



# NATIONAL HEALTHY HOMES MONTH PLANNING GUIDE



# National Healthy Homes Month 2017 Theme

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## Healthy Homes



## Just What the Doctor Ordered

This year's theme, "Just What the Doctor Ordered," highlights the vital role that pediatricians and the health community play in healthy homes education. There is a strong connection between health care and health risks such as asthma and lead poisoning.

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# Letter from the Office of Lead Hazard Control and Healthy Homes Director



OFFICE OF LEAD HAZARD CONTROL AND  
HEALTHY HOMES

U.S. DEPARTMENT OF HOUSING AND URBAN DEVELOPMENT  
WASHINGTON, DC 20410

March 27, 2017

The Office of Lead Hazard Control and Healthy Homes (OLHCHH) is excited to kick off the second annual National Healthy Homes Month (NHHM)! Join my office as we begin a range of efforts to make homes across the Nation healthy for all Americans, especially children and vulnerable populations. Among the efforts this year are increasing the amount and types of outreach and awareness, building partnerships, and hosting trainings. This Planning Guide will help you in planning local events in support of NHHM.

The 2017 NHHM theme is *Healthy Homes: Just What the Doctor Ordered!* We chose this theme to highlight the role that pediatricians, nurses, community health workers, and promotores/as, along with hospitals, clinics, public health departments, and medical and public health schools, and other healthcare providers and institutions play in healthy homes awareness and education.

Throughout June, we will look for your leadership in extending the Healthy Homes effort beyond what my Office can do on its own. As mentioned in the Planning Guide, OLHCHH staff and grantees are your “first resource” for help in planning activities. Also, the daily calendar features webinars and other NHHM activities.

We recognize that your time is very valuable. Participating in NHHM is easy, and every activity can make a difference. In fact, the campaign underscores collaboration, by connecting stakeholders in local communities to resources. For the latest information about NHHM, please visit [www.hud.gov/healthyhomes](http://www.hud.gov/healthyhomes).

If you have any questions, want more information, or want to tell us about your plans and accomplishments, please contact any of the OLHCHH staff identified in the resource section of the Planning Guide or email us at [OLHCHH@hud.gov](mailto:OLHCHH@hud.gov). We look forward to hearing about your local NHHM activities!

Sincerely,

Jon L. Gant  
Director





# National Healthy Homes Month

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Thank you for your interest in National Healthy Homes Month 2017 (NHHM).

Almost 6 million U.S. homes have moderate to severe physical infrastructure problems—such as water leaks and intrusion; injury hazards; pests; and heating, plumbing, and electrical deficiencies. Also, the U.S. Department of Housing and Urban Development’s (HUD’s) Office of Lead Hazard Control and Healthy Homes (OLHCHH) estimates that approximately 30 million homes have indoor environmental hazards, including physical safety hazards, lead-based paint hazards, and pests. The OLHCHH has designated June as National Healthy Homes Month in order to create awareness around housing and its impact on health, on the national and local levels; to encourage organized, local community events; and to empower families to take action. The month also highlights federal and local resources that are available to make a difference in the places where families live, play, and grow.

For more than 10 years, the OLHCHH has promoted the ‘Principles of a Healthy Home,’ and during NHHM, we hope these Principles will help create standard messaging and practices around home health and safety. These principles are:

1. **Keep your home Dry**

Mold and moisture increase allergens and asthma triggers, and can cause deterioration of your home.

2. **Keep your home Clean**

Clean homes help reduce pest infestations, dust, and exposure to contaminants.

3. **Keep your home Pest-Free**

Many pest treatments pose risks for families with health problems or expose young children and pets to poisonous residue. Non-pesticide treatments are best for a first line of defense.

4. **Keep your home Safe**

A majority of injuries among children occur in the home. Falls are the most frequent cause of residential injuries to children, followed by injuries from objects in the home, burns, and poisonings.

5. **Keep your home Contaminant-Free**

Chemical exposures include lead, radon, pesticides, and environmental tobacco smoke. Exposures to radon gas, carbon monoxide, and second-hand tobacco smoke are far higher indoors than outside.

6. **Keep your home Ventilated**

Studies show that increasing the fresh air supply in a home improves respiratory health. Air filters in HVAC units collect and protect families from many particulates found in the air.

7. **Keep your home Maintained**

Poorly-maintained homes increase the risk for deteriorated lead-based paint in older housing which is the primary cause of lead poisoning in children less than 6 years of age.

8. **Keep your home Temperature Controlled**

Houses that do not maintain adequate temperatures may place the safety of residents at increased risk from exposure to extreme cold or heat.



Through coordinated and holistic efforts, NHHM 2017 combines discussions around the following healthy homes topics:

- Lead poisoning prevention
- Residential asthma intervention
- Injury prevention
- Home safety
- Smoke-free housing
- Safe indoor pest control
- Radon safety
- Disaster recovery

This Planning Guide is an interactive toolkit full of ideas and resources designed to help you and your organization spread the word about National Healthy Homes Month 2017. Many of the documents contain links to customizable versions of these marketing materials for you to use. Also, check out the NHHM 2017 website for training updates, important events, the on-line version of this toolkit, and more!

[https://portal.hud.gov/hudportal/HUD?src=/program\\_offices/healthy\\_homes/NHHM2017](https://portal.hud.gov/hudportal/HUD?src=/program_offices/healthy_homes/NHHM2017)

### **What's Included in the Planning Guide?**

OLHCHH has developed this planning guide to make NHHM 2017 easier for you! You will find information and resources that you can use to get the word out and to conduct activities in your area to build awareness and empower families to take action to protect themselves from housing related health hazards. We encourage you to customize the materials for the most effective use in your area.

### **How to use the NHHM Planning Guide**

The target audiences for the scope of activities are comprised of: state and local government agencies, nongovernmental organizations, nonprofit organizations, property owners, and individual families; especially those with small children. Tailor the customizable documents provided in the Planning Guide to your organization and the target audiences you work with most.

### **To Help You Plan**

Each week in June, NHHM 2017 will focus on a new theme and associated set of activities. The themes are designed to highlight the paired topics. When you have your activities planned, consider letting us know about them! We would love to hear about the event planning and results.





# National Healthy Homes Month Weekly Themes 2017

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WEEK	THEME/FOCUS	Healthy Homes Topic	Main Message
June 1-3	<b>NHHM KICK OFF</b>	<b>All General Overview</b>	General overview of housing effects on health and the Principles of a Healthy Home
June 4-10	<b>Give Your Home a Check Up</b>	<b>All Home Assessment</b>	Start with the home and know what issues may be impacting the family's health
June 11-17	<b>Get Mobile!</b>	<b>All Pest Free</b>	Download the Healthy Homes Basics app to learn about hazards that are a moving target like pets and pests!
June 18-24	<b>Best Medicine</b>	<b>All Home Hazard Health Impacts and Screenings</b>	Ask your doctor questions and get screenings that connect your health to your home
June 25-30	<b>Feeling Good about Home Safety: What all ages need to know</b>	<b>All Maintenance</b>	Healthy Homes is for all ages and there is always something to make a home a better place for families to live, work and play!

