

Healthy Homes Calendar























Kendall
age 11



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

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 replaceable batteries every 6 months) |  | Clean your kitchen exhaust fan and filter |  | Inspect and deep clean your basement |
|  | Wipe countertops 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 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 furnace and air conditioning filters and replace if necessary (replace every 3 months) |  | Check all locks and deadbolts on your doors and windows |  | Inspect roof for cracks, leaks, or broken shingles/tiles |



Scan for information about grants, resources, and more

About This Calendar

Since 1992, HUD's Office of Lead Hazard Control and Healthy Homes (OLHCHH) has helped to ensure that all Americans, especially low-income households and other vulnerable populations, live in homes that are free of health and safety hazards.

Our calendar reminds us, year-round, of the importance of protecting

ourselves, and especially children from home environmental risks.

It is said that every picture tells a story. Taken together, all of these wonderful children's drawings highlight the 8 Steps to a Healthy Home. We thank our young contributors for making this calendar possible.

We hope you enjoy your 2023 Healthy Homes Calendar!



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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. OLHCHH's grants program funds tribal, state and local governments to produce lead-safe and healthy homes; and to research methods, costs, and the health benefits of making homes lead-safe and healthy. To learn more about our grants program, please visit www.hud.gov/healthyhomes.

The monthly checklists in this calendar may vary due to regional and seasonal differences.

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 Energy Efficient

Keep it Well Maintained

Keep it Well Ventilated



Nash
age 6

2023 JAN

Keep it Well Ventilated

Steps to keep your home well ventilated:

- ☐ Test your home for radon with a home test kit. Contact your state radon office or call **1-800-SOS RADON** for more information
- ☐ Ensure proper ventilation in kitchen and bathrooms
- ☐ Test smoke and carbon monoxide detectors
- ☐ Check your furnace and air conditioner filters and replace if necessary
- ☐ Clean your kitchen exhaust fan and filter

Also:

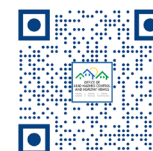
- ☐ Ensure that window covering cords are out of reach of children
- ☐ Check for water leaks in the bathroom

National Radon Action Month

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
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| 29 | 30 | 31 | | | | |
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Maddox
age 10

2023 FEB

Keep it Safe

Steps to keep family members safe:

- ☐ Store poisons and medications out of the reach of children
- ☐ Secure loose rugs and keep children's play areas free from hard or sharp objects
- ☐ Install smoke and carbon monoxide detectors, and have a fire extinguisher on each floor
- ☐ Make sure window covering cords are out of reach of children
- ☐ Turn off space heaters and make sure fireplace embers are completely out before leaving the room or going to bed
- ☐ Never operate a generator inside your home, including the basement or the garage
- ☐ Check all locks and dead-bolts on your doors and windows

Also:

- ☐ Check for water leaks under kitchen sink
- ☐ Test smoke and carbon monoxide detectors

National Burn Safety Month

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
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| 26 | 27 | 28 | | | | |
| FEBRUARY OBSERVANCES: National Burn Awareness Week: 2/5 -2/11 | | | | | | |



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Annabella
age 10

2023 MAR

Keep it Clean

Steps for keeping your home clean:

- ☐ Control the source of dust and contaminants
- ☐ Create smooth and cleanable surfaces
- ☐ Reduce clutter and store items in plastic containers
- ☐ Keep chemicals, including cleaning products and pesticides, in their original containers and away from children
- ☐ Test your GFCI outlets and install GFCI where electrical circuits may come into contact with wall
- ☐ Inspect screens and replace any that have holes

Also:

- ☐ Ensure that window covering cords are out of reach of children
- ☐ Install child safety locks on all cabinets and drawers
- ☐ Check for water leaks in basement and crawlspaces
- ☐ Test smoke and carbon monoxide detectors
- ☐ Clean windowsills and troughs with soap and water to reduce lead dust

National Nutrition Month

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
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| 26 | 27 | 28 | 29 | 30 | 31 | |

National Poison Prevention Week

MARCH OBSERVANCES:

National Poison Prevention Week: 3/19 -3/25



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Julien
age 10

2023 APR

Do some spring cleaning:

- ☐ Clear leaves and debris from around your home and roof
- ☐ Check for water leaks in the laundry area

Also:

- ☐ Ensure that window covering cords are out of reach of children
- ☐ Test smoke and carbon monoxide detectors
- ☐ Check your furnace and air conditioner filters and replace if necessary
- ☐ Change replaceable smoke and carbon monoxide detector batteries
- ☐ Clean windowsills and troughs with soap and water to reduce lead dust

