





















2019 Healthy Homes Calendar



Keep Your Home Healthy and Safe

	Every Day		Every Week		Every Month		Every 6 Months		Every Year
	Turn on the bathroom fan while taking a bath or shower		Change and wash bedding		Check for water leaks		Clean your gutters of leaves and debris		Treat deck/patio for mold and mildew
	Put trash in garbage cans		Vacuum carpeting and sweep/wet clean floors		Test smoke and carbon monoxide detectors (change batteries every 6 months)		Clean your kitchen exhaust fan and filter		Deep clean and inspect your basement
	Wipe counter-tops in the kitchen, bathroom and if used that way, laundry room		Clean bathrooms and kitchens		Trim trees and bushes. Clear leaves and debris from around your home and roof		Test your Ground Fault (GFCI) outlets		Inspect screens and replace any that have holes
	Keep floors dry and clean		Remove clutter. Dust surfaces of furniture and blinds		Check your air conditioner's air filter and replace if necessary (replace every 3 months)		Check all locks and dead-bolts on your doors and windows		Inspect roof for cracks, leaks, or broken shingles/tiles

About This Calendar

Hello, We, the entire HUD family, are pleased to present our new Healthy Homes Calendar.

Keeping your home free of health and safety hazards can promote the well-being of families and individuals, including children, elders, and even pets.

Enjoy the children's artwork in this calendar. What better way to gain insight into the effects of an unhealthy environment, than from the unbiased and unfiltered perceptions of a child living in those environments?

Think of your home as a system made of family members, physical structure,

and potential dangers (hazards). All are connected.

A safe and healthy home is a home that is maintained by residents to avoid injuries and illness to all who live there.

This Healthy Homes Calendar can help make you aware that the condition of your home and how you live in it, affects your health. Every month, there are observances that remind us that the most serious health problems for children, other family members, and individuals, may start at home.

In June, please join us in celebrating National Healthy Homes Month!

The Office of Lead Hazard Control and Healthy Homes is an office within the U.S. Department of Housing and Urban Development that protects children and families from health and safety hazards in housing, especially low-income households and other vulnerable populations. We work with our grantees throughout the nation, including tribal, state, and local governments; non-profit organizations; and federal partners, and others, to help carry out our important mission.

Learn as much as you can about home safety and health, and get your family involved. Teach your family how to maintain and keep a safe and healthy home.

This Calendar explains some of these health concerns and what you can do about them. Consider using the resources on the back cover to learn more.

We hope you will like your copy of the 2019 Healthy Homes Calendar

8 Principles of a Healthy Home

1. Keep it Dry: Prevent water from entering your home through leaks in roofing systems, prevent rainwater from entering the home due to poor drainage, and check your interior plumbing for any leaking.

2. Keep it Clean: Control the source of dust and contaminants, creating smooth and cleanable surfaces, reducing clutter, and using effective wet-cleaning methods.

3. Keep it Contaminant Free: Reduce lead-related hazards in pre-1978 homes by fixing deteriorated paint, and keeping floors and window areas clean using a wet-cleaning approach. Test your home for radon, a naturally occurring dangerous gas that enters homes through soil, crawlspaces, and foundation cracks. Install a radon removal system if levels above the EPA action level are detected.

4. Keep it Pest Free: All pests look for food, water, and shelter. Seal cracks and openings throughout the home; store food in pest-resistant containers. If needed, use sticky-traps and baits in closed containers, along with least-toxic pesticides such as boric acid powder.

5. Keep it Safe: Store poisons out of the reach of children and properly label. Secure loose rugs and keep children's play areas free from hard or sharp surfaces. Install smoke and carbon monoxide detectors and keep fire extinguishers on hand.

6. Keep it Energy Efficient: Houses that do not maintain adequate temperatures may place the safety of residents at increased risk from exposure to extreme cold or heat.

7. Keep it Well Maintained: Inspect, clean, and repair your home routinely. Take care of minor repairs and problems before they become large repairs and problems.

8. Keep it Well Ventilated: Ventilate bathrooms and kitchens and use whole-house ventilation for supplying fresh air to reduce the concentration of contaminants in the home.

JANUARY IS NATIONAL RADON ACTION MONTH



Looking for a New Year's resolution?
Test your home for radon
and protect your family.