# National Healthy Homes Month (NHHM)

## Outreach Ideas:

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We invite you to participate in NHHM 2017! Here are some of the ways to get involved:

1. Encourage local elected officials to designate June as NHHM.
2. Promote NHHM and activities on social media.
3. Promote and highlight NHHM by posting a link to the OLHCHH NHHM webpage ([https://portal.hud.gov/hudportal/HUD?src=/program\\_offices/healthy\\_homes/NHHM2017](https://portal.hud.gov/hudportal/HUD?src=/program_offices/healthy_homes/NHHM2017)) on your website.
4. Develop and send letters of support for NHHM 2017 to OLHCHH for inclusion in website and marketing materials.
5. Host a local conference or workshop on Healthy Homes.
6. Host local events to promote and build awareness for the Principles of a Healthy Home. Encourage families to have their children tested for lead poisoning, and to have their homes tested for radon.
7. Request all partners to distribute marketing materials to the populations being served by the federally-funded programs, as applicable to common goals and strategies.
8. Host programs and activities designed to enhance public awareness of healthy home and safety hazards; as well as the ways we can protect our families from these hazards.
9. Distribute the Healthy Homes Checklist, and encourage residents to give their home a Healthy Homes checkup.
10. Promote healthy and safe home modifications and repairs.





# Health Care Provider Recommended Activities:

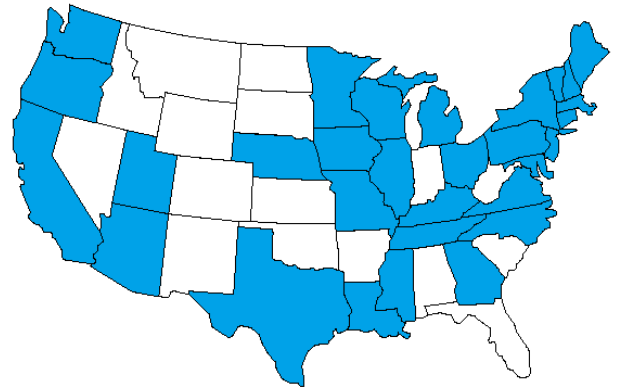
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1. Become an educated advocate for Healthy Homes Principles! Require staff to complete healthy homes training, available online or in-person ([www.healthyhousingsolutions.org](http://www.healthyhousingsolutions.org)) from the National Healthy Homes Training Center and Network. Encourage them to take steps in their own homes to practice their healthy homes knowledge. Become familiar with healthy homes resources available, both nationally and locally.
2. Identify and provide education in patient rooms and lobbies that encourage healthy homes awareness, and identify community resources available, such as fact sheets and self-guided home assessments available on the OLHCHH website: [www.hud.gov/healthyhomes](http://www.hud.gov/healthyhomes). Set up a creative display of healthy homes materials with examples of hazards using a model home or art work.
3. Perform blood lead-level screening (blood lead testing) on all clients ages 0-5 years old, and on pregnant women; regardless of housing zip code or insurance status. Educate families about lead based paint hazards in their home environment, and commit to tracking blood lead levels as a timeline indicator of when exposure occurred.
4. Incorporate protocols that ensure healthy homes environmental assessments and medical screenings are included in all populations you serve.
5. Attend trainings and conferences to learn about resources currently available, and how health care providers can contribute to healthy homes solutions. Testing, reporting and educating families on healthy homes hazards such as lead poisoning prevention and asthma home triggers are important ways to increase awareness of healthy homes principles.

# OLHCHH Grantee Recommended Activities:

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1. Host local events and workshops.
2. Hit the streets! Organize a neighborhood walk through to build awareness and increase applications into your program. Ask local agencies such as fire departments, police departments, nursing and medical schools, public health departments, and any team mascots to join you in the walk through. Consider organizing the materials handed out to include resources that would help homeowners become more aware, like a “Room by Room Check List” (See PAGE #33). Firefighters may have resources such as carbon dioxide (CO) detectors and smoke alarms to contribute and/or install for homeowners that qualify. Build awareness within these groups and target a neighborhood you want to work in to build rapport with the families you want to bring into the program.



OLHCHH Lead Hazard Control grantee map – work with OLHCHH grantees in your area to host a local event!

3. Hold healthy homes fairs in target neighborhoods, at a community center or church, to raise awareness in high risk areas. Use the opportunity to hand out applications and help clients complete them. Consider including cleaning demonstrations and healthy homes displays and contests, using a model home, art work and art contests.

# OLHCHH Partner, Stakeholder, and Community Leader Recommended Activities:

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1. Ask your local elected-officials to issue a National Healthy Homes Month Proclamation.
2. Create or Build up a local Healthy Homes Coalition.
  - There may be individuals and organizations in your community that are already involved or have an interest in healthy homes related topics. Identify and invite key individuals from your community and local organizations to attend an informational meeting, and then work to establish a coalition to promote and support healthy homes awareness and events in your community. Work as a coalition to identify possible healthy homes issues in your community; what data are available to support action on the issues; what partners or organizations in your community work on the issues, whether there is funding available in the community for the issues; and what gaps exist or are not currently being addressed. Working together as a group is very effective to identify and address a wide range of healthy homes needs in your community.
3. Host local healthy homes events in your community, and/or participate in planned local community events.
  - Coordinate with local partners, health and housing experts to have presentations and exhibits on healthy homes topics. Work with your local or state lead hazard control grant program to highlight lead and healthy homes work in the housing they address.
4. Recognize local healthy homes efforts and champions (ambassadors of the healthy homes movement).
  - There may be individuals, groups or organizations currently addressing healthy homes issues in your community. National Healthy Homes Month is a perfect opportunity to recognize those individuals or groups for their work. Host a recognition ceremony and use the opportunity to build partnerships and energize others to get involved in the healthy homes arena.
5. Ask local partners to promote healthy homes awareness.
  - Utilize your partners' newsletters, listservs, media and mailings to share information about healthy homes. Ask your partners if they will include information in their materials about healthy homes awareness, local



events, facts, testing and identification of lead based paint, radon, mold/moisture, pests and how they can remediate identified hazards.

