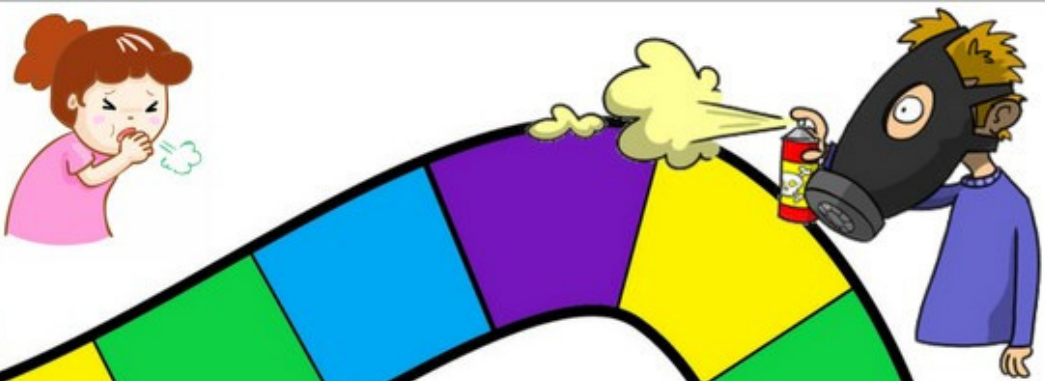


THE AMAZING RACE TO HEALTHY INDOOR AIR!

START!



Skip to next purple!



Go back to last blue!



Go back to last blue!

Go back to last yellow!

Clean Air = Healthy Home



FINISH!



Good job, you opened your windows while cooking dinner, move forward 3 spaces!

Good job, you opened your windows while you were painting, move forward 3 spaces!

Good job, you bought a HEPA filter vacuum, move forward 5 spaces!

Good job, you clean the filter on your HEPA vacuum, move forward 3 spaces!

Good job, you always wipe up the condensation from the windows, move ahead 4 spaces!

You noticed your house was still humid even after running fans and opening windows, you decide to purchase a dehumidifier, congrats, move ahead 3 spaces!

Good job, you vacuum once a week per each person in your house, Move forward 2 spaces!

Oh, bummer! You sprayed hairspray this morning and your nose begin to sting, move back one space!



Good job, you opened windows instead of spraying an air freshener, move forward 4 spaces!

Good job, you change the filters on your fans and vents routinely, move forward 4 spaces!

Good job, you have disposed of asthma triggers in your home that have been affecting your family member. Move forward 4 spaces!

Did you know? Radon is a colorless, odorless, radioactive gas, while it is not common in this part of the country, it is the second leading cause of lung cancer in the country. Move forward 5 spaces!

Awesome! You keep your dehumidifier set between 30-60% relative humidity, move ahead 3 spaces!

You smell a mildew smell after coming home from vacation, you start ventilating your home more often, move ahead 3 spaces!

Did you know? Formaldehyde is one of the most common VOCs (Volatile Organic Compounds) in the home? Move ahead 4 spaces!

Good job, you make sure to open windows when using paints and cleaning products, move ahead 5 spaces!



Did you know? Many households have exhaust fans in the kitchen that don't vent outside like they should. Move forward 4 spaces!

Did you know? Many "air purifying" machines actually release toxic ozone into the home. Move ahead 4 spaces!

Did you know? Carbon Monoxide is a harmful and potentially deadly, colorless, odorless gas that is released from gas stoves, cars, generators etc. Move ahead 3 spaces!

Great choice! Your heater was broken and you decided to NOT heat your home with the gas oven in the kitchen. Move forward 3 spaces!

Good choice! You always run the exhaust fan and open a window while showering, move ahead 3 spaces!

Awesome choice! You open windows in your house for at least five minutes each day, move ahead 4 spaces!

Oh drats! You mixed two cleaning chemicals together, oh no! Go back 2 spaces.

