

2020

Healthy Homes Calendar





















U.S. Department of Housing and Urban Development
Office of Lead Hazard Control and Healthy Homes



Giselle Age 9



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 laundry room		Clean bathrooms and kitchens		Trim trees and bushes. Clear leaves and debris from around your home and roof		Test your 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 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 the 2020 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.

Please enjoy the children's artwork in this calendar. Each year we ask children from around the country to submit a drawing of what a 'healthy home' means to them. What better way to gain insight into the effects

of an unhealthy environment, than from the unbiased and unfiltered perspective of a child.

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

This year, we focus on the 8 Steps to a Healthy Home. These steps highlight the importance between residents' indoor environment and their health. Remember: your health starts at home!

We hope you enjoy your 2020 Healthy Homes Calendar!

The Office of Lead Hazard Control and Healthy Homes is an office within the U.S. Department of Housing and Urban Development (HUD), that protects children and families from potential health and safety hazards in the home. We work with our grantees throughout the nation, including tribal, state, and local governments; non-profits; federal partners; and more, to help carry out this important mission.

To learn more about how to protect your family from potential hazards in your home; please visit: www.hud.gov/healthyhomes

8 Steps to a Healthy Home

Keep it Dry

Keep it Clean

Keep it Contaminant Free

Keep it Pest Free

Keep it Safe

Keep it Thermally Controlled

Keep it Well Maintained

Keep it Well Ventilated



Esperanza
Age 9

National Radon
Action Month

JAN

2020

Keep it Well Ventilated:

- Ensure proper ventilation in the kitchen and bathrooms.
- Use whole house ventilation for supplying fresh air to reduce the concentration of contaminants in the home.
- Test your home for radon.
- Clean your kitchen exhaust fan and filter.

National Non-Smoking
Week 1/19 - 1/25

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
National Non-Smoking Week						
26	27	28	29	30	31	



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Jayden
Age 10

National Burn
Safety Month

FEB

2020

Keep it Safe:

- Secure loose rugs and keep children's play areas free from hard or sharp objects.
- Install smoke and carbon monoxide detectors and check/maintain batteries.
- Always supervise children in the kitchen, bathroom, outside, etc.
- Develop a family escape plan.
- Check all door and window locks.

