Room-by-Room Home Audit

Find and prioritize the chemical, combustion, and mold sources in your home — bedroom first

How to use this: Walk your home one area at a time and check what applies. The goal is to lower your total load — the sum of everything your body is reacting to. You don't have to fix everything at once. Start with the bedroom (you spend a third of your life there), then work down this list by priority.

Start here — highest priority

Mold & water damage [HIGHEST] — any past leaks, musty smell, bathroom/basement dampness, or visible staining? Mold and its byproducts are often the biggest hidden driver. Investigate first; consider ERMI/HERTSMI-2 dust testing if suspected.

Synthetic fragrance [HIGH] — remove all plug-ins, air fresheners, scented candles, and fragranced cleaning and laundry products from the whole home.

Attached garage [HIGH] — cars, gas, paint, and solvents off-gas into the house. Seal the door and shared walls; never idle a vehicle inside.

HVAC system [HIGH] — it distributes whatever it pulls in. Change filters, and on shared-wall units seal gaps so neighbors' fragrance/smoke can't migrate.

Bedroom (do this room first)

Mattress and bedding off-gassing (foam, flame retardants, fabric treatments)

Scented laundry products on sheets and clothing

New furniture, paint, or carpet releasing VOCs

Air flow — can you ventilate, and is humidity under ~50%?

Add HEPA + activated-carbon air filtration if the air still feels "off"

Kitchen & living areas Bath & laundry

Gas stove / combustion appliances (NOx, CO) Fragranced soap, shampoo, lotion, deodorant Strong cleaners, disinfectants, oven/drain products Mold around tub, grout, and under sinks Scented trash bags, dish and surface sprays Switch to fragrance-free detergent; skip softener/sheets Pressed-wood furniture (formaldehyde) Seal exhaust-fan and plumbing gaps if scent migrates in

Whole-home next steps

New flooring/carpet — air out fully before install, or choose hard surfaces

Switch to fragrance-free, low-tox cleaning products throughout

Filter drinking and cooking water to cut cumulative load

Prioritize fixes by where you spend the most time and react the most

Educational information only — not medical, environmental, or remediation advice. This checklist is a general starting point for reducing chemical exposure; it is not an inspection and cannot identify every hazard. For suspected mold, combustion, or serious air-quality problems, consult a qualified professional. © 2026 MCSDisability.com ·