[LEARN MORE](#)

#TestForRadon

January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
National Non-Smoking Week (This is a Canadian observance)						
27	28	29	30	31		

JANUARY – NATIONAL RADON ACTION MONTH

- Radon is a gas that cannot be seen or smelled.
- Radon can be found in the dirt and rocks beneath houses, in well water, and other places.
- Breathing high levels of radon can put you at risk for lung cancer.
- Have your home tested for radon. To learn more, visit www.epa.gov/radon.
- If your home tests high for radon (a reading of 4 or higher), consult with a licensed radon professional or state radon office to learn about options for making your home safer.
- Do not smoke in your house.
- Keep your home well-ventilated.
- Seal cracks in floors and walls (especially in the basement) with plaster caulk or other crack sealants.

EPA NATIONAL RADON HOTLINE:
1-800-767-7236

For persons with speech or hearing disabilities, call 711



Fire Safety



February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 World Cancer Day	5	6	7	8	9
10 National Home Warranty Day	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

FEBRUARY - NATIONAL BURN SAFETY MONTH

- Install smoke and carbon monoxide detectors.
- Inspect fire extinguishers each month.
- Keep flammable and combustible materials in a designated location and stored in appropriate containers.
- Cool a burn under cold running water for 10-15 minutes and call 9-1-1 for serious burns.
- Always supervise children in the kitchen and dining areas.
- Create a “No Child Zone” while preparing and serving hot foods.
- Don’t carry or hold a child while cooking on the stove. Instead, place the child into a high chair or other safe area while cooking.
- Children love to reach, so, to prevent hot food or liquid spills, simply use the back burner of your stove and turn pot handles away from its edge; also, keep hot foods away from the edge of your counters.
- Keep clothing from coming in contact with flames or heating elements.
- Make a habit of placing matches, gasoline, and lighters in a safe place out of children’s reach and avoid novelty lighters as they may look like toys to a child.

www.cdc.gov





Joan Hansen
Wisconsin Housing and Economic
Development Authority



Coby Schal and Felicia A. Rabito
North Carolina State University,
Tulane School of Public Health and Tropical Medicine



Ruth Ann Norton
Green and Healthy Homes Initiative



Selina Lujan
City of Fort Collins Healthy Homes Program



Presented by Matt Ammon,
Director, HUD Office of Lead
Hazard Control and Healthy
Homes

March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
National Poison Prevention Week						
24	25	26	27	28	29	30
31	www.hud.gov/healthyhomes					

MARCH - HOME SAFETY MONTH

- Read warning labels and follow storage directions on household items.
- Store food and non-food items separately.
- Install smoke detectors on every floor of the home.
- Develop a family escape plan.
- Never leave children alone near water, including bathtubs, buckets, and swimming pools.
- Avoid window blinds with looped cords, which can cause strangulation.
- Make sure your home is well-lit.
- Keep floors free of anything that may cause tripping.
- Never mix cleaning products together.

**U.S. CONSUMER PRODUCT SAFETY
COMMISSION: 1-800-638-2772**
www.saferproducts.gov

**For persons with speech or hearing
disabilities, call 711**





April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
	National Public Health Week					
	Family Safety Week					
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
	National Bed Bug Awareness					
28	29	30				
— Air Quality Awareness Week —						

APRIL - SPRING CLEANING MONTH

- Place baits near baseboards out of reach from children.
- Reduce clutter or put items in plastic boxes.
- Encase mattress and box spring.
- Install bed bug traps.
- Launder or hot dry bed linens at least weekly.
- Clean up food and drink spills right away.
- Place small items in a freezer for 4 days.
- Apply steam to furniture.
- Fix plumbing or other water leaks. Pests need water sources to survive.
- Discard heavily infested items.
- Apply repellent to pants, socks, and shoes.
- Store chemicals correctly, according to manufacturers' guidelines.

www.cdc.gov/nceh





May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
			Air Quality Awareness Week			
5	6	7	8	9	10	11
World Hand Hygiene Day		World Asthma Day	National Drinking Water Week			
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	
				National Heat Awareness Day		
				World No Tobacco Day		

MAY - ASTHMA AWARENESS MONTH

- Asthma is the most common chronic condition among children. Have HVAC systems checked yearly by qualified professionals.
- Make sure your home is free of dust, mold, smoke, and other potential asthma triggers.
- Vacuum often. (HEPA filters remove dust best).
- Clear crumbs, drips, spills and dirty dishes immediately.
- Keep pets outdoors or away from sleeping areas.
- Quit smoking, or smoke only outside your home.
- Get medical attention for breathing problems.