National Rebuild Month

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|-----------|---------------------------|------------------------------------------|-------------------------------|
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 National Walking Day | 7 World Health Day | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 National Clean Out Your Closet Day | 22 Earth Day |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 National Rebuilding Day |
| 30 | APRIL OBSERVANCES: Fair Housing Month National Public Health Week: 4/3-4/9 National Walking Day: 4/6 World Health Day: 4/7 National Clean Out Your Medicine Cabinet Day: 4/21 Earth Day 4/22 National Rebuilding Day: 4/29 | | | | | |



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Brianna
age 10

2023 MAY

Steps concerning the air in your home:

- ☐ Ask your doctor or local health department about a home assessment for asthma triggers
- ☐ HEPA vacuum and dust your home with a damp, disposable cloth regularly
- ☐ Don't allow anyone to smoke inside your home or car
- ☐ Test smoke and carbon monoxide detectors

Also:

- ☐ Prevent water from entering your home through roofing or other leaks
- ☐ Check for leaks in cracks in foundation and gutters
- ☐ Trim trees and bushes
- ☐ Clear leaves and debris from around your home and roof
- ☐ Ensure that window covering cords are out of reach of children

National Asthma and Allergy Awareness Month National Clean Air Month

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|-----------------------|----------------------------|----------------------------------|--------|----------|
| | 1 | 2 World Asthma Day | 3 | 4 National Bike to School Day | 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 | | | |

MAY OBSERVANCES:

World Asthma Day: 5/2
National Bike to School Day: 5/4
World No-Tobacco Day: 5/31



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Elyn
age 10

2023 JUN

Each June, National Healthy Homes Month is organized by the U.S. Department of Housing and Urban Development's Office of Lead Hazard Control and Healthy Homes (OLHCHH), in collaboration with our partners. During NHHM, our goals include:

- Increasing awareness of housing-related health and safety hazards, including childhood lead poisoning and the overall principles of a healthy home, especially in low-income populations
- Encouraging residents to take actions necessary to make their homes safe and healthy
- Educating the public about resources that are available
- Working with partners to implement outreach in local communities around healthy homes principles

Steps for safety around the house

- ☐ Ensure that window covering cords are out of reach of children
- ☐ Prevent slips, trips, and falls by keeping floors clear of electrical cords and cleaning up spills. Install grab bars and handles in showers and baths
- ☐ Make sure there is plenty of lighting in your home to help prevent tripping
- ☐ Deep clean and inspect your basement

Also:

- ☐ Check for water leaks in soil and make sure walkways slope away from foundation
- ☐ Test smoke and carbon monoxide detectors
- ☐ Trim trees and bushes
- ☐ Clear leaves/debris from your home/roof

National Healthy Homes Month National Safety Month

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
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| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | |

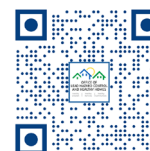
Go to www.hud.gov/healthyhomes for more information on NHHM