6. Work with local healthy homes advocates and educators.
  - Reach out to local medical and health-related providers/partners to provide education to their clients. Ask them to emphasize the importance of testing for elevated blood lead levels in children under the age of 6. Encourage them to host educational sessions or have a display regarding healthy homes topics. Coordinate with local schools and daycares to provide information to families on healthy homes topics or host outreach and awareness events inviting local healthy homes experts and health providers to address health and housing related topics.
7. Connect with local businesses to raise awareness and build support for Healthy Homes work.
  - Local home improvement and hardware stores are great partners and locations for hosting healthy homes events or workshops. Encourage them to post information about healthy and safe products, host workshops on using safe work practices when addressing home remodeling and rehab projects. Ask if they will provide healthy homes related messages in mailings during the month of June.
8. Reach out to local universities and community colleges.
  - Students at local universities and community colleges can be a great resource! Many majors and programs require students to do a project or internship that includes working in the community or with health-related partners. Providing presentations or offering field visits/rotations in your program to nursing and medical students builds advocacy for lead poisoning and healthy home assessment and intervention. The impact your efforts can have may be one classroom at a time but may be the only time they get any information about the topic or the local burden of hazards impacting the population they may serve one day.
9. Coordinate with partners to promote testing. (Lead, radon, etc.).
  - Reaching out to home inspectors and local chapters of professional representation for home inspectors can be a great way to build advocacy and identify capacity for program and community needs. Identify any extension centers that you can improve collaboration with, as there are many that have healthy home specific activities and resources that could be shared between the grantee and these agencies.
10. Promote National Healthy Homes Month 2017 at local sporting events.
  - Use the NHHM Tool Kit to promote investment in sharing Healthy Home messaging during events that have broad attendance and interest.

# NHHM Calendar 2017

## June National Healthy Homes Month

- Keep the floor clear of electrical cords and clutter.
- Make sure you have plenty of lighting in your homes. Poor lighting can lead to trips.
- Install grab bars and handles in bathrooms and showers.
- Consider maintaining your lawn without the use of pesticides, read and follow the labels carefully.
- Reduce dust with less clutter.
- Prevent slips, trips, and falls by keeping floors clear, cleaning up spills, and installing handrails on stairs, and ramps.
- Fix loose stairs and handrails.
- Secure furniture such as bookcases and entertainment centers to walls to prevent tipping injuries.

### Monthly Campaigns:

- National Safety Month  
[www.hud.gov/healthyhomes](http://www.hud.gov/healthyhomes)



## JUNE 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <b>KICK OFF!</b> NHHM 2017	2 Message from Secretary Carson!	3
4	5 Give your home a check up! <a href="http://www.hud.gov/healthyhomes">www.hud.gov/healthyhomes</a>	6 HQ Brown Bag	7 Facebook Live HQ Booth/Event	8	9 Download the NEW HH Stakeholders App 	10
11 	12 <b>Get Mobile.</b> Download the app to learn about hazards that are moving targets like pets and pests!	13 Training Webinar	14 Twitter Town Hall	15	16 	17
18	19 <b>Best Medicine:</b> Ask your doctor questions and get screenings that connect your health to your home.	20 Training Webinar	21 Facebook Live	22	23	24
25	26	27 HQ Brown Bag	28 Facebook Live	29	30	

# National Healthy Homes Month 2017

## Webinars

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**Important:** This schedule is subject to change. Please check our NHHM website at [https://portal.hud.gov/hudportal/HUD?src=/program\\_offices/healthy\\_homes/NHHM2017](https://portal.hud.gov/hudportal/HUD?src=/program_offices/healthy_homes/NHHM2017) for updates.

These webinars are being offered in conjunction with the Healthy Homes Partnership (HHP), through an Interagency Agreement between OLHCHH and the United States Department of Agriculture, National Institute of Food and Agriculture (USDA NIFA).

The HHP is comprised of a nationwide network of over 9,600 local extension educators in nearly all of the nation's 3,150 counties, and extension professionals at the 112 land-grant universities-including 19 Historically Black Colleges and Universities, 36 Native American Colleges, and Hispanic-Serving institutions throughout the United States and its territories.

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### **June 5<sup>th</sup> The Healthy Homes Partnership: Best Practices and Success Stories**

Target Audience: Stakeholders, Housing Educators, Healthcare Professionals, Community Action Agencies, State health Dept. Staff, State HH Advisory board members.

Presenter(s): Michael Goldschmidt, Kandace Fisher

Resources: Interim and final reports of the partnership

### **June 12<sup>th</sup> Healthy Homes Toolkit**

Target Audience: Stakeholders, Housing Educators, Healthcare Professionals, Community Action Agencies, State health department staff, State HH Advisory board members.

Presenter(s): Michael Goldschmidt

### **June 19<sup>th</sup> Creating Healthier Indoor Environments for Child Care Facilities**

Target Audience: Childcare providers, Head Start programs

Presenter(s) Pamela Turner and Rebecca Blocker

Resources: Healthy Homes Toolkit for Child Care providers

### **June 26<sup>th</sup> Youth and Healthy Homes**

Target Audience: 4-H Leaders, Housing Educators, After School program leaders, Schoolteachers, FFA, Boy and Girl Scout leaders.

Presenter(s) Mary Ellen Welch and others

Resources: Children's Storybook and Activity Guide; illustrated rhyming book for young children "Susan and Jerome Learn About a Healthy Home".

**June 29th La House – Demonstration Healthy Home (sustainable home), Louisiana State University, Baton Rouge.**

Target Audience: Stakeholders; Housing Educators, Health care professionals, Community Action Agencies, State Health Department staff, State HH Advisory board members.

Presenter: Claudette Reichel

LaHouse is a showcase of multiple solutions, exhibiting 4 different high performance building systems for our climate and conditions and many types of products and solutions. It integrates Healthy Homes (including universal design) with resource efficiency and hazard resilience. It is also a public service, open M-F for touring and offers lots of free publications. LaHouse has point of feature signage, tour guide videos, cut away, etc. It is not a commercial, with exclusivity for any vendor. LaHouse lists and recognizes donors, and the Extension handpicked all the products (no one got to be exclusive.)





