

Want more ideas about how to keep your home safe and healthy?

Washington State Department of Health:
1-877-485-7316 or
doh.wa.gov/healthyhomes

Washington State Department of Ecology,
Hazardous Substance Information:
1-800-633-7585

Washington Poison Center:
1-800-222-1222

Consumer Product Safety Commission:
cpsc.gov

Green and Healthy Homes Initiative:
greenandhealthyhomes.org

Search for “**HUD Healthy Homes for Families**” to find more great resources from the U.S. Department of Housing and Urban Development (HUD). You can also download HUD’s free “**Healthy Homes Basics**” app to get advice about how to have a safe and healthy home.



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For people with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-5250127 (TDD/TTY call 711).

Healthy HOUSE



HAPPY HOME

Keep your home
a safe, healthy space
for your entire family.

Did you know?

Your indoor home environment can have a big impact on your health and the health of your children.

- In Washington, approximately 110,000 children under 18 years old have **asthma**. Allergens, mold, and chemicals in indoor air and dust can trigger asthma attacks.
- **Poisonings** are most common in children aged 1 to 2 years old, and the fifth leading cause of unintentional death for children under 6. Studies suggest that household poisonings happen most during meal times, when parents are busy preparing meals and children are hungry.
- Chemicals in household products like cleaners, furniture, and building materials can make their way into the air and dust in your home. These chemicals could impact your children's **growth and development**.

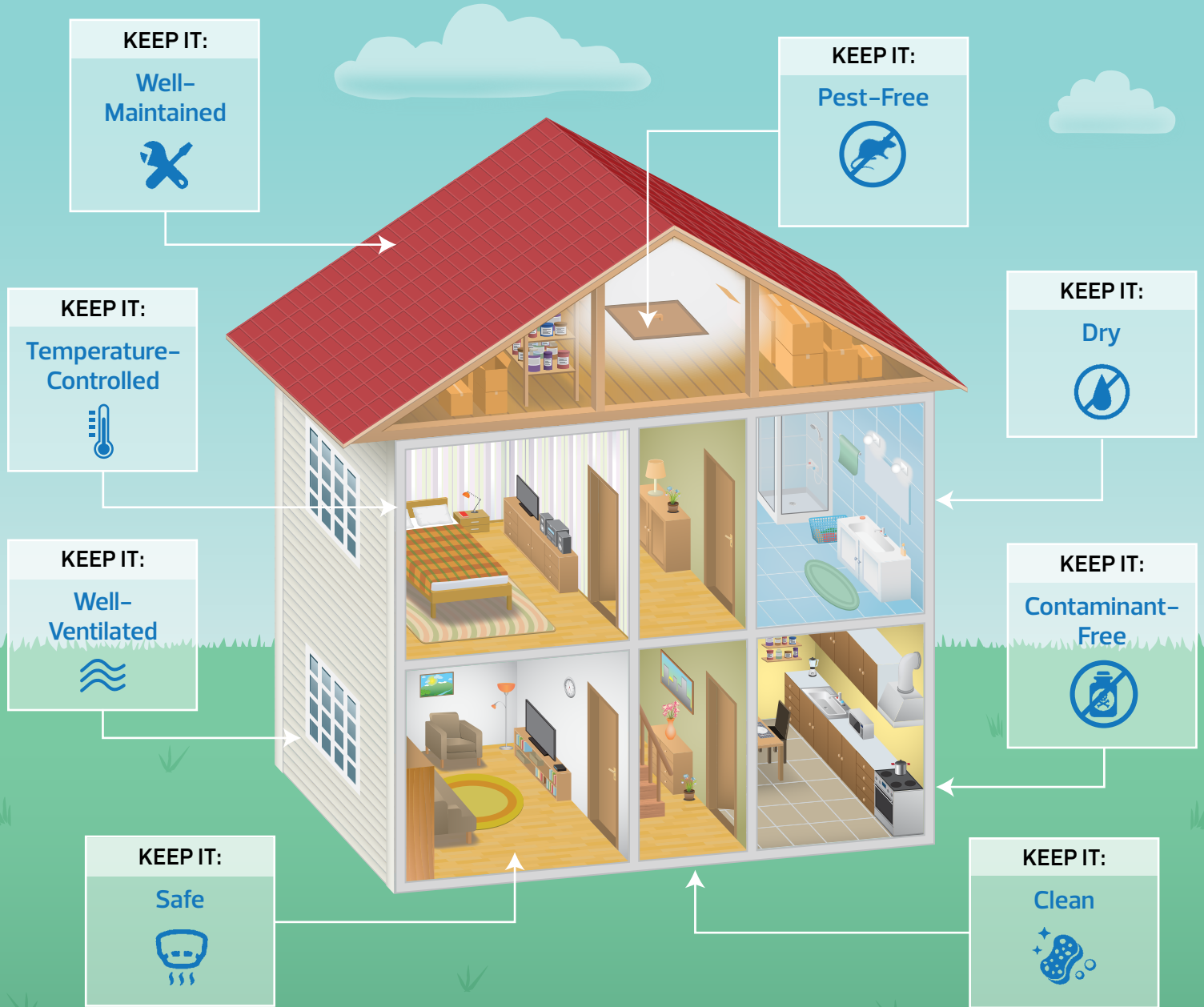
Children are most affected by what is in their home environment because they breathe more air, drink more water, spend more time on the floor, and put more things into their mouths than adults.