**EPA INDOOR AIR
QUALITY INFORMATION:**
www.epa.gov/indoor-air-quality-iaq





**NATIONAL HEALTHY
HOMES MONTH**

Find out how to make your home healthy
www.hud.gov/healthyhomes

June 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	www.hud.gov/healthyhomes					

JUNE - NATIONAL HEALTHY HOMES MONTH

- Use the checklist in the Everyone Deserves a Safe and Healthy Home publication for doing a simple, self-assessment of potential hazards in your home. Visit www.hud.gov/healthyhomes to access the publication and checklist in the back of it.
- Use cordless window blinds or shades in homes with young children.
- Keep the floor clear of electrical cords and clutter.
- Make sure you have plenty of lighting in your homes. Poor lighting can lead to trips.
- Install grab bars and handles in bathroom and showers.
- Consider maintaining your lawn without the use of pesticides. If you do use pesticides, read and follow the labels carefully.
- Prevent slips, trips and falls by keeping floors clear, cleaning up spills, and installing handrails on stairs and ramps.

POISON CONTROL CENTERS: 1-800-222-1222
For persons with speech or hearing disabilities, call 711





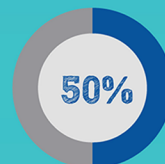
POOL



Safety



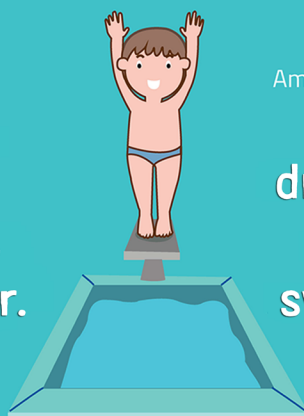
Between
2005-2014
an average of
3,500
fatal drownings occurred per
year in the US. That's about
ten deaths per day.



More than 50% of drowning
victims treated in
emergency departments
require hospitalization or
further care.



About
one in five
people who die from
drowning are
**children 14
and younger.**



Among children ages
1 to 4,
**most
drownings**
occur in
**home
swimming
pools**

SAFETY TIPS



WALK. DON'T RUN
Running increases
chances of slips and
falls on wet surfaces
resulting in serious injury.



LEARN HOW TO SWIM
Swimming lessons
help prevent
drowning.



BUDDY SYSTEM
Always swim with a
buddy in case there's
a mishap



BARRIERS SAVE LIVES
Barriers prevent
people from
accidentally
entering the pool.

July 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

JULY - SUMMER SAFETY MONTH

- If you use pesticides, read and follow the label carefully.
- Avoid being in the sun between 10 am and 3 pm and stay in a shaded area when outside. Consider wearing sunglasses when outside.
- Consider having a home energy audit from your utility company or a local housing agency.
- Use caution when in or near water: make sure that children have adult supervision at all times in and around swimming pools.
- Guard against burns: keep children away from grills, stoves, fireplaces, fire pits and fireworks.
- Protect against food poisoning: clean all raw fruits and vegetables and keep raw meat separate from cooked food.

USDA FOOD SAFETY
1-888-674-6854

For persons with speech or hearing disabilities, call 711





August 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
National Safe at Home Week				National Safe at Home Week		
25	26	27	28	29	30	31
National Safe at Home Week						

AUGUST - BACK TO SCHOOL AND THE YEAR AHEAD

- Get your home checked for lead hazards. Find a certified inspector or risk assessor at www.epa.gov/lead.
- Test tap water and other water sources. Learn more at: www.epa.gov/lead
- Plan to spend time together at least once a week with your family or loved ones.
- Walk the path to school with your child before school starts.
- Incorporate reflective material into backpacks and other outerwear.
- Use safe (non-toxic) cleaning products.
- Practice bike safety and helmet use.

EPA SAFE DRINKING WATER
1-800-426-4791

For persons with speech or hearing disabilities, call 711





September 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
National Clean Hands/Pollution Prevention Week						
29	30					

SEPTEMBER - NATIONAL PREPAREDNESS MONTH

- Natural disasters can occur at anytime. Be prepared.
- Go to Ready.gov to learn more about preparing for natural disasters before they happen.
- Make a family emergency plan and include pets.
- Keep and maintain an emergency kit wherever you spend time: home, car or at work.
- Find disaster shelters at the American Red Cross www.redcross.org.

After the Disaster

- Restore damaged homes in a way that puts people first!
- Learn about serious health risks a damaged home may have, such as unsafe conditions, mold, asbestos, lead-based paint, polluted water, and others.
- Repair and rebuild homes safely with the HUD Office of Lead Hazard Control and Healthy Homes' *Rebuild Healthy Homes* publication.

www.hud.gov/healthyhomes



www.hud.gov/healthyhomes

My home is lead-safe...
Is Yours?



