



# What is a healthy home?

A healthy home supports the health and safety of the people who live there.

To make your home healthy, keep it

## Clean

to reduce pests, dangerous chemicals, and asthma triggers

- Clean up clutter, where pests and mold can live
- Use a damp mop and damp dust cloth to clean, and vacuum carefully and often
- Wash bedding once a week, using hot water to kill dust mites
- Leave your shoes at the door to keep dirt out of your home

## Dry

to reduce pests and mold

- Regularly check for leaks, inside and outside, and repair them right away
- Clean up water spills right away

## Safe

to reduce accidents and injuries

- Clear away things that might make you slip, trip, or fall
- Use the safest possible household products
- Store household products and medicines where children cannot reach them
- Make sure that you have a working smoke alarm and carbon monoxide alarm

## Well ventilated

to provide fresh air

- Open windows whenever possible
- Use fans in bathrooms and kitchens

## Free of pests

to prevent diseases and reduce asthma triggers

- Remove food, water, and places where pests can live
- Store food in strong, covered containers
- Take out trash every day

## Free of dangerous chemicals

to reduce poisonings, injuries, and other harmful effects

- Do not allow smoking in your home
- Read product labels carefully, and follow their safety directions
- If your home was built before 1978, learn about lead paint dangers
- Test for radon, a gas that causes cancer

## In good repair

to keep small problems from becoming big problems

- Inspect your home regularly
- Seal cracks, holes, and other openings in your home

For more information, call the Connecticut Department of Public Health's Healthy Homes Initiative at 860-509-7299, see [www.ct.gov/dph/healthyhomes](http://www.ct.gov/dph/healthyhomes), or call Infoline at 2-1-1

This fact sheet was developed by the Healthy Environments for Children Initiative ([www.hec.uconn.edu](http://www.hec.uconn.edu)), Department of Extension, University of Connecticut