Download the Healthy Homes Basics App

<https://itunes.apple.com> or <https://play.google.com/store>

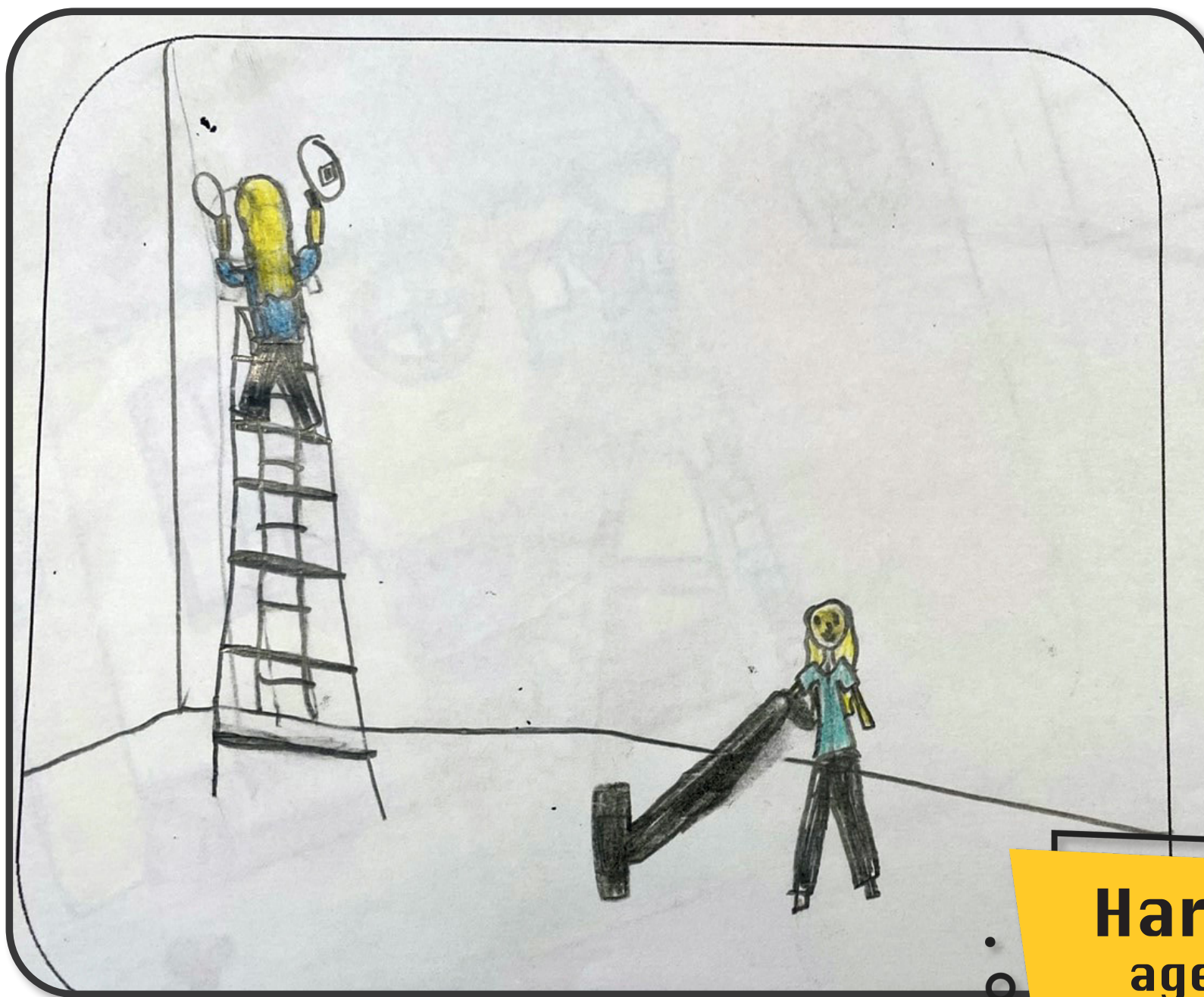


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Harper
age 10

2023 JUL

Practice summer safety:

- ☐ Guard against burns: keep children away from grills, stoves, fireplaces, fire pits, and fireworks
- ☐ Use caution when in or near water: make sure children have adult supervision at all times in and around swimming pools, and near fireworks
- ☐ Protect against food poisoning; clean all fruits and vegetables and keep raw meat separate from other food
- ☐ Inspect roof for cracks, leaks, broken shingles/tiles, and other damage

Also:

- ☐ Ensure that window covering cords are out of reach of children
- ☐ Check for water leaks in outdoor faucets
- ☐ Test smoke and carbon monoxide detectors
- ☐ Check your furnace and air conditioner filters and replace if necessary
- ☐ Clean your kitchen exhaust fan and filter
- ☐ Trim trees and bushes
- ☐ Clear leaves and debris from around your home and roof

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|-----------------------------------------------------------------------|------------------------------------------------|----------|--------|----------|
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| 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 Day | 27 | 28 | 29 |
| 30 | 31 | JULY OBSERVANCES: Americans with Disabilities Act Day: 7/26 | | | | |



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Gabriella
age 10

2023 AUG

Keep it Pest Free

Steps to keep your home pest free:

- ☐ Seal cracks and openings throughout the home
- ☐ Store food in pest resistant containers

Also:

- ☐ Incorporate reflective material into kids' backpacks and other outerwear, as schools resume
- ☐ Check for water leaks in air conditioner window inserts: drain away from foundation
- ☐ Test smoke and carbon monoxide detectors
- ☐ Check all locks and dead-bolts on your doors and windows
- ☐ Trim trees and bushes
- ☐ Clear leaves and debris from around your home and roof

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------------------------------------------------------------|--------|---------|-----------|----------|--------|----------|
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| National Health Center Week | | | | | | |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |
| AUGUST OBSERVANCES National Health Center Week 8/6-8/12 | | | | | | |



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Olivia
age 11

2023 SEP

National Preparedness Month is an observance held each September to raise awareness about the importance of preparing for disasters and emergencies.