Did you know? Cleaning products and cosmetics often have chemicals in them that may have short and long term negative health effects? Move forward 3 spaces!



Your power is out but you made sure to put the generator at least 20 feet away from any window, door, or vent. Move forward 5 spaces!

Did you know? Basic steps to good indoor air are: 1) Source control 2) Ventilation 3) Air cleaning. Move forward 5 spaces!

Good job! You run exhaust fans and open windows while cooking, move ahead 4 spaces!

Drats! You notice a mold growth, but don't clean it up for a month and it gets bigger, move back 3 spaces.

Good observation! You noticed your family members get headaches when you clean, so you switched to green cleaning methods instead, move ahead 5 spaces!

Nice! Your household's cleaning products are stored out of reach of children, move ahead 4 spaces!



Did you know? We spend about 90% of our time indoors, move ahead 5 spaces!

Did you know? The average household stores more than 60 hazardous products. Move ahead 5 spaces!

Excellent! You clean up the source of the mold growth, like the leaky pipe in the wall, move ahead 5 spaces!

Whoa awesome! You divert your rain puddles away from the foundation of your house, move ahead 3 spaces!

You switch to non-paraffin candles, like one made from 100% soy or beeswax. Move forward 5 steps!

Way to go! Your family member is allergic to air fresheners, so you look up non allergen/asthmatic air freshener recipes or products. Move forward 4 spaces!



Did you know? Many soaps, fragrances, shampoos, lotions, and cosmetics contain toxic chemicals
Move ahead 5 spaces!

Good job! You patched a hole in the wall so that moisture would not enter your walls, move forward 4 spaces!

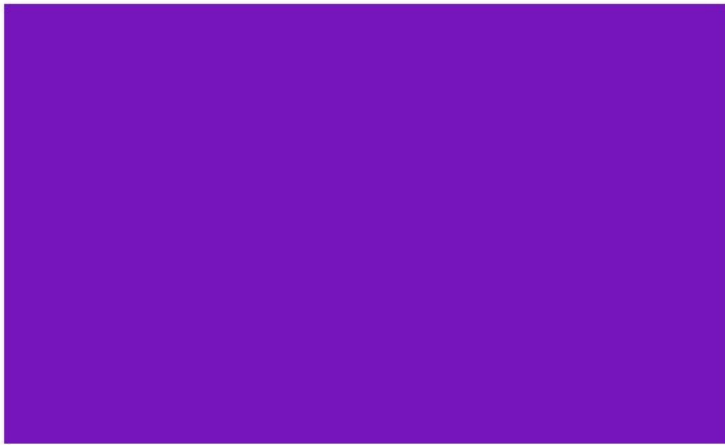
Did you know? Potential health effects and symptoms of mold exposure include allergic reaction, asthma and other respiratory problems. Move forward 5 spaces!

Did you know? Mold can be found almost anywhere? Move forward 3 spaces!

You put in a long mat in your entryway to limit the dirt and allergens entering your home. Congrats, move ahead 5 spaces!

Good job! You installed asthma-friendly carpeting for your asthmatic family member. Move ahead 5 spaces!





Did you know? The key to mold control is moisture control? Move ahead 3 spaces!

Did you know? It is important to dry water-damaged areas and items within 24-48 hours to prevent mold growth. Move forward 3 spaces!

Good job! You take your shoes off when entering the house because you have an allergen sensitive family member. Move forward 2 spaces!



The Amazing Race to Healthy Indoor Air! Game Instructions

For ages 8 to 128

2 to 4 players

1) Choose who goes first, each player will choose a placeholder and put it on start.

2) Spin the spinner, move your placeholder to the closest color space of the color that you spun. Then, pick a card from the same color card deck, follow any instructions on the card, and then the next player will spin and repeat this step.

- Whoever gets to the finish line first wins!
- Look out for the spaces that instruct you to go back/forward blank amount of spaces. You will follow these instructions whether you landed on it through a spin or through following the instruction on the cards.