

Healthy Home Assessment

INSPECTION ITEM	ACTIONS TO TAKE	COMMENTS	Date Completed
Indoor Air Quality	There are a number of sources of indoor air pollution in homes. The quality of air in homes can be worse than even the worst major cities due to the soup of chemicals and contaminants that are released inside. As less fresh, outside air is brought into our homes, pollutant levels can increase. High temperatures and humidity levels can increase the concentration of some pollutants.		
Members of household with asthma or allergies.	<input type="checkbox"/> Pay particular attention to common asthma and allergy triggers covered in the sections that follow: ___ smoking ___ mold ___ cockroaches ___ dust ___ pets ___ carbon monoxide ___ fragrances ___ hazardous household products	Asthma and allergies can be triggered by any number of items in and around the home. Eliminating triggers will improve the living conditions for everyone in the household.	_____
Asthma & Allergy Resources	Oregon Health Authority at http://public.health.oregon.gov/DiseasesConditions/ChronicDisease/Asthma/Pages/index.aspx		
Tobacco smoke	<input type="checkbox"/> Prohibit all smoking in your home and cars. <input type="checkbox"/> Leave smoky, outside layers of clothing at the door. <input type="checkbox"/> Keep matches, lighters, and tobacco products out of reach from children.	Second hand smoke is a leading cause of lung cancer in non-smokers, can trigger asthma attacks, and lead to many other health problems. Even the clothing that smokers wear can contain unhealthy levels of toxins from tobacco smoke (third hand smoke).	_____
Tobacco Resources	Oregon Health Authority at http://public.health.oregon.gov/PreventionWellness/TobaccoPrevention/Pages/index.aspx American Lung Association at http://www.lung.org/associations/states/oregon/		

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Mold or conditions that could cause mold.	<input type="checkbox"/> Check under sinks, behind furniture, outside walls, bathrooms, kitchen, attic, air conditioners, and crawl spaces for visible signs of mold as well as musty odors. <input type="checkbox"/> Inspect home for leaks, poor ventilation, and other causes of moisture in the home. <input type="checkbox"/> Clean up mold as directed in the EPA link below. <input type="checkbox"/> Repair as necessary to prevent mold problems.	Testing for mold is not typically recommended. Spend your time and energy fixing the problems.	_____
Mold Resources	Oregon Health Authority at http://public.health.oregon.gov/healthyenvironments/environmentalexposures/toxicsubstances/pages/mold.aspx Centers for Disease Control and Prevention at http://www.cdc.gov/mold/ Environmental Protection Agency at http://www.epa.gov/mold/index.html		
Radon	<input type="checkbox"/> Conduct short-term radon test. <input type="checkbox"/> Follow up tests as indicated.	Radon is the second leading cause of lung cancer in the U.S. The American Lung Association recommends that all homes be tested for radon. See resources for obtaining test kits.	_____
Radon Resources	American Lung Association at http://www.lung.org/healthy-air/home/resources/radon.html Oregon Health Authority at http://public.health.oregon.gov/HealthyEnvironments/HealthyNeighborhoods/RadonGas/Pages/index.aspx Environmental Protection Agency at http://www.epa.gov/radon/index.html Kansas State University, National Radon Program Services at http://sosradon.org		