National Burn Awareness
Week **2/2 - 2/8**

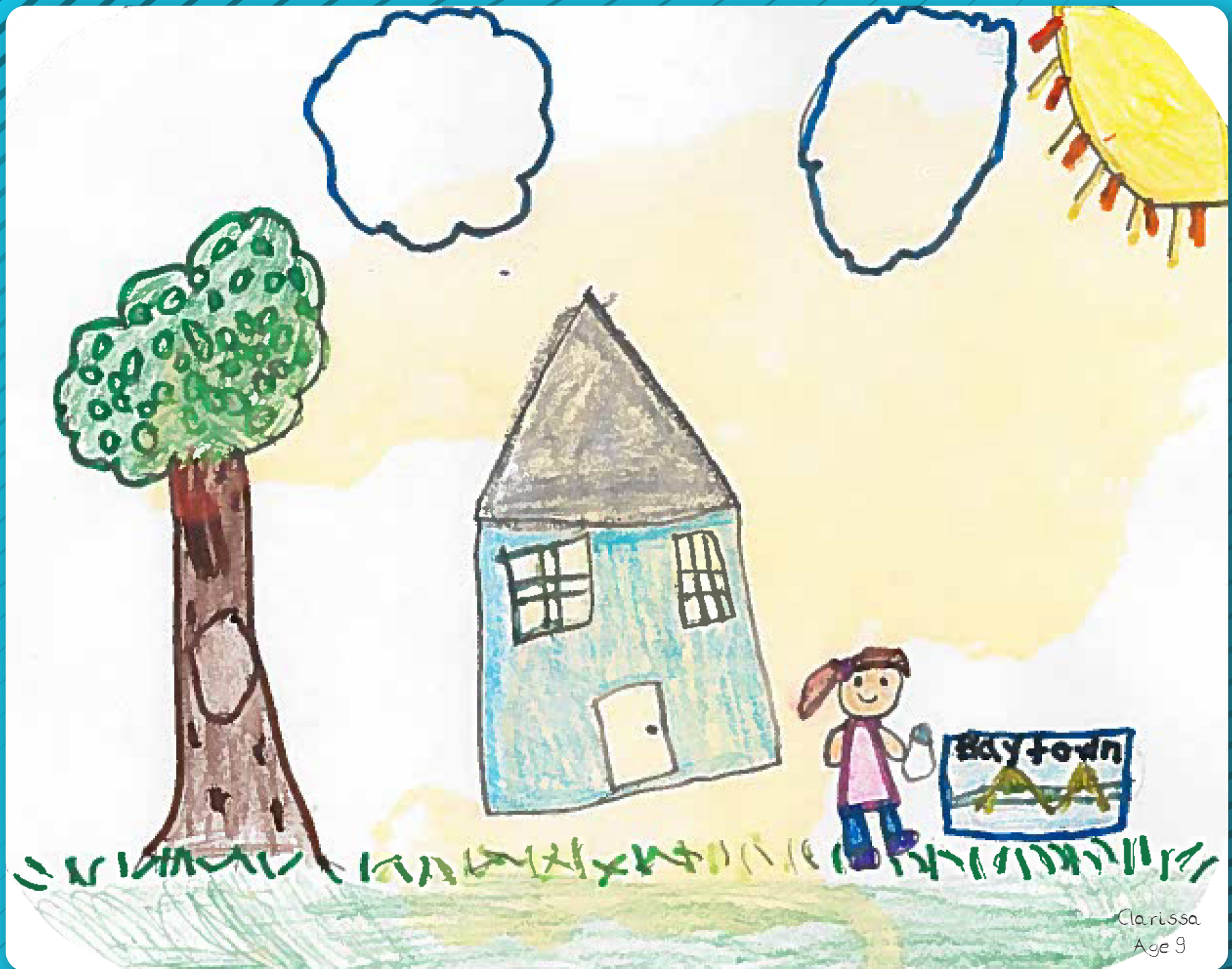
National World Cancer Day
2/4

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
National Burn Awareness Week						
		National World Cancer Day				
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29



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Clarissa
Age 9

National
Nutrition Month

MAR

2020

National Poison Prevention Week:

- Store poisons out of reach of children and keep them properly labeled.
- Post the National Poison Control Number near the telephone or display prominently in house.

National Poison Prevention Week **3/20 - 3/26**

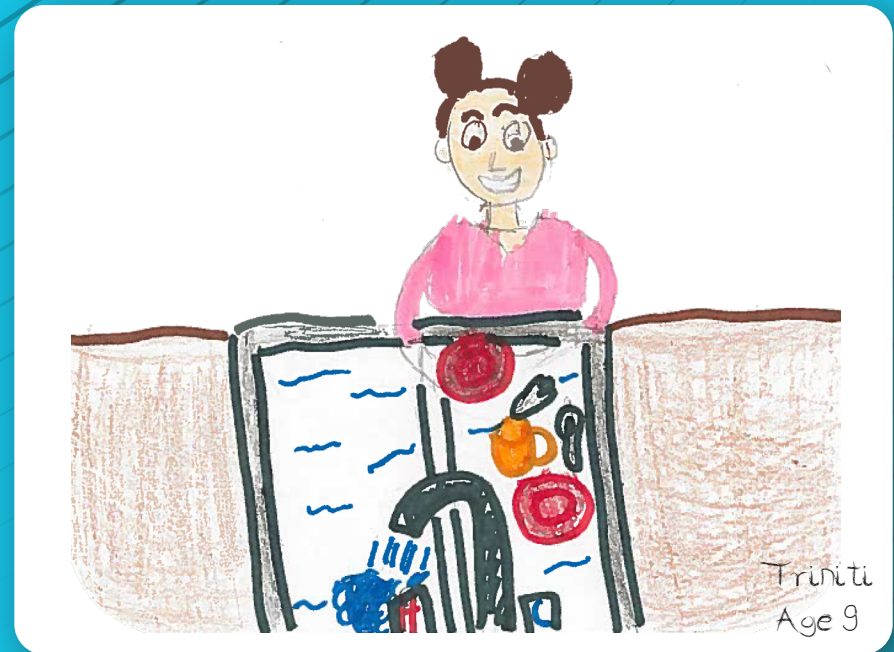
National Kick Butts Day **3/18**
National Poison Control:
1-800-222-1222

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 National Kick Butts Day	19	20	21
22	23	24	25	26	27	28
29	30	31				



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APR 2020

Keep it Clean:

- Control the source of dust and contaminants.
- Create smooth and cleanable surfaces.
- Reduce clutter and store items in plastic containers.
- Use effective wet cleaning methods.
- Launder or hot dry bed linens at least weekly.

