APRIL Healthy Homes Awareness Month

What is a Healthy Home?

A healthy home is designed, built, and maintained to support health while preventing disease and injury.

A healthy home is clean, safe, well-maintained, and well-ventilated.

A healthy home is free of pests, mold, moisture, dust, dirt, and other household contaminants.

ACTION STEPS YOU CAN TAKE NOW

Do Your Own "Healthy Home" Inspection

- ☐ Have your home tested for lead-based paint by a licensed professional (homes built before 1978 are most likely to contain lead-based paint).
- ☐ Asthma and allergy symptoms can be reduced by keeping your home dry, clean and pest-free.
- ☐ Avoid using pesticides in the home.
- ☐ To keep pests out of your home, store food/water in sealed containers and clean up spilled food right away.
- ☐ Properly store hazardous household products and keep them out of the reach of children and pets.
- ☐ Make your home safe from slips, trips, and falls by removing clutter, rugs and slippery surfaces.
- ☐ Reduce moisture in your home by sealing leaks and clearing gutters.
- ☐ Set your water heater at 120°F to avoid scalds and burns.
- ☐ Install carbon monoxide detectors and smoke alarms on each level of your home and near sleeping areas.
- ☐ Test your home for radon, it's easy and inexpensive.
- ☐ Make your home a no smoking zone.
- ☐ Avoid respiratory irritants, such as VOCs (volatile organic compounds), by airing out new furniture and carpeting prior to bringing it into the home.

Scan the code to learn more!

CALL 1-877-LEAD SAFE FOR MORE INFORMATION

Ohio Healthy Homes Program
Bureau of Child and Family Health Services
Ohio Department of Health