

FOR IMMEDIATE RELEASE

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## A Healthy Home at Any Age

Most of us spend up to 90 percent of our time in our homes, and this summer may be even more! June is National Healthy Homes Month and there are no low cost strategies to make sure your home is healthy for all. Each year, the Department of Housing and Urban Development's Office organizes the month to highlight healthy home principles that are important for anyone in any home!

Follow these Eight Healthy Homes Principles and find resources, checklists, and quizzes on your own with the Healthy Homes Basics App!

### **1. Keep it Dry**

Damp homes provide an environment for dust, mites, rodents, and mold which can worsen asthma and damage building materials. Prevent water from entering your home through leaks in roofing systems, and poor drainage, and check your interior plumbing for any leaking.

### **2. Keep it Clean**

Control the source of dust and contaminants, creating smooth and cleanable surfaces, reduce clutter, and use effective wet-cleaning methods. This reduces pests and exposure to contaminants.

### **3. Keep it Safe**

Injuries such as falls, burns, and poisonings occur most often in the home. Store poisons out of the reach of children and properly label them. Secure loose rugs and keep children's play areas free from hard or sharp surfaces. Install smoke and carbon monoxide detectors and keep fire extinguishers on hand. Keep the Poison Control Hotline near: (800) 222-1222.

### **4. Keep it Well-Ventilated**

Ventilate bathrooms and kitchens and use whole-house ventilation for supplying fresh air to reduce the concentration of contaminants in the home.

### **5. Keep it Pest-free**

All pests look for food, water, and shelter. Seal cracks and openings throughout the home; store food in pest-resistant containers.

### **6. Keep it Contaminant-free**

Reduce lead-related hazards in pre-1978 homes by fixing deteriorated paint, and keeping floors and window areas clean using a wet-cleaning approach. Test your home for radon with kits available at your local extension office.

### **7. Keep your home Maintained**

Inspect, clean and repair your home routinely. Take care of minor repairs and problems before they become large repairs and problems

### **8. Thermally Controlled**

Houses that do not maintain adequate temperatures may place the safety of residents at increased risk from exposure to extreme cold, heat, humidity, and potential contaminants. Clean and change your air filters at least every three months.

I know I will be checking my home out this month! Let's all make it a yearly check-in for the health of your home and family! More information at <https://bit.ly/3N1ggWp>

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