# Sample Proclamation of Healthy Homes Month 2017

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*If you are interested in promoting Healthy Homes Month 2017 in your state, contact your governor's office and ask how to submit a request for a Governor's Proclamation for Healthy Homes Month. Below is a sample proclamation; you can adapt this to create a proclamation from your County Executive or your city's Mayor:*

## **Local Official's Proclamation Proclaiming June as (Name of State) Healthy Homes Month**

WHEREAS, home health and safety hazards, including physical safety hazards, lead-based paint, radon, mold, pests, and allergens, cause or contribute to a wide range of illnesses and diseases, including lead poisoning, asthma, cancer, and injuries;

WHEREAS, lead poisoning affects thousands of (name of state's) children under six;

WHEREAS, accidents in the home hurt thousands of (name of state's) people every year;

WHEREAS, hundreds of (name of state's) children die from chemicals stored and used improperly in the home;

WHEREAS, dozens of (name of state's) people die from carbon monoxide poisoning every year;

WHEREAS, many (name of state) families and households are unaware that their homes can have serious health hazards; and

WHEREAS, education and awareness about the dangers of unhealthy or unsafe housing can save (name of state) lives.

NOW THEREFORE BE IT RESOLVED, that Governor (name of Governor) proclaims June as (name of state) Healthy Homes Month; and

BE IT FURTHER RESOLVED that (name of state) citizens and government officials to observe this month with appropriate programs and activities designed to enhance public awareness of home health and safety hazards and the ways we can protect our families from these hazards.



# Sample Press Release

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**Release Date: June 1, 2017**

**Contact: Your Name  
Your Number**

## **HUD DESIGNATES JUNE AS NATIONAL HEALTHY HOMES MONTH**

Today, the U.S. Department of Housing and Urban Development's (HUD) Office of Lead Hazard Control and Healthy Homes (OLHCHH) is kicking off the second annual National Healthy Homes Month (NHHM). Throughout the month, the goal is to raise awareness for what makes a home healthy and to strengthen coordination and collaboration between housing and health at the federal, state and local levels.

A healthy home is one that provides a safe and healthy environment protecting the occupants from disease and injury. Almost 6 million U.S. homes have moderate to severe physical infrastructure problems—such as water leaks and intrusion; injury hazards; pests; and heating, plumbing, and electrical deficiencies. In addition, OLHCHH estimates that approximately 30 million homes have indoor environmental hazards, including physical safety hazards, lead-based paint, and pests. The OLHCHH has designated June as National Healthy Homes Month in order to create awareness around housing and its impact on health on the national and local level; to encourage organized, local community events; and to empower families to take action.

NHHM is designed to create awareness about and promote action around health and safety hazards in the home, and to empower families to learn how to create the healthiest home possible for their family. The month also highlights federal and local resources that are available to make a difference in the places where families live, play, and grow.

“National Healthy Homes Month serves as an important educational call to action,” said Jon L. Gant, Director of HUD’s Office of Lead Hazard Control and Healthy Homes. “Providing families with the resources they need to keep their homes safe from potential health hazards such as lead-based paint and pests helps them to create the healthiest home possible.”

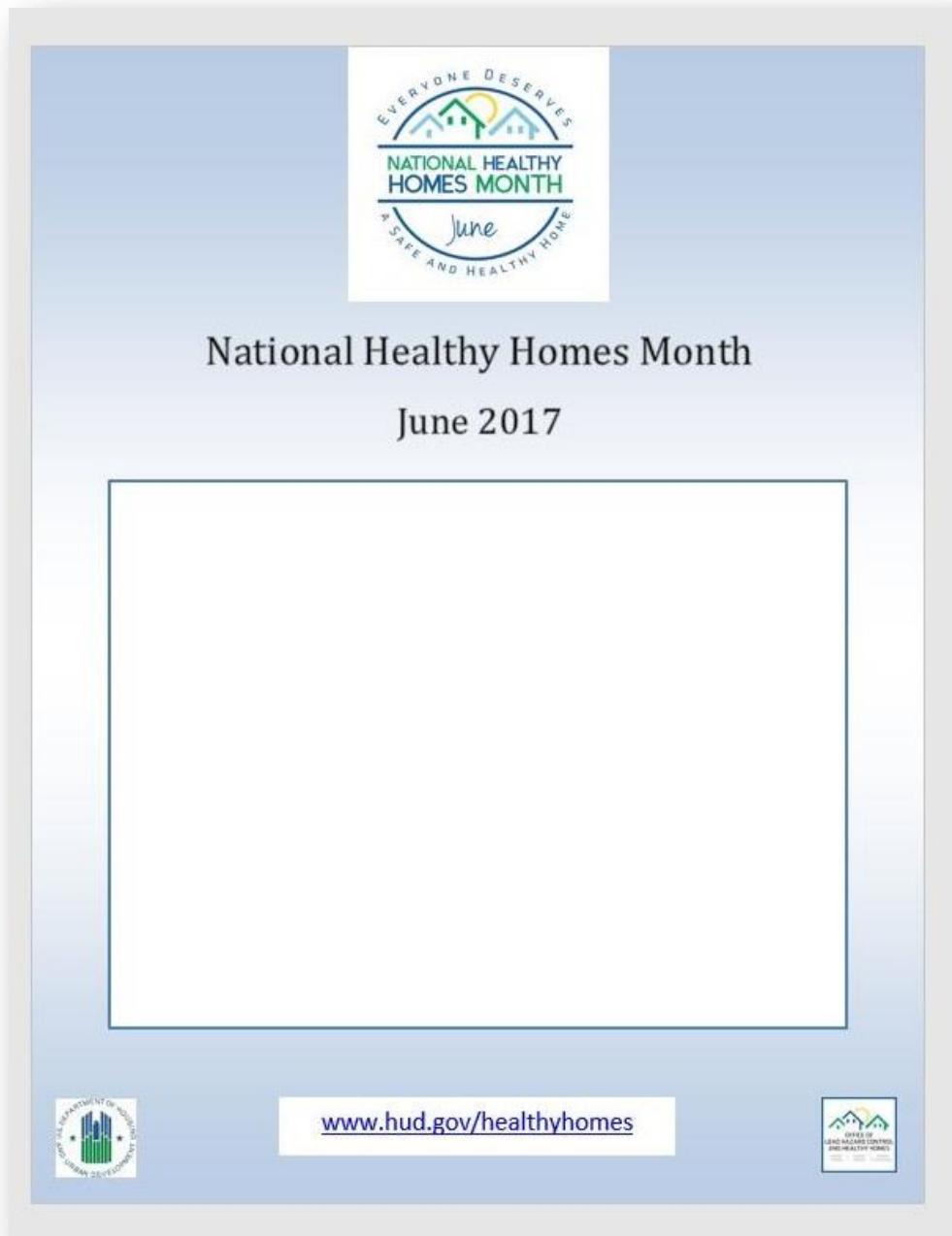
The OLHCHH developed a [2017 National Healthy Homes Month Planning Guide](#) which contains many resources and materials, to assist with building awareness and implementation at the local level. Visit our website at [www.hud.gov/healthyhomes](http://www.hud.gov/healthyhomes) for a copy.