Women who are pregnant or may become pregnant and nursing mothers should also be cautious around chemicals because they can impact the health and brain development of the baby.

Luckily, there are actions you can take to keep your home a safe space for your little one to explore, and your whole family to enjoy.



Healthy House, Happy Home



These steps can keep your home safe and healthy for your whole family.



Keep it: Temperature-Controlled

To regulate temperature and humidity, and reduce your exposure to extreme heat and cold:

- ✓ Get your heating and cooling systems inspected regularly.
- ✓ Check with your local utility for energy-saving incentives and resources.



Keep it: Safe

To reduce the risk of injury:

- ✓ Install baby gates at the top and bottom of stairs.
- ✓ Install a carbon monoxide detector and smoke alarm on every floor of your home.
- ✓ Find other ways to keep kids safe at safekids.org.



Keep it: Contaminant-Free

To reduce chemicals that can harm health, growth, and development:

- ✓ Move cleaning products and pesticides to a locked cabinet out-of-reach of children.
- ✓ Choose safer cleaning products with the EPA Safer Choice Product Label: epa.gov/saferchoice.
- ✓ Look for tags that show furniture and children's products are made without flame retardants.
- ✓ Call your local solid waste authority to learn how to dispose of household hazardous waste properly.
- ✓ Switch to glass, ceramic, or stainless steel food storage containers. Plastics can release chemicals into your food.



Keep it: Dry

To prevent mold, wood rot, and pests:

- ✓ Fix water leaks.
- ✓ Clean up and dry water-damaged areas.
- ✓ Use exhaust fans in your kitchen and bathroom.



Keep it: Pest-Free

To eliminate cockroaches and mice that can trigger allergic reactions and carry disease:

- ✓ Seal cracks and holes.
- ✓ Store food in sealed containers.
- ✓ Learn about Integrated Pest Management and safer ways to get rid of pests at NPIC.orst.edu/pest/homeipm.



Keep it: Well-Maintained

To take care of minor problems before they become larger problems:

- ✓ Learn how to stay safe during home repairs. Search for "EPA Do-it-yourselfers."
- ✓ Fix peeling and chipping paint to reduce your exposure to lead in paint and dust. Ask your health care provider about having your child tested for lead.
- ✓ Test your home for radon, a naturally-occurring, dangerous gas. Find a kit at your local hardware store.
- ✓ Test your private well annually for contaminants like arsenic and nitrates.



Keep it: Well-Ventilated

To reduce contaminants in indoor air, which may be more polluted than outdoor air:

- ✓ Open windows when weather and safety permit.
- ✓ Make your home and car smoke-free spaces.
- ✓ Replace older wood stoves with cleaner gas, pellet, or EPA-certified stoves.



Keep it: Clean

To get rid of contaminants trapped in indoor dust:

- ✓ Leave your shoes by the door.
- ✓ Dust, wet mop, and vacuum regularly.
- ✓ Wash hands before eating and after playing outside.