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Cockroaches	<ul style="list-style-type: none"> <input type="checkbox"/> Inspect under sinks, pantry, cupboards, and any place used for food storage. <input type="checkbox"/> Repair plumbing leaks and drips. <input type="checkbox"/> Cleanup food spills, wash dishes frequently. <input type="checkbox"/> Store food in tightly sealed containers. <input type="checkbox"/> Seal cracks where cockroaches can hide or enter your home. <input type="checkbox"/> Eliminate their food sources and habitat prior to applying pesticides. <input type="checkbox"/> If you must use pesticides, follow instructions. 	Cockroach droppings, body parts, and saliva are common asthma and allergy triggers. They prefer moist, warm habitat. Eliminating habitat is the first step in eliminating cockroaches. Pesticides should be your last resort. Cockroaches prefer to be out at night so daytime sightings may indicate a heavy infestation.	_____
Cockroach Resources	Department of Housing and Urban Development at http://portal.hud.gov/hudportal/HUD?src=/program_offices/healthy_homes/healthyhomes/ipm American Academy of Allergy Asthma & Immunology at http://www.aaaai.org/conditions-and-treatments/library/at-a-glance/indoor-allergens.aspx		
Dust and Dust mites	<ul style="list-style-type: none"> <input type="checkbox"/> Conduct regular cleaning to eliminate dust. <input type="checkbox"/> Use High Efficiency Particulate Air (HEPA) filtered vacuum if at all possible. <input type="checkbox"/> Keep amount of clutter in home down to ease cleaning. <input type="checkbox"/> Vinyl, wood, or tile floors are easier to keep dust free than carpeting. <input type="checkbox"/> Wash all bedding once per week in hot water to kill mites. 	Dust mites live in dust and are asthma and allergy triggers. Human dander (skin flakes) are dust mites' favorite food. Dander collects in bedding and is a common source of household dust.	_____
Dust and Dust Mite Resources	American Academy of Allergy Asthma & Immunology at http://www.aaaai.org/conditions-and-treatments/library/at-a-glance/indoor-allergens.aspx		
Carbon monoxide	<ul style="list-style-type: none"> <input type="checkbox"/> Have all gas appliances and wood burning stoves checked annually for proper maintenance. <input type="checkbox"/> Never use charcoal grills or internal combustion engines inside the house or garage. 	Carbon monoxide alarms are recommended in each sleeping area and each floor of your home.	_____
Carbon monoxide Resources	Environmental Protection Agency at http://www.epa.gov/iaq/co.html Centers for Disease Control and Prevention at http://www.cdc.gov/co/default.htm		

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Pets	<input type="checkbox"/> If pets are to remain in the home keep them off furniture and out of sleeping areas. <input type="checkbox"/> Consider replacing carpeted floors with hard surfaces to ease cleanup of pet hair, dander, tracked in dirt, and the inevitable messes.	Pet dander (skin flakes) and saliva can be asthma and allergy triggers.	_____
Pet Resources	American Academy of Allergy Asthma & Immunology at http://www.aaaai.org/conditions-and-treatments/library/at-a-glance/indoor-allergens.aspx		
Fragranced products	<input type="checkbox"/> Eliminate or reduce fragranced products in your home. <input type="checkbox"/> Read labels on products that you use and reduce or eliminate products with ingredients labeled fragrance, other ingredients, or inert ingredients.	Fragrances represent many health problems and can affect the user as well as those around them in ways that are similar to secondhand smoke. The use of fragrances is common in many products we use every day. Personal care products, cosmetics, soaps, laundry products, drier sheets, candles, air fresheners may all contain fragrances. Ingredients labeled as fragrances, other ingredients, or inert ingredients may contain 100's of chemicals that are known to be toxic and are <u>not</u> regulated.	_____
Fragrance resources	Centers for Disease Control and Prevention at http://www.cdc.gov/niosh/topics/indoorenv/ChemicalsOdors.html The Chemical Sensitivity Foundation at http://www.chemicalsensitivityfoundation.org/index.html Environmental Protection Agency at http://www.epa.gov/df/		

