Tips to Keep Your Home Safe and Healthy

A home has a unique place in our everyday lives. Homes are where we start and end our day, where our children live and play, and where friends and family to celebrate.

It is well established that a person's health is directly related to the home, since poor housing conditions can cause or contribute to numerous illnesses and injuries. Poor housing conditions are associated with a wide range of health conditions, including lead poisoning, asthma, respiratory infections and injuries.

*Y*ou can create a healthier home for your family by following these tips

☐	Install smoke and carbon monoxide detector. Test batteries monthly and replace at least twice a year.
☐	Clean and replace air filters every 90 days. If you have pets, you should replace more frequently.
☐	Do not allow smoking in your home or car. Ask family members or guests to smoke outside.
☐	Test your home for radon. Install a mitigation system if the test results is 4 pCi/L or higher.
☐	Keep chemicals, including cleaning products and pesticides, away from children.
☐	Remove shoes before entering your home to keep contaminants and toxins outside of the house.
☐	Clean and maintain gutters, downspouts and the roof to prevent moisture from entering your home. Fix leaks right away
☐	If you live in a home built before 1978, test your home for lead paint. Ask your doctor to test your child's blood for lead.
☐	Prevent slips, trips and falls by keeping floors clear, cleaning up spills and installing handrails on stairs and ramps.
☐	Install properly working locks on doors and windows. Install window guards and stops.

U.S. DEPARTMENT OF HOUSING AND URBAN DEVELOPMENT

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