Please visit [www.hud.gov/healthyhomes](http://www.hud.gov/healthyhomes) to learn more about NHHM, get updates on activities, and learn more about how to participate.



# Sample Outreach Flyer

Click on the flyer for a link to a customizable document for you to use in your NHHM efforts.





HUD/OLHCHH also offers many other valuable publications, videos, apps, and important information on our website at [www.hud.gov/healthyhomes](http://www.hud.gov/healthyhomes).

# Social Media Campaign

## Help Spread the Word!

### Suggested Tweets and Facebook Posts

**Hashtag: #NHHM2017**

**Learn more: [www.hud.gov/healthyhomes](http://www.hud.gov/healthyhomes)**

**June is National Healthy Homes Month! Follow along with HUD for info and upcoming events! @HUD.gov #NHHM2017**

**HUD's Office of Lead Hazard Control announces National Healthy Homes Month this June! #NHHM2017**

**What is a Healthy Home?? Test your knowledge-download the Healthy Homes Basics App! #NHHM2017**

**<https://play.google.com/store/apps/details?id=gov.hud.healthyhomesbasics&hl=en>**

**<https://itunes.apple.com/us/app/healthy-homes-basics/id1092367352?mt=8>**

**Download the NHHM 2017 Planning Guide, here: [www.hud.gov/healthyhomes](http://www.hud.gov/healthyhomes) #NHHM2017**

**Is your home healthy? Learn about Healthy Homes, asthma, lead and more, here! #NHHM2017 Learn more: [www.hud.gov/healthyhomes](http://www.hud.gov/healthyhomes)**

**Did you know that your indoor home environment is closely linked to your health?? Learn More: [www.hud.gov/healthyhomes](http://www.hud.gov/healthyhomes) #NHHM2017**

**Studies show that increasing the fresh air supply in a home improves respiratory health. #NHHM2017**

**You can create a healthy home just by changing some of your everyday habits. Learn more: [www.hud.gov/healthyhomes](http://www.hud.gov/healthyhomes) #NHHM2017**

**The majority of injuries among children occur in the home. Keep your home safe! #NHHM2017**

**Radon is the second leading cause of lung cancer in the US. You can't see, smell or taste radon, but it may be a problem in your home! Get the facts: [www.hud.gov/healthyhomes](http://www.hud.gov/healthyhomes) #NHHM2017**

**A working smoke alarm can cut the chance of someone dying in a fire by HALF. Make sure to check yours! #NHHM2017**

Falls are the leading cause of deadly and non-deadly accidental injuries for people over 65. #NHHM2017

Almost 26 million people in the U.S. are living with asthma today. Learn how to reduce asthma triggers in your home. Learn more: [www.hud.gov/healthyhomes](http://www.hud.gov/healthyhomes) #NHHM2017

Mold grows where it's wet. Figure out where the moisture is coming from, or the mold will grow back. #NHHM2017

Keep your home and car smoke-free! Secondhand smoke is a common indoor trigger for asthma attacks #NHHM2017

Keep the humidity in your home less than 50%. Use a dehumidifier if your home is too humid! #NHHM2017

Read the latest issue of the Inside Healthy Homes newsletter and subscribe here! [www.hud.gov/healthyhomes](http://www.hud.gov/healthyhomes) #NHHM2017

If you or someone you know has to clean up mold after a storm, learn proper techniques! Learn more: [www.hud.gov/healthyhomes](http://www.hud.gov/healthyhomes) #NHHM2017

A clean air filter is essential! You should clean or change your air filter every 90 days. #NHHM2017

Keep pests outside! Seal openings you find outside your home. Learn more: [www.hud.gov/healthyhomes](http://www.hud.gov/healthyhomes) #NHHM2017

Help your kids control their asthma! Learn about triggers in the home: [www.hud.gov/healthyhomes](http://www.hud.gov/healthyhomes) #NHHM2017

Make Your Home Healthy! Check out HUD's Healthy Homes videos to learn how! Click here: <https://www.youtube.com/playlist?list=PLF784BAEF218A35EE> #NHHM2017

Get back into your home SAFELY after a natural disaster! For the Disaster Recovery Toolkit and other resources, Click here: [https://portal.hud.gov/hudportal/HUD?src=/program\\_offices/healthy\\_homes/disasterrecovery](https://portal.hud.gov/hudportal/HUD?src=/program_offices/healthy_homes/disasterrecovery) #NHHM2017

Does your home have mold? Scrub mold off hard surfaces using a scrub brush and a mixture of soap and water. Learn more: [www.hud.gov/healthyhomes](http://www.hud.gov/healthyhomes) #NHHM2017

Find healthy homes resources in your area! Click here: [www.hud.gov/healthyhomes](http://www.hud.gov/healthyhomes) #NHHM2017

Follow @HUDgov, for more NHHM 2017 updates!

# OLHCHH Contacts for NHHM 2017

## HUD Headquarters:

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## Healthy Homes Field Representatives:

Region	OLHCHH Field Representative	Contact Information
Region 1, MA, ME, NH, VT CT & RI	• Martin Nee	<ul style="list-style-type: none"> <li>• <a href="mailto:Martin.J.Nee@hud.gov">Martin.J.Nee@hud.gov</a></li> <li>• Office Telephone 617-994-8372</li> </ul>
Region 2, NY & NJ	• Sue Horowitz	<ul style="list-style-type: none"> <li>• <a href="mailto:Susan.I.Horowitz@hud.gov">Susan.I.Horowitz@hud.gov</a></li> <li>• Office Telephone 212-542-7411</li> </ul>
Region 3, DE, MD, PA & DC, WV	• Ed Thomas	<ul style="list-style-type: none"> <li>• <a href="mailto:Edward.A.Thomas@hud.gov">Edward.A.Thomas@hud.gov</a></li> <li>• Office Telephone 215-861-7670</li> </ul>
Region 3, VA	• Mike McGreevy	<ul style="list-style-type: none"> <li>• <a href="mailto:Michael.B.Mcgreevy@hud.gov">Michael.B.Mcgreevy@hud.gov</a></li> <li>• Office Telephone 804-822-4832</li> </ul>
Region 4, GA, NC, SC, FL, TN, KY, AL & MS (Puerto Rico/US VI)		
Region 6, LA, AR		
Region 5, OH, IL, IN, MI, MN & WI	• Paul Diegelman	<ul style="list-style-type: none"> <li>• <a href="mailto:Paul.H.Diegelman@hud.gov">Paul.H.Diegelman@hud.gov</a></li> <li>• Office Telephone 216-522-4058 x7656</li> </ul>
Region 6, TX, OK	• Abby Hugill	<ul style="list-style-type: none"> <li>• <a href="mailto:Abby.D.Hugill@hud.gov">Abby.D.Hugill@hud.gov</a></li> <li>• Office Telephone 303-672-5165</li> </ul>
Region 7, MO, KS, NE & IA		
Region 8, CO, UT, ND, SD, MT & WY		
Region 6, NM	• Karen Griego	<ul style="list-style-type: none"> <li>• <a href="mailto:Karen.M.Griego@hud.gov">Karen.M.Griego@hud.gov</a></li> <li>• Office Telephone 505-346-6462</li> </ul>
Region 9, CA, HI, AZ & NV		
Region 10, ID, WA, OR & AK		



