

## 7 Point Dry Home Checklist

*Tool to get thinking and get clear about your healthy home.*



A quality indoor air plan with strategies and options is essential to planning for and managing a healthy home. It helps you and your family consider the current underlying indoor environmental balances in your home, empowering you to manage inside and outside.

Are you ready to get started? I've got your action plan right here. All you need to do is tweak it and personalise it to suit your own needs.



## What?

*Get clear on what you really need when living in humid and damp conditions:*

What changes must happen in your existing house?

What rooms do you need to dry and or clean?

What repairs or upgrades, or down grading, need to get done?

## Why?

*Why are you planning to dry or clean? What is your motivation:*

2

Do you need more health, lifestyle, be less toxic?

Are there varying health sensitivities?

Are you a canary or a truck or a sun?

Improve dryness, comfort, better air flow, ?

In a space or the whole house?

Improve performance in the home?

Simple remediation, keen for quick, achievable actions?

Complex remediation, favour a plan and implement, to repair,

remove, remodel, using trades, time, \$\$

## When?

*When do you want to get started:*

3

Is there a certain time by when you need to get started?

Or need to be completed by?

Are there any spaces that need to be dried and made more comfortable as a priority?



4

### *How Much?*

*How much money do you want to spend?*

5

### *How?*

*How do you want your home and family to feel and function?*

How do you want your home to feel?

What do you want your space or home to do for you and your family?

6

### *Can it be done?*

*Can you and your family achieve it?*

Well, first ask what is stopping YOU?

What is hindering your home / the site / the building / the interior / the occupants?





## Who to engage?

*Who do you need to talk with?*

Family, occupants in this home, parents, siblings ~ how much support can you engage within your network?

Cleaning, decluttering, repairing, removing, reconfiguring and more to dry out this space and create healthy spaces.

Your Health Practitioner / Building Biologist / Healthy Home Consultant / Environmental Hygienist ~ talk with someone who can give you some initial advice if there is anything that might hinder your tasks at hand.

Consultant in Dehumidifiers & Air Purifier – find out if these essential strategies and options are functional in your environment.

Professionals in ventilation, plumbing, guttering, roofer, builder, HVAC cleaning specialist, landscaping, site drainage – find out if time and money are manageable.

*There is no size fits all process, every house is different, even next door ...*

Book your Zoom Video Call today, half hour, hour, 2 hour, and start your journey to a dry, comfortable, Healthy Home.

Our 30 minutes **Essential Unlock the Door to Your Healthy Home Session**, is designed to help you GET STARTED, and [answer those QUESTIONS YOU NEED ANSWERS to now.](#)

25 years towards healthier living,

Mitey Fresh Australia

Carol Parr | Building Biologist | Healthy Homes

[carol@miteyfresh.com.au](mailto:carol@miteyfresh.com.au)

02 9986 3432

SUBSCRIBE TO OUR HEALTHY HOME TIPS and keep in touch

[Mitey Fresh Resources – Mould](#)

[Tips Videos](#)

[Meet Carol at LinkedIn](#)

[Meet Mitey Fresh at Facebook](#)





Breathe easier,  
live easier.

