

Useful MHE Contacts

Allergy Control Covers for Mattresses / Pillowcases (they may be available at linen stores)

Group Health Take Care Stores (National orders & WA areas) www.take-care.com National 1-800-447-2839
Olympia 1-360-923-7678; Capital Hill 206-326-3496; Northgate 206-302-1208; Redmond 425-883-5052

Asbestos Information

Puget Sound Clean Air Agency (WA State areas) www.pscleanair.org 206-343-8800 or 800-552-3565

Asthma and Allergies

American Lung Association of Washington www.alaw.org 206-441-5100 or 1-800-732-9339

American Lung Association www.lungusa.org 1-800-LUNG-USA

Asthma and Allergy Foundation of America Washington Chapter www.aafawa.org 1-800-778-AAFA

Asthma and Allergy Foundation of America www.aafa.org 1-800-7-ASTHMA

Gas Leaks: Puget Sound Energy (WA State areas) www.pse.com 425-454-2000 or 1-888-225-5773

Hazardous Product Disposal

Dept of Ecology Recycling Information Line (WA State) www.ecy.wa.gov/programs.html 1-800-RECYCLE

Health Department Hazards Line (King County, WA) www.metrokc.gov/hazwaste/ 206-296-4692, 1-888-TOXIC ED

Business waste line 206-296-3976

Indoor Air Quality Information

American Lung Association of Washington www.alaw.org 206-441-5100 or 1-800-732-9339

American Lung Association www.lungusa.org 1-800-LUNG-USA

Environmental Protection Agency Indoor Air Hotline <http://www.epa.gov/iaq/index.html> 1-800-438-4318

Lead Information

National Lead Information Center www.epa.gov/lead 1-800-424-LEAD

Centers for Disease Control www.cdc.gov/nceh/lead/lead.htm

WA State Dept. of Health Childhood Poison Prevention <http://www.doh.wa.gov/EHSPHL/Epidemiology/NICE/Lead> 1-800-909-9898

Less-Toxic Alternatives (Cleaners, pesticides, and more)

Washington Toxics Coalition (WA State, national publications) www.watoxics.org 206-632-1545 or 1-800-844-SAFE

WSU Cooperative Extension (King County, WA) Taped information 206-296-DIAL

Find Businesses that are Environmentally Sound in your neighborhood www.envirostars.com 1-877-220-7827

Lawn and Yard Care

Natural Lawn & Garden Hotline www.metrokc.gov/soils and www.seattletilth.org 206-633-0224

WSU Master Gardener Program (King County, WA) <http://gardening.wsu.edu/> 206-296-DIAL

Outdoor Emissions (Factory emissions, wood smoke, and burning complaints)

Puget Sound Clean Air Agency (WA State areas) www.pscleanair.org 206-343-8800 or 1-800-552-3565

Burn Ban Information (taped) 1-800-595-4341

Pesticide Alternatives (See Less-Toxic Alternatives and Lawn Care)

Pesticide Incident Reporting

WA Dept of Agriculture Pesticide Mgmt (WA State) www.wa.gov/agr 1-360-902-2040 in Olympia

Poison Center: Washington Poison Center (WA State) 1-800-222-1222

Radon Information (Also see Air Quality Testing)

National Radon Hotline (coupons are available for radon kits) www.nsc.org/library/facts/radon.htm 1-800-SOS-RADON

Environmental Protection Agency Indoor Air Hotline www.epa.gov/iaq 1-800-438-4318

Washington Department of Health (WA State) www.doh.wa.gov Olympia 360-236-3253.....Seattle area 206-361-2896

Renters' Rights

The Tenants Union www.tenantsunion.org 206-723-0500

Washington State Office of the Attorney General (Consumer Protection) www.atg.wa.gov/consumer/lt/index.shtml 1-800-551-4636

Smoking

American Lung Association of Washington www.alaw.org 206-441-5100 or 1-800-732-9339

American Lung Association www.lungusa.org 1-800-LUNG-USA

Tobacco Quit Line www.quitline.com 1-877-270-STOP

Water Quality Testing

Washington State Department of Health www.doh.wa.gov Seattle area 206-361-2879