[illegible]

State	Organization Name	Region	Project Manager	Project Manager Email
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CA	City of Long Beach	9	Michael Netter	<a href="mailto:michael.netter@longbeach.gov">michael.netter@longbeach.gov</a>
CA	City of San Diego	9	Chris Lee	<a href="mailto:cjlee@sandiego.gov">cjlee@sandiego.gov</a>
CA	City of Huntington Park	9	Maria Torres-Castañeda	<a href="mailto:mtorres-castaneda@hpca.gov">mtorres-castaneda@hpca.gov</a>
CA	State of California	9	Duane Graves	<a href="mailto:duane.graves@csd.ca.gov">duane.graves@csd.ca.gov</a>
CA	County of Alameda	9	Dale Hagen	<a href="mailto:dale.hagen@acgov.org">dale.hagen@acgov.org</a>
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CT	City of New Haven	1	Jennifer Sanjurjo	<a href="mailto:jsanjurj@newhavenct.gov">jsanjurj@newhavenct.gov</a>
CT	Naugatuck Valley Health District	1	Carol Slajda	<a href="mailto:cslajda@nvhd.org">cslajda@nvhd.org</a>
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<b>OH</b>	City of Columbus	5	Erica Hudson	ejhudson@columbus.gov
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<b>TX</b>	County of Harris	6	Ernesto Hernandez	ehernandez@hcpes.org
<b>TX</b>	City of San Antonio	6	myrna esquivel	myrna.esquivel@sanantonio.gov
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<b>WA</b>	Yakima County	10	Andrea Reyes	andrea.reyes@co.yakima.wa.us
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<b>WI</b>	Kenosha County	5	Gregory Vogel	gregory.vogel@kenoshacounty.org
<b>WI</b>	City of Milwaukee	5	Lisa Lien	llien@milwaukee.gov
<b>WI</b>	City of Milwaukee	5	Benjamin James	bejames@milwaukee.gov



# Resource Bank

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The below resource bank offers a wide range of helpful contacts, resources, and educational materials, to help you promote NHHM 2017. The infographics can be downloaded and customized as needed for events and related outreach. For more information about these resources and edit friendly versions, and important updates about NHHM, please visit [www.hud.gov/healthyhomes](http://www.hud.gov/healthyhomes); or email [OLHCHH@hud.gov](mailto:OLHCHH@hud.gov)

**To receive copies of OLHCHH's publications described below, please call HUD's document distribution center at 1-800-767-7468.**

Persons with hearing or speech impairments may access the federal government numbers above and below through TTY by calling the toll-free Federal Relay Service at (800) 877-8339

## General Healthy Homes Information

**U.S. Department of Housing and Urban Development** - [www.hud.gov](http://www.hud.gov)

Office of Lead Hazard Control and Healthy Homes- [www.hud.gov/healthyhomes](http://www.hud.gov/healthyhomes)

Office of Education and Outreach, Fair Housing and Equal Opportunity-  
[www.hud.gov/fairhousing](http://www.hud.gov/fairhousing)

**U.S. Department of Agriculture, National Institute of Food and Agriculture**

Cooperative Extension Service for your state land grant university:  
[www.nifa.usda.gov/extension](http://www.nifa.usda.gov/extension) or [www.eXtension.org](http://www.eXtension.org) or your telephone book

**U.S. Environmental Protection Agency** [www.epa.gov](http://www.epa.gov)

**U.S. Centers for Disease Control and Prevention** [www.cdc.gov](http://www.cdc.gov)

(800) CDC-INFO/ (800) 232-4636

**U.S. Consumer Product Safety Commission** [www.cpsc.gov](http://www.cpsc.gov)

(800) 638-2772

**U.S. Department of Energy** [www.energy.gov](http://www.energy.gov)

**Local or state health department:** Look in your telephone book or online

**National Healthy Homes Partnership** [www.healthyhomespartnership.net](http://www.healthyhomespartnership.net)

**National Center for Healthy Housing** [www.nchh.org](http://www.nchh.org)

**Children's Environmental Health Network** [www.cehn.org](http://www.cehn.org)

**National Safety Council** [www.nsc.org](http://www.nsc.org)

**Pediatric Environmental Health Specialty Units** [www-w.aoc.org/pehsu.htm](http://www-w.aoc.org/pehsu.htm)

## Lead Poisoning

### U.S. Department of Housing and Urban Development

Office of Lead Hazard Control and Healthy Homes [www.hud.gov/healthyhomes](http://www.hud.gov/healthyhomes) and [lead.regulations@HUD.gov](mailto:lead.regulations@HUD.gov)

**Environmental Protection Agency** [www.epa.gov/lead](http://www.epa.gov/lead)

(800) 424-LEAD / (800) 424-5323

**Safe Drinking Water Hotline** [www.epa.gov/drink](http://www.epa.gov/drink)

(800) 426-4791

**Centers for Disease Control and Prevention** [www.cdc.gov/nceh/lead](http://www.cdc.gov/nceh/lead)

## Asthma & Allergies

**American Lung Association** [www.lungusa.org](http://www.lungusa.org)

(800) LUNG-USA

**American Cleaning Institute** [www.cleaninginstitute.org](http://www.cleaninginstitute.org)

(202) 347-2900

**Allergy and Asthma Network: Mothers of Asthmatics** [www.aanma.org](http://www.aanma.org)

(800) 878-4403

**The Food Allergy and Anaphylaxis Network** [www.foodallergy.org](http://www.foodallergy.org)

(800) 929-4040

**U.S. Environmental Protection Agency** [www.epa.gov/asthma](http://www.epa.gov/asthma)

## Mold & Moisture

**U.S. Environmental Protection Agency** [www.epa.gov/mold](http://www.epa.gov/mold)

**U.S. Centers for Disease Control and Prevention** [www.cdc.gov/mold](http://www.cdc.gov/mold)

**Health House** [www.healthhouse.org](http://www.healthhouse.org)

## Carbon Monoxide

**U.S. Centers for Disease Control and Prevention** [www.cdc.gov/com](http://www.cdc.gov/com)

(800) CDC-INFO/ (800) 232-4636

**U.S. Consumer Products Safety Commission** [www.cpsc.gov/com](http://www.cpsc.gov/com)

(800) 638-2772

## Radon

**U.S. Environmental Protection Agency** [www.epa.gov/radon](http://www.epa.gov/radon)

State Radon Contacts [www.epa.gov/radon/whereyoulive.html](http://www.epa.gov/radon/whereyoulive.html)

