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Healthy Home Checklist

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.

Bedrooms, Living Rooms, 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

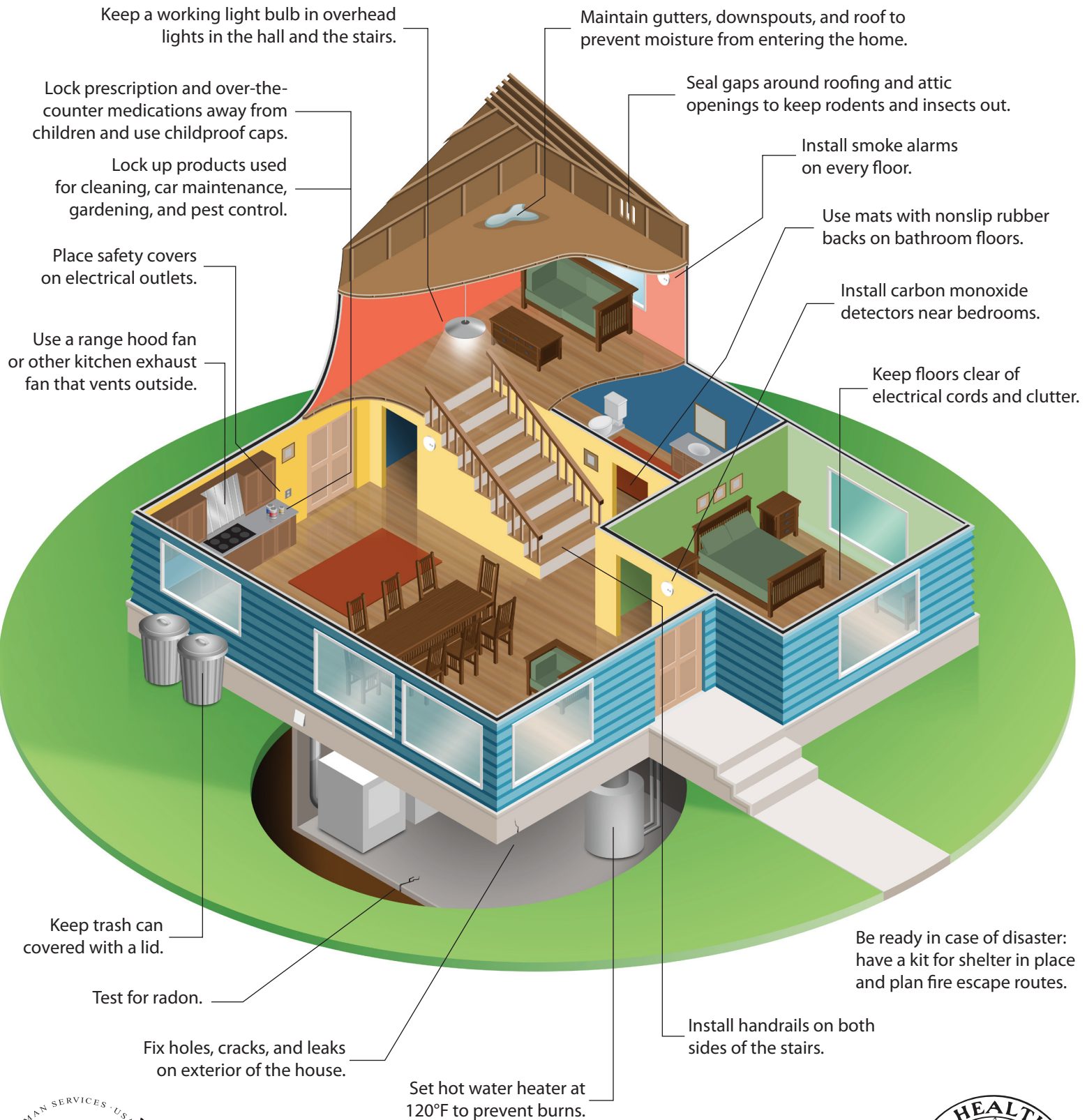
- ☐ Keep pests away:
 - ☐ Fix holes, cracks, and leaks on exterior of the house.
 - ☐ Eliminate standing water and food sources.
 - ☐ Keep trash can covered with a lid.
- ☐ Remove shoes before entering the house to keep dirt containing lead and other toxins outside.
- ☐ Maintain gutters, downspouts, 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.



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

