Everyone can have a healthy home. This checklist and accompanying illustration show some key action steps to take in each room and area of the home.

### A Healthy Home Checklist

#### Bed, Living, and Family Rooms
- [ ] Install smoke and carbon monoxide alarms
- [ ] Do not smoke or allow anyone else to smoke in the home.
- [ ] If your home was built before 1978:
  - [ ] Test your home for lead paint.
  - [ ] Fix peeling or chipping paint using lead-safe work practices.
  - [ ] Use safe work practices when painting, remodeling, and renovating to prevent spreading lead dust.
- [ ] Keep floors clear of electrical cords and clutter.

#### Kitchens
- [ ] Never use the stove or oven to heat the house.
- [ ] Use a range hood fan or other kitchen exhaust fan that vents outside.
- [ ] Install smoke and carbon monoxide alarms.
- [ ] Use safe cleaning and pest control products.
- [ ] Stop cockroaches, ants, and mice without pesticides:
  - [ ] Keep them out – seal openings to the outside and between rooms.
  - [ ] Starve them – put away food, clean up, cover the trash and garbage.
  - [ ] Deny them water – fix leaks and wipe up spilled water.
  - [ ] When necessary, use closed baits, traps, and gels.
- [ ] Never use bug bombs.

#### Bathrooms
- [ ] Install grab bars next to the bathtub and shower.
- [ ] Use mats with nonslip rubber backs on bathroom floors.
- [ ] Clean up moisture and mold safely.
- [ ] Use a bathroom exhaust fan that vents outside.

#### Attics
- [ ] Check for water leaks from the roof.
- [ ] Ensure proper ventilation to prevent moisture that can promote mold growth.
- [ ] Seal gaps around roofing and attic openings to keep rodents and insects out.
- [ ] Clean up clutter to deny rodents and insects places to nest.

#### Stairways and Halls
- [ ] Fix loose or uneven steps and rails.
- [ ] Attach stairway carpet firmly to every step—or remove carpet and attach nonslip rubber stair treads.
- [ ] Keep stairs free of clutter.
- [ ] Install handrails on both sides of the stairs.
- [ ] Keep a working light bulb in overhead lights in the hall and the stairs.

### Basement, Crawl Space, Utility, and Laundry Areas
- [ ] Set hot water heater at 120°F to prevent burns.
- [ ] Change furnace/AC filter regularly.
- [ ] Have gas appliances and furnaces checked yearly to make sure they don’t release extra carbon monoxide.
- [ ] Make sure the clothes dryer vents outside.
- [ ] Test for radon. If there’s a high level, hire a specialist to eliminate the hazard.

### Outer Parts of House and Yard
- [ ] Keep pests away:
  - [ ] Fix holes, cracks, and leaks on exterior of the house.
  - [ ] Eliminate standing water and food sources.
  - [ ] Keep trash can covered with a lid.
- [ ] Remove shoes before entering the house to keep dirt containing lead and other toxins outside.
- [ ] Maintain gutters, downspouts, and roof to prevent moisture from entering the home.
- [ ] Use safe work practices when painting, remodeling, or renovating a home built before 1978.
- [ ] If you have a septic tank or private well, properly maintain it to prevent illness.
- [ ] Be ready in case of disaster: have a kit for shelter in place and plan fire escape routes.

### Special steps to protect children:
- [ ] Make sure cribs, playpens, and play equipment are safe.
- [ ] Keep cribs free of soft objects or loose bedding.
- [ ] Use cordless blinds and shades, or tie the cords out of reach of children.
- [ ] Place infants on their back to sleep.
- [ ] Place safety covers on electrical outlets.
- [ ] Lock prescription and over-the-counter medications away from children and use childproof caps.
- [ ] Use stair gates at the top and bottom of stairs.
- [ ] Lock up products used for cleaning, car maintenance, gardening, and pest control.
- [ ] If you have a swimming pool, make sure you have proper fencing and gates around the pool.
- [ ] Complete a playground safety checklist if you have playground equipment in your yard.
- [ ] If a firearm is kept in the home, it should be stored unloaded and locked in a secure container—inaccessible to children.
Healthy Home Checklist

- Keep a working light bulb in overhead lights in the hall and the stairs.
- Maintain gutters, downspouts, and roof to prevent moisture from entering the home.
- Lock prescription and over-the-counter medications away from children and use childproof caps.
- Lock up products used for cleaning, car maintenance, gardening, and pest control.
- Place safety covers on electrical outlets.
- Use a range hood fan or other kitchen exhaust fan that vents outside.
- Use mats with nonslip rubber backs on bathroom floors.
- Install carbon monoxide detectors near bedrooms.
- Install smoke alarms on every floor.
- Test for radon.
- Seal gaps around roofing and attic openings to keep rodents and insects out.
- Install handrails on both sides of the stairs.
- Set hot water heater at 120°F to prevent burns.
- Install a kit for shelter in place and plan fire escape routes.

For more information, visit http://www.cdc.gov/healthyhomes or http://www.surgeongeneral.gov.