



HAYWARD
SCORE

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Your Hayward Score

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Your Hayward Score is essential to discovering how your home may be impacting you and your family's health and well-being.

Currently, most US houses have a Hayward Score between 55 and 70, with many below 45 and very few above 80. Based on our experience and current research, lower home scores are highly correlated with poor indoor environmental quality (which includes what is in the air or on the surfaces in your home) resulting in increased reports of health symptoms.¹

Based on the answers you provided in the survey, we've created a personal report for your home. It

is important to remember that no matter what your Hayward Score is, it can be improved oftentimes with solutions that are simple and inexpensive. A thoughtful review of the details of your report can help you understand how what is in your home and how you use your home can have a significant impact on your and your family's health. Scroll down to see your personalized recommendations which will provide guidance for improving your Hayward Score and reducing the possibility of health impacts.

¹ While the symptoms and health effects referred to in this report may be the result of the conditions present at a person's home, they also could be caused, or contributed to, by other factors as well. Thus, nothing on this website is intended to be medical advice, or a substitute for diagnosis by a qualified healthcare professional. Anyone experiencing any such symptom or health condition should also consult with his or her physician.

Major conditions affecting your home

- MOISTURE: You have **visible mold** on walls or ceilings.
- MOISTURE: You have **visible condensation** on walls or ceilings.
- MOISTURE: Your **bathing behaviors** generate excess indoor moisture.
- FORCED AIR: You have a **forced air system in the attic**.
- MAINTENANCE: You have **incomplete maintenance** and/or delayed repairs on your home.
- CHEMICALS: You store **fertilizers or pesticides** in your attached garage.

How to improve your score and make your home healthier

Moisture



The water stains or visible mold you observed are clear signs of excess moisture from leaks or other sources and must be addressed immediately, especially if you are experiencing any health symptoms. Small areas of mold growth or water stains on non-porous surfaces, such as tile, can be cleaned with water and a mild, non-fragranced detergent. But if the affected materials are porous or have been damaged with water coming through from the other side, it is best to have them removed and replaced. Because of the potential harm from bacterial and mold growth it is strongly advised that you hire a water damage professional who understands containment and air flow to do necessary repairs and clean up.

The condensation you observed in the bathroom or laundry room is likely the result of elevated humidity from showering or running the clothes dryer in a room that is not properly ventilated. This frequent excess moisture on cooler surfaces can cause damage and growth of bacteria and mold. In your bathroom, always running exhaust fans during and for at least two hours after showering. In your laundry room, make sure your dryer is vented outside, not into the house. Finally, always thoroughly dry surfaces where condensation collects and keep doors to the room open as much as possible.

Forced Air Systems



Forced air systems, whether for heating or cooling, circulate air through a ducting system to the entire house. Because the ducting and blower can become contaminated with moisture, dirt, debris, and mold and improperly sealed ducts

allow air from cavities like crawlspaces to be sucked in the the air moving through the ducting can be like wind blowing over a dirt pile and into your house.

This means the ducting and the blower of the forced air system should be kept clean. If you notice odors or experience symptoms like sneezing when you turn on the heater, this is an indication that your ducts likely need to be professionally cleaned.

To help do this, install a furnace filter rated at least a MERV 11 and change it regularly, at least every two months during the heating or cooling seasons. This filter will also help to keep dust off the air conditioning cooling coil, depriving bacteria and mold of the nutrients they need to germinate and grow, eventually infesting the air that moves through the system.

Regardless of location, it is critical to seal all corners, connections, seams, and joints of the ducting to isolate the air outside the ducting (which may contain odors, moisture, and toxins) from the air inside the ducting and prevent it from being blown throughout the house. Also, if you don't already know, be sure to check that your filters are being changed on a regular basis.

Pesticide and Fertilizer Storage



Fertilizers, pesticides, and some paints can contain chemicals known to be hazardous to human health and should not be stored anywhere inside the house. In addition, they should not be stored in an attached garage, basement, crawlspace or attic as air from these spaces comes into the house, especially if you have a forced air system in any of these locations. If you cannot store these materials outside of your home, in a detached shed or other storage space, than the safest thing is to dispose of them properly.

Maintenance



Timely maintenance of our home, both inside and outside, is one of the best ways to maintain and improve your Hayward Score. Maintenance includes major repairs such as roof or window replacement, removal of old carpeting, or installation of a new furnace as well as routine tasks such as changing air filters, cleaning gutters, and fixing small plumbing leaks.

Everyone should have a basic moisture meter so they can quickly check suspected areas of dampness or wetness. Early detection can prevent many problems.

Not being up to date with maintenance by not repairing minor holes or deteriorated roofs or siding, replacing furnace filters, or fixing plumbing leaks can lead to structural damage, moisture intrusion, and pest infestation. For example, lack of paint on wooden siding can also allow moisture to wick up and behind the slats. Plumbing leaks that are periodic like with sink faucets or the wax ring on toilets can eventually create extensive damage as well as mold growth which has known risks to health and well being. Bringing maintenance up to date can significantly increase your Hayward Score, so make an assessment of what needs to be done around your home, and start tackling the projects. Even small steps can start to make a difference, especially if you are experiencing any health symptoms.

Further Recommendations

To learn more, visit [haywardscore.com](https://www.haywardscore.com). Remember, any steps you take are positive, the most important thing you can do to improve the health of your home is to start! Once you start implementing recommendations we believe you will be surprised at how quickly you begin to notice an improvement in your indoor air.