

# Is Your Home Making You Sick?

## Six Steps To Homestead Illness Research

ONE: record what your symptoms are. Describe them in detail. Keep a log or diary of your symptoms. Write down when they occur and what you are doing. What is happening in and around your home? What is happening in your outside community when you are experiencing your symptoms? What are the weather conditions? Is there lawn care or farming nearby? Note when farms are applying fertilizers and pesticides and the weather condition.

TWO: if you have pets, record their health and any changes you may notice in their health, energy, appetite, excrement, fur, feathers or skin. Often, your pets experience symptoms that can give clues to possible contamination issues.

THREE: consider testing your water, soil and air. If you have a well for your water supply, an inexpensive way to check for farm run-off is a nitrate water test (about \$10.00). Soil, soil gas and air quality tests can be expensive, often charging based on what element you are testing for but they can direct your research toward what is making you sick.

FOUR: if you can't remove the problem, try to remove yourself. If you can, stay with a friend or family member temporarily to see if you experience a change in your health. Make sure to document your symptoms or lack of symptoms in your log/diary and if symptoms return when you return home.

FIVE: conduct research. Ask neighbors, friends and family if they have experienced the same symptoms. Network. Internet and library research your symptoms and/or the problem that may be causing your symptoms.

SIX: if you can, go to the doctor or other health professional to confirm or disprove your suspicions. Sometimes, tests are available (such as blood, hair & excrement tests) to prove the relationship between conditions in your home and your health. If tests are too expensive, your diary will help start the conversation with your landlord, homeowners association or local authorities.

**YOUR LOCAL CONCERNED NEIGHBORS:** \_\_\_\_\_

**For more information: United Sludge Free Alliance: [www.usludgefree.org](http://www.usludgefree.org)**