

- ◆ [Secondhand Smoke](#)
- ◆ [Secondhand Smoke Facts](#)

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- ◆ [State Radon Zones](#)
- ◆ [Radon Reduction: How to Fix Your Home](#)
- ◆ [Health Risk of Radon](#)
- ◆ [Protecting Your Family from Radon When Buying a New House](#)
- ◆ [Radon Hotlines and Training Centers](#)

U.S. Department of Housing and Urban Development (HUD)

- ◆ [Radon Fact Sheet & State Radon Contacts and Hotlines](#)

American Lung Association

- ◆ [Radon Basics](#)
- ◆ [Registration: Radon Basics Course and Other Courses](#)

North Carolina Department of Health and Human Services (NCDHHS)

- ◆ [North Carolina Radon Program](#)
- ◆ [Safe at Home: Preventing Lung Cancer by Reducing Radon in the Home](#)

- ◆ [CDC's National Asthma Control Program](#)
- ◆ [Exhale: Technical Package to Control Asthma 2018](#)

Environmental Protection Agency (EPA)

- ◆ [Secondhand Smoke and Smoke-Free Homes](#)
- ◆ [Asthma Triggers: Gain Control](#)

American Lung Association

- ◆ [Smoke-Free Home and Car Rules](#)
- ◆ [E-cigarettes/Vapes](#)
- ◆ [Asthma Homepage](#)
- ◆ [Asthma Symptoms, Causes and Risk Factors](#)
- ◆ [Diagnosing and Treating Asthma](#)

American Cancer Society

- ◆ [Health Risk of Smoking Tobacco](#)
- ◆ [Health Risk of Secondhand Smoke](#)

Duke Center for Smoking Cessation

- ◆ [Health Effects of Smoking](#)
- ◆ [Information on Smokeless Tobacco: E-Cigarettes](#)

Environmental Working Group (EWG)

- ◆ [Common Household Asthma Triggers](#)

North Carolina Department of Health and Human Services (NCDHHS)

- ◆ [Tobacco Prevention Control Branch: Electronic Cigarettes Homepage](#)
- ◆ [Youth Tobacco Use Prevention Homepage](#)
- ◆ [Smoking and Lead Exposure in NC children](#)
- ◆ [About Asthma Homepage](#)

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- ◆ [Asthma: Educational Materials and Fact Sheets and Related Links](#)

Substance Abuse and Mental Health Services Administration (SAMHSA)

- ◆ [Tips for Teens: Tobacco Use](#)
- ◆ [Tips for Teens: E-Cigarettes](#)

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Smoking Cessation Resources

American Cancer Society

- ◆ [How to Quit Smoking Homepage](#)
- ◆ [How to Quit Smoking News Article](#)
- ◆ [What It Takes to Stay Tobacco-free](#)
- ◆ [Other Ways to Quit Smoking](#)
- ◆ [Smoking Habits Quiz](#)
- ◆ [Nicotine Replacements](#)
- ◆ [Quit Smoking for Good](#)

Mayo Clinic

- ◆ [10 Ways to Resist Tobacco Cravings](#)
- ◆ [Strategies to Help You Quit](#)
- ◆ [Quit-Smoking Action Plan](#)

Center for Disease Control and Prevention (CDC)

- ◆ [Benefits of Quitting](#)
- ◆ [Start Your Quitting Journey](#)
- ◆ [Cessation Materials for State Tobacco Control Programs](#)
- ◆ [Counseling and Medications](#)

National Cancer Institute

- ◆ [Quit Tobacco Tools and Tips](#)
- ◆ [How to Manage Cravings](#)
- ◆ [Benefits of Quitting](#)
- ◆ [Personalized Quit Plan](#)

NC Quitline

- ◆ [Quitline NC](#)

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Duke Center for Smoking Cessation

- ◆ [How to Quit? What Happens When You Do?](#)

Substance Abuse and Mental Health Services Administration (SAMHSA)

- ◆ [Tobacco Use Cessation During Substance Abuse Treatment Counseling](#)

Triangle Smoking STUDIES

- ◆ [I Want to Quit Smoking Studies: Compensation Available](#)
- ◆ [I'm Not Ready to Quit Studies: Compensation Available](#)

COVID-19 Resources

NC Healthy Homes

- ◆ [CDC Advisory on Asthma and COVID-19](#)
- ◆ [Healthy Homes Information for COVID-19](#)

NIEHS Women's Health Awareness Program

- ◆ [Women's Health Awareness Resources](#)