

Exposure	Reaction	Duration of rxn p. 2 hr exposure	Apt/Cndo	Cabin /Hs	Urbn	Rural	Rent	Own
Wifi, N or X band; cell towers	Stabbing nausea followed by white aura, lightheadedness, confusion, restlessness, memory loss w/ inability to absorb any info, tinnitus, swelling of fingers and hands (1-1.4 cm circumference difference @wrists) then face & neck & all limbs. Insomnia, nosebleeds, tendonitis, increased bruising & tissue injury, SOB, ↑baseline pain.	24-36 hours	3	1	3	2	3	1
Diesel & auto fumes	Brain fog, loss of self-perception, v. cranky and moody. Can't tell how bad things are until ↓bp and palpitations make me notice.	12-24 hours	3	2	3	1	2	1
Paint, finishes, & cleaners	Dizziness, nausea, cranky, metallic taste, poor reasoning, poor memory, bouts of irreg irreg HR, variable headaches, clumsy, increased tissue injury, ↑baseline pain, ↑focal pain @ surgical sites.	~5 days to fully recover	3	1	2	1	3	1
Fiberglass, rock wool, foam insulation	Stinging eyes, pain between brows, irritability, memory loss, failure to process, moodiness, depressed immunity w/ frequent illnesses, focal pain @ nerve plexi & widespread pain 3" deep into tissues.	~2 days to functional, ~5 days to full recovery	3	2	2	1	3	1
Mold & mildew	Deep weariness, ↓↓concentration, sugar cravings, small breaths, widespread sparking pain into tissues. Sore throat, variable vision, nosebleeds, tendonitis, ↓recovery time. With spores, stinging eyes & savage aches in head and lungs.	~7 days to full recovery, with aftercare strategies; ~3-6 wks without.	3	2	2	2	3	1

Key:

1. Probably safe. Not an issue; or, definitely under my control in this environment.
2. Depends on Rent vs. Own; or, I can't control or predict when or whether this would happen.
3. Unsafe. A given in this kind of living environment; if not in mine, in my neighbor's place & will get to me regardless.

For a survivable home going forward, I'm restricted to owning a freestanding house in a rural area, and either have to build a small one from the ground up or gut and refinish an old one. (Horrifying thought... but I've lived on a sailboat, whence "a boatload of work" originated, so...)