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Toxics	Most homes contain toxic products. Some of the products may be relics of the past such as lead paint or asbestos insulation. Other items are recently purchased. Identifying the toxics in your home is the first step in learning to eliminate them and/or protecting the members of your household from their unintended effects.		
Lead	<ul style="list-style-type: none"> <input type="checkbox"/> For homes built before 1978 check both interior and exterior painted surfaces for lead using a lead-check test. <input type="checkbox"/> Look for chipped or peeling paint. <input type="checkbox"/> Check window frames for lead-based paint that is rubbed off as the window is opened and closed. <input type="checkbox"/> The floor around windows should also be checked. <input type="checkbox"/> If you have or intend to do any remodeling that involves removal, scrapping or sanding painted surfaces be sure to follow recommendations for personal protection and cleanup. <input type="checkbox"/> Make sure that any contractors you hire are prepared to deal with lead-based paint. 	Lead paint dust is the most common way people are exposed to lead. Homes built before 1978 may contain lead-based paint. Other sources of lead in the home to watch out for are pottery items, plumbing, ammunition, fishing weights, lead soldering, and leaded glass.	_____
Lead resources	Oregon Health Authority at http://public.health.oregon.gov/HealthyEnvironments/HealthyNeighborhoods/LeadPoisoning/Pages/index.aspx Oregon DEQ and Portland Metro “The Hazardless Home Handbook” at http://library.oregonmetro.gov/files/hazardless_home_handbook_2006.pdf		
Asbestos	<ul style="list-style-type: none"> <input type="checkbox"/> Consult the Oregon DEQ website link below for information on where you might find asbestos in your home. <input type="checkbox"/> If you have any concerns about whether or not your home contains asbestos, consult the DEQ website for instructions on taking a sample and locating a suitable laboratory to send it to. <input type="checkbox"/> If asbestos is present a determination on whether or not to have it removed must be made. <input type="checkbox"/> Consult the DEQ website for a list of licensed asbestos abatement contractors. 	Asbestos has been used in building materials throughout the 1900’s. Homes built before 1990 carry higher risks of containing asbestos. Exposure to asbestos increases the risk of developing lung disease as fibers become embedded and accumulate in the lungs. In some cases, it is best to leave asbestos containing materials intact and not remove it. Removing it yourself is not recommended.	_____

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Asbestos resources	Oregon Department of Environmental Quality at http://www.deq.state.or.us/aq/asbestos/index.htm . Environmental Protection Agency at http://www.epa.gov/iaq/asbestos.html American Lung Association at http://www.lung.org/healthy-air/home/resources/asbestos.html Oregon DEQ and Portland Metro “The Hazardless Home Handbook” at http://library.oregonmetro.gov/files/hazardless_home_handbook_2006.pdf		
Medications	<ul style="list-style-type: none"> <input type="checkbox"/> Keep all medications in their original containers. <input type="checkbox"/> Keep all medications out of reach of children. <input type="checkbox"/> Safely dispose of unused or expired medications. <input type="checkbox"/> Handle pet and livestock medications the same as you would human medications unless instructed otherwise. <input type="checkbox"/> Make sure everyone in your household adheres to the same safety practices for medications. 	Medications are the leading cause of child poisoning. Thirty-eight percent of child poisoning involves grandparent’s medication. Nine out of 10 childhood poisonings occur at home. The Philomath Police Department provides a free prescription drugs drop off service.	<hr style="width: 10%; margin: 0 auto;"/>
Medication Resources	Safe Kids Worldwide at http://www.safekids.org/medicinesafety Food and Drug Administration at http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm101653.htm Philomath Police Department at http://www.ci.philomath.or.us Oregon DEQ and Portland Metro “The Hazardless Home Handbook” at http://library.oregonmetro.gov/files/hazardless_home_handbook_2006.pdf		
Hazardous Household Products	<ul style="list-style-type: none"> <input type="checkbox"/> Check your home for products labeled toxic, poison, danger, caution, flammable, or harmful. <input type="checkbox"/> Remove unwanted containers of hazardous products at a household hazardous waste collection event. <input type="checkbox"/> Never dispose of unwanted hazardous products down the drain. <input type="checkbox"/> Keep hazardous materials in original containers. Secure hazardous products away from children. <input type="checkbox"/> Keep Poison Control Center phone number ((800) 222-1222) where it can be found quickly in an emergency. <input type="checkbox"/> Consider alternatives to hazardous materials whenever possible. <input type="checkbox"/> Always follow label instructions for use including personal protective equipment and ventilation. 	Hazardous chemicals are found in many commonly used products including household cleaners, solvents, finishes, paints, pesticides, and polishes.	<hr style="width: 10%; margin: 0 auto;"/>