October 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7 Child Health Day	8	9	10 Children's Environmental Health Day	11	12
13	14	15	16	17	18	19
20	21	22 Global Handwashing Day	23	24	25	26
27	28	29	30	31	October is also National Window Covering Safety Month	

OCTOBER - KEEP YOUR CHILDREN HEALTHY AND LEAD SAFE

- Have your children tested for lead by a doctor or health care provider.
- Test your drinking water, paint, and soil around your house for lead. (use a certified lead risk assessor).
- If renting, talk to your landlord about fixing surfaces with peeling or chipping paint.
- Don't try to remove lead-based paint yourself.
- Wash children's hands before they eat, and wash toys, bottles, and pacifiers often.
- Wet clean floors and window sills to protect kids from dust and peeling paint contaminated with lead.
- Do not remodel, renovate, or repair without learning about lead-safe work practices.
- Use cold water for cooking and install a water filter certified to remove lead.

EPA and HUD NATIONAL LEAD INFORMATION CENTER HOTLINE:
1-800-424-LEAD (5323)

For persons with speech or hearing disabilities, call 711





November 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22 Clean Out Your Refrigerator Day	23
24	25	26	27	28 Great American Smokeout	29	30

NOVEMBER - NATIVE AMERICAN HERITAGE MONTH

- Daily home maintenance can help eliminate mold, pests and other hazards that can cause health problems.
- Gas appliances, furnaces, woodburning stoves and/or fireplaces should have at least yearly check-ups. Change filters in furnaces and air conditioners regularly.
- Check woodstoves for signs of damage, such as broken seals, or gaskets, a loose door or cracked glass, and repair as needed. Visit <http://www.epa.gov/burnwise/wood-smoke-and-your-health>.
- Operate bathroom fans throughout the day to increase air circulation.
- Reduce dust in the home with dust-free cleaning methods (damp cloth, steam cleaning of carpet and furniture) and use of HEPA bags for vacuum cleaners.
- Caulk around windows and openings in walls to limit entry of dust in the home.
- Install smoke and carbon monoxide detectors, test batteries monthly, and replace at least twice a year.

HUD OFFICE OF NATIVE AMERICAN PROGRAMS

www.hud.gov/codetalk



www.hud.gov/healthyhomes



Dakley - age 4

December 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
National Handwashing Awareness Week						
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

DECEMBER - SAFE TOYS and GIFTS MONTH

- Have a family fire escape plan.
- Do not overload electrical outlets. Too many strings of lights can overload the system and cause outages and/or fires.
- Check your holiday lights to make sure there are no exposed or frayed wires, loose connections or broken sockets.
- Wash hands frequently but especially before meals.
- Make sure paths are clear indoors so older adults do not trip on wrapping paper, decorations, toys, extension cords, etc.
- Keep candles away from flammable items and never leave them burning unsupervised.
- Be sure to water real Christmas trees regularly and turn off holiday lights overnight and when away from home to reduce risk of fire.

**U.S. CONSUMER PRODUCT
SAFETY COMMISSION**
1-800-638-2772
www.saferproducts.gov





Protect Your Family From Lead in Your Home



United States
Environmental
Protection Agency



United States
Consumer Product
Safety Commission

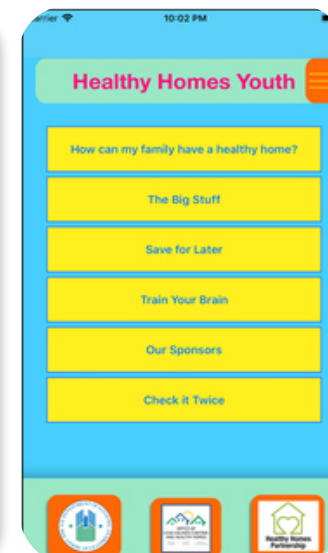
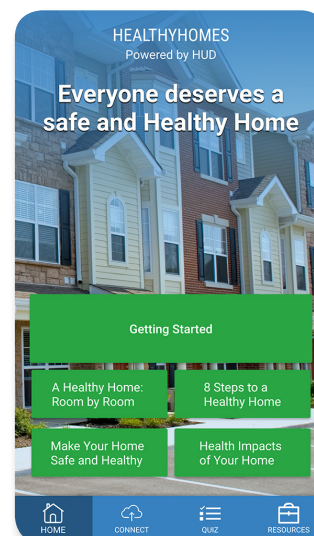


United States
Department of Housing
and Urban Development

Have a Question? Contact us!



U.S. Dept. of Housing and Urban Development
Office of Lead Hazard Control and Healthy Homes
451 7th Street SW, Room 8236
Washington, DC 20410



Download the **Healthy Homes Basic App**,
the **Partners App**, and the **Youth App** today!

