HEALTHY HOMES

Our homes are at the center of our lives; the place where we seek shelter, eat meals, rest, and raise families. Maintaining a healthy home makes a big impact on our lives.

Learn tips to keep your home safe, clean and healthy.

KEEP IT Principles

KEEP IT Pest Free

To prevent pests in your home:

1. Keep food in sealed containers
2. Clean up crumbs
3. Eat all meals in one place in your home
4. Fill the holes in walls and floor with calk, concrete, and/or plaster
5. Remove pest droppings by first vacuuming and then scrubbing with soap and water

KEEP IT Contaminant Free

If you or someone in your home has asthma:

1. Prevent dust mites by washing sheets in hot water, using covers on your pillows and mattresses
2. Switch to VOC-free cleaning products. Turn on fans and open windows while using these products...this will get the air flowing!
3. Don't smoke in the home
4. Remove mold by cleaning it with a brush dipped in soap and water

KEEP IT Dry

If you have standing water or mold in your home:

1. Dry flooded area
2. Remove mold with soap and water
3. Use a fan to dry carpet and walls
4. If you see mold in bathroom, make sure the exhaust fan is working
5. Check for leaks under sinks. Fix the leak, or mold will grow

Healthy Home Actions

- If you have kids, be sure to keep cleaning supplies in a locked cabinet. Do not put cleaning supplies in old containers or bottles.
- You should have at least one smoke detector per floor in your home.
- Prevent slips, trips, and falls by securing loose rugs and hand rails.
- Make sure the exhaust from your clothes dryer is vented outside your home.
- Do not leave your car running in your garage. This will prevent a build-up of deadly gases.

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