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Hazardous Household Products Resources	<p>Oregon Department of Environmental Quality at http://www.deq.state.or.us/lq/sw/hhw/events.htm Environmental Protection Agency at http://www.epa.gov/wastes/conserves/materials/hhw.htm http://library.oregonmetro.gov/files/hazardless_home_handbook_2006.pdf Oregon DEQ and Portland Metro “The Hazardless Home Handbook” at http://library.oregonmetro.gov/files/hazardless_home_handbook_2006.pdf Department of Health and Human Services, Household products database at http://householdproducts.nlm.nih.gov/index.htm Department of Health and Human Services, Specialized Information Services at http://sis.nlm.nih.gov/index.html U.S. National Library of Medicine, Toxnet at http://toxnet.nlm.nih.gov/</p>		
Pesticides	<ul style="list-style-type: none"> <input type="checkbox"/> Pesticides stored and used according to manufacturer’s instructions. <input type="checkbox"/> Kept from children. <input type="checkbox"/> Use minimized. <input type="checkbox"/> Stored only in original containers. <input type="checkbox"/> Empty containers should be discarded according to directions. <input type="checkbox"/> Unused and unwanted quantities disposed at a household hazardous waste collection event. 	<p>Use pesticides according to directions and only after having tried other removal and prevention methods. Pesticides are designed to be health hazards so use them only as a last resort.</p>	<p>_____</p>
Pesticide Resources	<p>Oregon Health Authority at http://public.health.oregon.gov/HealthyEnvironments/HealthyNeighborhoods/Pesticides/Pages/ctrlhome.asp Department of Housing and Urban Development at http://portal.hud.gov/hudportal/HUD?src=/program_offices/healthy_homes/healthyhomes/ipm Oregon DEQ and Portland Metro “The Hazardless Home Handbook” at http://library.oregonmetro.gov/files/hazardless_home_handbook_2006.pdf</p>		

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Safety hazards	There are many issues to consider regarding home safety. The items below are just the tip of the ice berg and should get your immediate attention. For more information visit the National Safety Council's website at www.nsc.org . The National Safety Council estimates that 245 people in the U.S. die every day due to unintentional injuries in the home.		
Trips and falls	<input type="checkbox"/> Hallways and stairs kept clear of trip hazards. <input type="checkbox"/> Stairs maintained. <input type="checkbox"/> Throw rugs secured to prevent slipping. <input type="checkbox"/> Home well lit.	Falls kill more people than any other type of accident besides vehicle crashes and most falls happen at home.	_____
Trip and Fall Resources	National Safety Council at http://www.nsc.org/safety_home/Pages/safety_at_hom.aspx		
Drowning	<input type="checkbox"/> Home pools and hot tubs should be fenced on all sides or otherwise secured to prevent children from accessing them without adult supervision. <input type="checkbox"/> Young children should not be left alone in bathtubs or near other pools of water.	Drowning kills more than 1,000 children each year. For every child that drowns, 20 will end up in the hospital or emergency room because they almost drowned. Small children can drown in as little as 1 inch of water.	_____
Resources to prevent drownings	National Safety Council at http://www.nsc.org/safety_home/Pages/safety_at_hom.aspx Consumer Product Safety Commission at http://www.poolsafely.gov/		
Poisons	<input type="checkbox"/> Poisonous items secured and out of reach of children. <input type="checkbox"/> Products kept in original containers to prevent misuse. <input type="checkbox"/> Pay particular attention to medicine cabinets, under sinks, garage, pantries, and laundry rooms. <input type="checkbox"/> Store separate from food items. <input type="checkbox"/> Remove and properly dispose of products that are no longer needed. <input type="checkbox"/> Look for safer alternatives.	Medications are the leading cause of child poisoning. Thirty-eight percent of child poisoning involves grandparent's medication. Nine out of 10 childhood poisonings occur at home.	_____
Resources to prevent poisonings	National Safety Council at http://www.nsc.org/safety_home/Pages/safety_at_hom.aspx Safe Kids Worldwide at http://www.safekids.org/poisonsafety		