**National Radon Program Services (KSU)** [www.sosradon.org](http://www.sosradon.org)

(800) SOS-RADON / (800) 767-7236





## Drinking Water

**U.S. Environmental Protection Agency** <https://www.epa.gov/ground-water-and-drinking-water/basic-information-about-lead-drinking-water>

(800) 426-4791

**U.S. Centers for Disease Control and Prevention** [www.cdc.gov/healthywater/drinking](http://www.cdc.gov/healthywater/drinking)

## Household Chemicals

**U.S. Environmental Protection Agency** [www.epa.gov/pesticides](http://www.epa.gov/pesticides) and [www.epa.gov/saferchoice](http://www.epa.gov/saferchoice)  
**Poison Control Center** (800) 222-1222

**Household Products Database** [www.householdproducts.nlm.nih.gov](http://www.householdproducts.nlm.nih.gov)

## Pests

**U.S. Environmental Protection Agency** [www.epa.gov/bedbugs](http://www.epa.gov/bedbugs) and [www.epa.gov/pesticides/controlling](http://www.epa.gov/pesticides/controlling)

**National Pesticide Information Center** [www.npic.orst.edu](http://www.npic.orst.edu)  
(800)858-7378

**Stop Pests in Housing** [www.stoppests.org](http://www.stoppests.org)

## Home Safety

**National SAFE KIDS Campaign** [www.safekids.org](http://www.safekids.org)  
(202) 662-0600

**National Safety Council** [www.nsc.org](http://www.nsc.org)  
(800) 621-7615

## Temperature Control

**U.S. Department of Energy** [www.EnergySaver.gov](http://www.EnergySaver.gov)  
**Energy Information Administration** [www.eia.gov](http://www.eia.gov)

**U.S. Environmental Protection Agency Indoor air PLUS** [www.epa.gov/indoorairplus](http://www.epa.gov/indoorairplus)  
**Mercury cleanup and disposal** [www.epa.gov/cfl](http://www.epa.gov/cfl)

**Energy Star** [www.energystar.gov](http://www.energystar.gov)

**Residential Energy Services Network** [www.resnet.us](http://www.resnet.us)



## Featured Technology to use in outreach materials and activities associated with NHHM:

- **NEW! Everyone Deserves a Safe and Healthy Home – Stakeholder Guide**

This comprehensive publication offers “one- stop” shopping with guiding goals, and focuses on 11 different potential home health hazards. The content substantially revises earlier references. It is written in plain language, without omitting key technical details. Also featured: A ‘Room-by-Room Checklist for a Healthy Home’;



- **NEW! Everyone Deserves a Safe and Healthy Home – Consumer Guide**

A more consumer-friendly version of the publication above; this easy to read guide also features the ‘Room-by-Room Checklist for a Healthy Home’.



- **NEW! Healthy Homes App for Stakeholders**

This new app serves professionals who may be new to the indoor environmental health field, as well as those with more experience. Stakeholders can use this app to help educate, assess, advocate, train, and set standards and policy on healthy homes for their organizations. The app includes a room by room checklist of potential hazards.



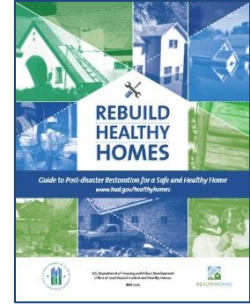
- **Healthy Homes Basics App**

This consumer-focused app brings a wealth of practical how-to guidance from the “Everyone Deserves a Safe and Healthy Home” consumer publication to your mobile device for handy use. Now you can “get in the know on the go.” Download it now and make this your first step towards a safe and healthy home!



- **Rebuild Healthy Homes – Avoiding hidden dangers in disaster recovery**

Rebuilding damaged homes after a natural disaster must be done carefully. This 72-page guide is a “one stop shopping” reference written in Plain Language, without omitting technical details. It includes how-to-methods, tips, and improvement ideas for safe restoration following a wide range of natural disasters.



- **NHHM QR code**

This QR (Quick Response) code can be scanned through an app on your smart phone! Once you scan it will take you directly to the National Healthy Homes Web page on the hud.gov website. QUICK AND EASY!



- **NHHM Logo!**

Use this high-resolution logo on all your outreach materials, websites and events!



You can also find all OLHCHH Videos and Webinars on our Youtube.com Channel.

<https://www.youtube.com/playlist?list=PLF784BAEF218A35EE>



# Quick Reference Guide to Publications and Other OLHCHH Resources

**Office of Lead Hazard Control and Healthy Homes  
National Healthy Homes Month 2017**



**Everyone Deserves a Safe and Healthy Home**  
Publication for consumers and stakeholders, summarizes healthy home "how to's" for families and professionals.

**Healthy Home Checklist: Surgeon's General Call to Action**  
Endorse a tool to motivate individual and community awareness for Healthy Home.

**Advancing Healthy Housing: A Strategy for Action**  
A guidance document to all federal and community stakeholders toward sustaining action through policy.

**Smoke Free Housing: This "how to guide"**  
Will assist Public Housing Managers to adopt and enforce a smoke free housing policy.

**Healthy Homes App for Stakeholders**  
This new app serves professionals who may be new to the indoor environmental health field, as well as those with more experience. Stakeholders can use this app to help educate, assess, advocate, train, and set standards and policy on healthy homes for their organizations. The app includes a room by room checklist of potential hazards.