Plan for natural disasters:

- ☐ Go to Ready.gov for important information on how to prepare your family for a disaster
- ☐ Make a family emergency communication plan and include pets
- ☐ Keep an emergency kit wherever you spend time
- ☐ Review your homeowners or rental insurance coverage

Also:

- ☐ Ensure that window covering cords are out of reach of children
- ☐ Check for water leaks in previous locations that may have had them
- ☐ Test smoke and carbon monoxide detectors
- ☐ Clear leaves and debris from around your home and roof, including gutters
- ☐ Test your GFCI outlets and install GFCI where electrical circuits may come into contact with wall

National Preparedness Month

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|-----------------|----------|
| | | | | | 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 |
| | | | | | World Heart Day | |

SEPTEMBER OBSERVANCES

World Heart Day 9/29

Visit [READY.GOV](https://www.ready.gov) for more information on how to be prepared!



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Joline
age 11

2023 OCT

During National Lead Poisoning Prevention Week, the Centers for Disease Control and Prevention (CDC), the U.S. Department of Housing and Urban Development (HUD), and U.S. Environmental Protection Agency (EPA), partner to heighten awareness of lead exposure and lead poisoning.

Steps to keep your home lead safe:

- ☐ Be aware that older paint may contain lead
- ☐ Keep your paint intact, especially in older, pre-1978 homes
- ☐ Use soap and water to keep floors and windowsills free of dust
- ☐ Safely fix damaged paint as soon as possible
- ☐ Be aware of jobs or hobbies that may involve lead and clean up afterwards
- ☐ Remove your outdoor shoes when you come inside
- ☐ Click the QR code for more information about grants to fix properties and other resources

Also:

- ☐ Ensure that window covering cords are out of reach of children
- ☐ Check for water leaks in previous locations
- ☐ Test smoke and carbon monoxide detectors
- ☐ Change replaceable smoke and carbon monoxide detector batteries
- ☐ Check your furnace and air conditioner filters and replace if necessary
- ☐ Clear leaves and debris from around your home and roof, including gutters

Health Literacy Month

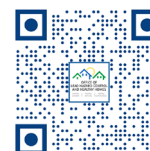
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------------------------------|-----------------------|---------|-------------------------------------------------|----------|--------|----------|
| 1 | 2 Child Health Day | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 Global Handwashing Day | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | National Lead Poisoning Prevention Week (NLPPW) | | | |
| | | | | | | |

OCTOBER OBSERVANCES:

National Indoor Air Quality Awareness Month
 National Children's Health Month
 Child Health Day: 10/2
 Global Handwashing Day: 10/15
 NLPPW: 10/22-10/28



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Sidney
age 11

2023 NOV

Keep it Well-Maintained

Steps to keep your home smoke-free:

- ☐ Go to Smokefree.gov for free online help and resources to quit smoking
- ☐ Until you quit, choose to smoke outside

More steps to keep your home well maintained:

- ☐ Clean your gutters of leaves and debris
- ☐ Ensure that window covering cords are out of reach of children
- ☐ Check for water leaks in previous locations
- ☐ Test smoke and carbon monoxide detectors

Lung Cancer Awareness Month

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------------------------------------------------------------|--------|---------|-----------|-------------------------------|--------|----------|
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 Great American Smokeout | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | | |
| NOVEMBER OBSERVANCES: Great American Smokeout: 11/16 | | | | | | |



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Ellie
age 7

2023 DEC

Keep it Thermally- Controlled

Steps to keep your home thermally controlled:

- ☐ Cover and fix drafty windows
- ☐ Adjust your temperature-set your thermostat as low as comfortable
- ☐ Find and seal leaks

Practice holiday safety:

- ☐ An adult should always be in the kitchen during cooking in ovens and on stoves
- ☐ Check your holiday lights to make sure there are no exposed or frayed wires, loose connections, or broken sockets. Never leave candles burning unsupervised
- ☐ Be sure to water real Christmas trees regularly and turn off lights overnight and when away from home to reduce the risk of fire
- ☐ Test smoke and carbon monoxide detectors

Safe Toys and Gifts Month

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|-------------------------------------------------------------------------|---------|-----------|----------|--------|----------|
| | | | | | 1 | 2 |
| 3 | 4 National Handwashing Awareness Day | 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 | DECEMBER OBSERVANCES: National Handwashing Awareness Day 12/4 | | | | | |



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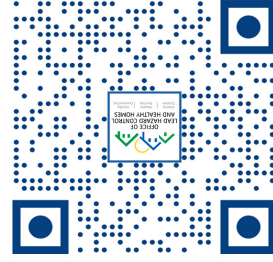
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Have a Question? Contact us!

U.S. Dept. of Housing and Urban Development
Office of Lead Hazard Control and Healthy Homes
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Lead.Regulations@HUD.gov

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Visit our website for more resources! www.hud.gov/healthyhomes