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Fire	<ul style="list-style-type: none"> <input type="checkbox"/> Smoke alarms should be on every floor of your house and outside every bedroom. <input type="checkbox"/> Test smoke alarms and change batteries on a regular schedule. <input type="checkbox"/> Check for electrical fire hazards such as overloaded plugs, misuse of extension cords, space heaters too close to flammables, unattended candles, wood stoves and fireplaces maintained. <input type="checkbox"/> Smoking should be restricted to outdoors. <input type="checkbox"/> Have a family escape plan and practice it. 	Deaths from fires and burns are the third leading cause of death in the U.S. Two-thirds of the deaths occur in homes without working smoke alarms.	_____
Fire prevention resources	Oregon Office of State Fire Marshal at http://www.oregon.gov/OSP/SFM/pages/com_ed_section.aspx Corvallis Fire Department at http://www.corvallisoregon.gov/index.aspx?page=954		
Choking and Suffocation	<ul style="list-style-type: none"> <input type="checkbox"/> Learn the signs of choking. <input type="checkbox"/> Check home for small objects that could choke children. <input type="checkbox"/> Small children should be seated when eating and food should be cut into bites size pieces. <input type="checkbox"/> Adults should be sure to slow down when eating. 	Choking and suffocation is the third leading cause of home and community deaths in the U.S. Children are particularly vulnerable.	_____
Choking and suffocation prevention resources	Safe Kids Worldwide at http://www.safekids.org/safetytips/field_risks/choking-and-strangulation		
Firearms	<ul style="list-style-type: none"> <input type="checkbox"/> Firearms stored in a locked location, unloaded, out of reach and sight of children. <input type="checkbox"/> Ammunition stored in a locked location separately from firearms, also out of reach and sight of children. <input type="checkbox"/> Keys and lock combinations hidden. <input type="checkbox"/> Firearms that are not locked up kept in your line of sight. <input type="checkbox"/> All firearms equipped with child-resistant gun locks. <input type="checkbox"/> Talk to children about what to do if they or someone they are with find a firearm. 	Even very young children can access firearms that are kept at home. As many as 20 children per day in the U.S. are victims of accidental shootings. Even if you don't have firearms in your home, your children should be informed about what to do if they or someone they are with find a firearm in someone else's home, in the neighborhood, or other places they may frequent.	_____

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Firearm safety resources	Project ChildSafe at http://www.projectchildsafe.org/ Safe Kids Worldwide at http://www.safekids.org/safetytips/field_risks/guns National Shooting Sports Foundation at http://www.nssf.org		
Food Safety	<p>Food safety involves many steps. The following check-list is just the beginning. Use the included links for additional steps and information.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Handwashing with soap and warm water before, during, after food handling and preparation. <input type="checkbox"/> Utensils, countertops, and cutting boards cleaned and sanitized after use. <input type="checkbox"/> Separate handling and preparation of raw (uncooked) foods, especially meat, poultry, eggs, and seafood, from other foods. <input type="checkbox"/> Cook foods to proper temperature. <input type="checkbox"/> Refrigerator at 41 degrees F or less. <input type="checkbox"/> Perishable foods refrigerated. <input type="checkbox"/> Food protected from insects and rodents. <input type="checkbox"/> Pesticides, cleaning, and other chemicals stored in original containers and separate from food areas. 	<p>One in six Americans will get sick from food poisoning this year. The problem is more serious than many people realize. Food poisoning not only sends more than 100,000 Americans to the hospital each year – it can also have long-term health consequences. The Economic Research Service (ERS) estimates the cost of foodborne illness at more than \$15.6 billion in 2013. Common food related disease symptoms include vomiting, diarrhea, abdominal pain and cramps, bloody diarrhea, fever, headache, double and blurred vision, paralysis, anorexia, malaise, muscle pain, and fatigue.</p>	<hr style="width: 10%; margin-left: auto; margin-right: 0;"/>

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Food Safety Resources	http://public.health.oregon.gov/HealthyEnvironments/FoodSafety/Pages/tips.aspx http://www.co.benton.or.us/health/environmental_health/documents/handwashing.pdf http://www.foodsafety.gov/ http://www.foodsafety.gov/keep/basics/index.html http://www.cdc.gov/foodsafety/ http://www.co.benton.or.us/health/environmental_health/food.php http://www.fsis.usda.gov/wps/portal/fsis/home http://public.health.oregon.gov/HealthyEnvironments/FoodSafety/Pages/index.aspx http://www.fightbac.org/storage/Summer_without_Salmonella/Salmonella_Poultry_Presentation.pdf		
Rural sanitation and drinking water	Unless rural properties are connected to community waste water and drinking water services, they will be dependent on individual wells and onsite wastewater (septic) systems. The below checks are minimum actions to take. Contact your local Environmental Health office or check out the web links for additional information and resources.		
Septic tank	<input type="checkbox"/> Have septic tank pumped and inspected by a licensed service provider every 3 to 5 years. <input type="checkbox"/> Keep pumping records. <input type="checkbox"/> Refrain from using additives in your septic system. <input type="checkbox"/> Don't flush medicines or hazardous materials down the toilet. <input type="checkbox"/> Don't plant deeply rooted plants near the tank. <input type="checkbox"/> Know the location of your septic tank. <input type="checkbox"/> Practice water conservation.	Septic tanks should be pumped every 3-5 years to remove sludge and scum layers. Pumping the tank can greatly improve the life expectancy of your system. Septic tank additives are not recommended, may do more harm than good, and are not a substitute for pumping the tank.	_____
Septic tank resources	Benton County Environmental Health Division at www.co.benton.or.us/health/environmental_health/sewage_disposal.php National Environmental Services Center at http://www.nesc.wvu.edu/wastewater.cfm Oregon DEQ at http://www.oregon.gov/deq/WQ/Pages/onsite/SepticSmartHome.aspx U.S EPA at http://water.epa.gov/infrastructure/septic/		