National Public Health
Week 4/6 - 4/12

World Health Day 4/7

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
	National Public Health Week					
		World Health Day				
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		



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Nancy
Age 7

National Asthma & Allergy
Awareness Month

MAY

2020

Keep it Dry:

- Prevent water from entering your home through leaks in roofing systems.
- Prevent rainwater from entering the home due to poor drainage.
- Fix plumbing or other water leaks immediately.

World Asthma Day 5/2

World No Tobacco Day 5/31

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2 World Asthma Day
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 World No Tobacco Day						



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

JUN

2020

National Healthy Homes Month

National Healthy Homes Month takes place in June every year. During NHHM we aim to:

- Raise awareness of the importance of home assessments and their impact on health.
- Educate the public about free, local resources available.
- Encourage implementation of local activities and events in target communities.
- Go to www.hud.gov/healthyhomes for more information on NHHM.

National Family Health and Fitness Day 6/13

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				

National Family Health & Fitness Day



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JUL 2020

Keep it Well Maintained:

- Check and replace your HVAC filter monthly (at least quarterly).
- Remove clutter, dust and wet clean surfaces every week.
- Clean your gutters of leaves and debris monthly.
- Inspect your roofs and foundation for cracks, leaks, etc.

Americans with Disabilities
Act Day 7/26

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 Americans with Disabilities Act Day	27	28	29	30	31	



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Maximo
Age 10

National Water
Safety Month

AUG

2020

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.

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					



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Tywan
Age 10

National
Preparedness Month

SEP

2020

National Preparedness Month:

- Make a family emergency plan and include pets.
- For more information, please go to [hud.gov/info/disasterresources](https://www.hud.gov/info/disasterresources).
- Sign up for alerts and warnings in your area at <https://www.ready.gov/alerts>.

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			



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Health
Literacy Month

OCT

2020

National Lead Poisoning Prevention Week:

- Each year, National Lead Poisoning Prevention Week (**NLPPW**) is a call to bring together individuals, organizations, industry, and state, tribal, and local governments to increase lead poisoning prevention awareness in an effort to reduce childhood exposure to lead.
- NLPPW typically takes place the third week of October. Be sure to check [hud.gov/healthyhomes](https://www.hud.gov/healthyhomes) for updates!

Child Health Day 10/5

Global Handwashing Day
10/15



[hud.gov/healthyhomes](https://www.hud.gov/healthyhomes)



SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5 Child Health Day	6	7	8	9	10
11	12	13	14	15 Global Handwashing Day	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



Anahi
Age 7

NOV

2020

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.

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					



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Xzayah
Age 11

Safe Toys &
Celebration Month

DEC

2020

Keep it Thermally Controlled:

- Houses that do not maintain adequate temperatures may place the safety of residents at increased risk from exposure to extreme cold or heat.
- Cover drafty windows.
- Adjust your temperature—set your thermostat as low as comfortable.

National Handwashing
Awareness Week
12/2 - 12/8

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
			National Handwashing			
6	7	8	9	10	11	12
Awareness Week						
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



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Protect Your Family From Lead in Your Home



United States
Environmental
Protection Agency



United States
Consumer Product
Safety Commission

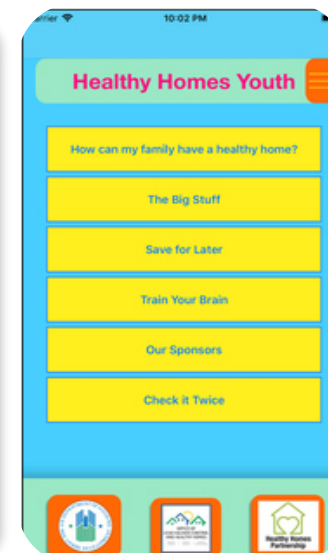
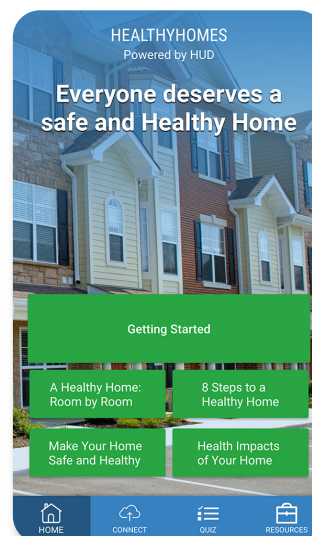


United States
Department of Housing
and Urban Development

Have a Question? Contact us!



U.S. Dept. of Housing and Urban Development
Office of Lead Hazard Control and Healthy Homes
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Washington, DC 20410



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