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Drain field	<ul style="list-style-type: none"> <input type="checkbox"/> Inspect your drain field for soggy soil, ponding, surfacing waste water, and sewage odors. <input type="checkbox"/> Avoid digging over the disposal trenches. <input type="checkbox"/> Keep livestock of the drain field to prevent damaging the leach lines and compacting the soil. <input type="checkbox"/> Don't allow vehicles to drive over your drain field. <input type="checkbox"/> Don't plant deep rooted plants on your drain field. <input type="checkbox"/> Know the location of your drain lines and the replacement area. 	A properly functioning drain field should remain dry enough to mow over in the summer. There should be no sewage odor and vegetation should be healthy but not excessive.	_____
Drain field resources	Benton County Environmental Health Division at www.co.benton.or.us/health/environmental_health/sewage_disposal.php National Environmental Services Center at http://www.nesc.wvu.edu/wastewater.cfm Oregon DEQ at http://www.oregon.gov/deq/WQ/Pages/onsite/SepticSmartHome.aspx U.S EPA at http://water.epa.gov/infrastructure/septic/		
Sand filters and alternative treatment technology (ATT) units	<ul style="list-style-type: none"> <input type="checkbox"/> Sand filters and alternative treatment units require regular maintenance. <input type="checkbox"/> Follow maintenance requirements provided when the system was installed. <input type="checkbox"/> Maintain a contract with a certified maintenance provider. <input type="checkbox"/> Keep records of your system. <input type="checkbox"/> Practice water conservation. 	Many homes require additional treatment due to soil conditions or space restrictions. Maintenance by a certified maintenance provider is required by Oregon law in some instances. Replacing a these units is very expensive so maintaining them is time and money well spent.	_____
Sand filter and ATT resources	Benton County Environmental Health Division at www.co.benton.or.us/health/environmental_health/sewage_disposal.php National Environmental Services Center at http://www.nesc.wvu.edu/wastewater.cfm Oregon DEQ at http://www.oregon.gov/deq/WQ/Pages/onsite/SepticSmartHome.aspx U.S EPA at http://water.epa.gov/infrastructure/septic/		

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Well	<ul style="list-style-type: none"> <input type="checkbox"/> Check the sanitary seal/well cap on top of the well casing to ensure that it has a tight fit and is in good repair. <input type="checkbox"/> Check the vent screen for an intact screen and that it is free of debris. <input type="checkbox"/> Well casing should extend a minimum of 1 foot above the ground surface. <input type="checkbox"/> Well head should be protected within a shelter or pumphouse. <input type="checkbox"/> The well head shelter should be free of animals and hazardous or toxic materials. <input type="checkbox"/> Contact your local environmental health office for a list of a certified water quality labs and recommended tests. 	<p>Water wells must be maintained to protect your drinking water. The U.S. EPA recommends that at a minimum well water be tested annually for nitrates/nitrites and coliform bacteria. Other tests may be recommended depending on your location.</p>	<p>_____</p>
Well resources	<p>Oregon Water Resources Dept. at www.wrd.state.or.us and www.oregon.gov/owrd/pubs/docs/water_well_booklet_2010.pdf National Environmental Services Center at http://www.nesc.wvu.edu/subpages/wells.cfm U.S. EPA at http://water.epa.gov/drink/</p>		