**Videos**  
\* Lead and Healthy Homes Consumer Video  
\* Lead and Healthy Homes Stakeholder Video  
Videos can be viewed at:  
[www.youtube.com/user/HUDchannel](http://www.youtube.com/user/HUDchannel)




[www.hud.gov/healthyhomes](http://www.hud.gov/healthyhomes)

The Quick Reference tool is a great way to raise awareness about National Healthy Homes Month to your organizational staff and partners! Download it at [www.hud.gov/healthyhomes](http://www.hud.gov/healthyhomes)



## The 8 Principles of a Healthy Home

- **Keep your home Dry:**  
Damp houses provide a nurturing environment for mites, roaches, rodents, and molds, all of which are associated with asthma.
- **Keep your home Clean:**  
Clean homes help reduce pest infestations and exposure to contaminants.
- **Keep your home Pest-Free:**  
Recent studies show a causal relationship between exposure to mice and cockroaches and asthma episodes in children; yet inappropriate treatment for pest infestations can exacerbate health problems, since pesticide residues in homes pose risks for neurological damage and cancer.
- **Keep your home Safe:**  
The majority of injuries among children occur in the home. Falls are the most frequent cause of residential injuries to children, followed by injuries from objects in the home, burns, and poisonings.
- **Keep your home Contaminant-Free:**  
Chemical exposures include lead, radon, pesticides, volatile organic compounds, and environmental tobacco smoke. Exposures to asbestos particles, radon gas, carbon monoxide, and second-hand tobacco smoke are far higher indoors than outside.
- **Keep your home Ventilated:**  
Studies show that increasing the fresh air supply in a home improves respiratory health.
- **Keep your home Maintained:**  
Poorly-maintained homes are at risk for moisture and pest problems. Deteriorated lead-based paint in older housing is the primary cause of lead poisoning, which affects some 240,000 U.S. children.
- **Keep your home Temperature Controlled:**  
Extreme temperatures inside and outside of your home can impact the physical materials the home is built with and create a welcome environment for mold.

Complete list of sources available on request



U.S. Department of Housing and Urban Development  
Office of Lead Hazard Control and Healthy Homes  
[www.hud.gov/healthyhomes](http://www.hud.gov/healthyhomes)





# Healthy Homes Room by Room Checklist

## Room by Room Checklist for a Healthy Home

*Take the first step! This checklist is a great way to start learning more about the conditions in your home that could be impacting your health and safety. You don't have to be an expert or a professional to complete this list. For more information on this material and recommended actions please visit: [www.hud.gov/healthyhomes](http://www.hud.gov/healthyhomes) or download the Healthy Homes Basics App to have a resource at your fingertips whenever you are ready.*

### 1. Living, Dining, and Family Rooms

- ☐ If the home was built before 1978, check painted doors, windows, trim, and walls for lead
- ☐ Vacuum carpets regularly to reduce asthma triggers
- ☐ Move window blind cords out of reach of children to prevent strangulation
- ☐ Check lighting and extension cords for fraying or bare wires
- ☐ Avoid having lighting and extension cords in floor pathways
- ☐ Purchase children's toys that do not have small parts for choking and do not contain lead
- ☐ Secure heavy items (televisions, bookcases) to walls to prevent tip overs

### 2. Kitchen

- ☐ If the home was built before 1978, check painted doors, windows, trim, and walls for lead
- ☐ Use a range hood exhausted to the outside (or open window) to ventilate while cooking
- ☐ Clean up liquids and foods right after spills
- ☐ Keep matches, glassware, knives, and cleaning supplies out of reach of children
- ☐ Avoid leaving food and water, whether for people or pets, out overnight
- ☐ Mop floors at least weekly
- ☐ Place Poison Control Hotline number (800) 222-1222 on the refrigerator and in every room
- ☐ Do not allow children to be in kitchen unsupervised when the range or oven is on

### 3. Bedroom(s)

- ☐ If the home was built before 1978, check painted doors, windows, trim, and walls for lead
- ☐ Move window blind cords out of reach of children to prevent strangulation
- ☐ Make sure room has a working smoke detector
- ☐ Make sure the hall outside of bedrooms has a working carbon monoxide detector
- ☐ Use mattress and pillow covers, and vacuum carpets regularly to reduce asthma triggers

### 4. Entry

- ☐ Use floor mats by entry doors to reduce bringing in lead dust and other toxins into the home
- ☐ Remove shoes at entry if lead is present in the soil or paint
- ☐ Repair or install weather seals around the perimeter of doors

### 5. Bathrooms

- ☐ If the home was built before 1978, check painted doors, windows, trim, and walls for lead
- ☐ Use an exhaust fan to ventilate after shower or bath use
- ☐ Use slip resistant mats in showers and tubs
- ☐ Clean up water from floors right after spills
- ☐ Move window blind cords out of reach of children to prevent strangulation
- ☐ Keep medicines and cleaning supplies locked away and out of reach of children
- ☐ If an older adult or someone with mobility or balance concerns is present in the home, install grab bars at toilets, showers, and tubs

### 6. Laundry

- ☐ Vent clothes dryer to the outside (through roof or wall, not into the attic)
- ☐ Keep laundry soaps and detergents out of reach of children
- ☐ Wash sheets and blankets weekly to reduce asthma triggers
- ☐ Regularly remove lint from dryer screen

### 7. Attic

- ☐ Clean up clutter to prevent rodents and insects from finding places to nest
- ☐ Check exposed attic insulation for asbestos and consult with an asbestos professional for removal
- ☐ Make sure eave and roof vents are not blocked with insulation

#### 8. Basement (or Crawlpace)

- ☐ If the home was built before 1978, check painted doors, windows, trim, and walls for lead
- ☐ Seal holes in walls and around windows and doors to keep rodents and pests out of living spaces
- ☐ Clean up clutter to prevent rodents and insects from finding places to nest
- ☐ Test the home for radon. If test shows radon above EPA action levels, seal slab and foundation wall cracks, and if the problem persists, consider installing a radon mitigation system
- ☐ Keep pesticides and cleaning supplies locked away and out of reach of children
- ☐ Seal all cracks in slabs and foundation walls for moisture, radon, and pest protection

#### 9. Garage

- ☐ Never run lawnmowers, cars, or combustion equipment inside the garage with garage door closed
- ☐ Keep gasoline, pesticides, and cleaning supplies out of reach of children
- ☐ Clean up oil, gasoline, and other spills immediately
- ☐ If a floor drain is present, make sure it drains to well beyond the outside of the home

#### 10. Outside

- ☐ If the home was built before 1978, check painted doors, windows, trim, and walls for lead
- ☐ If painted walls, doors, windows, or trim may contain lead, keep children away from peeling or damaged paint and prevent children from playing around the ground next to the walls
- ☐ Remove leaves and debris from gutters regularly and extend downspouts to drain away from the house
- ☐ Replace missing or broken shingles or flashings
- ☐ Clean window wells of trash and debris
- ☐ Install and maintain fences completely around pools with openings less than 1/4 inch
- ☐ If the home was built before 1978, check hardboard siding for asbestos
- ☐ Make sure private wells are sealed and capped
- ☐ Consider testing well for pesticides, organic chemicals, and heavy metals before you use it for the first time
- ☐ Test private water supplies annually for nitrate and coliform bacteria
- ☐ Do not leave open garbage containers near the home
- ☐ Repair broken glass in windows and doors
- ☐ Seal holes in walls and around windows and doors to keep rodents and pests out of living spaces

#### 11. General

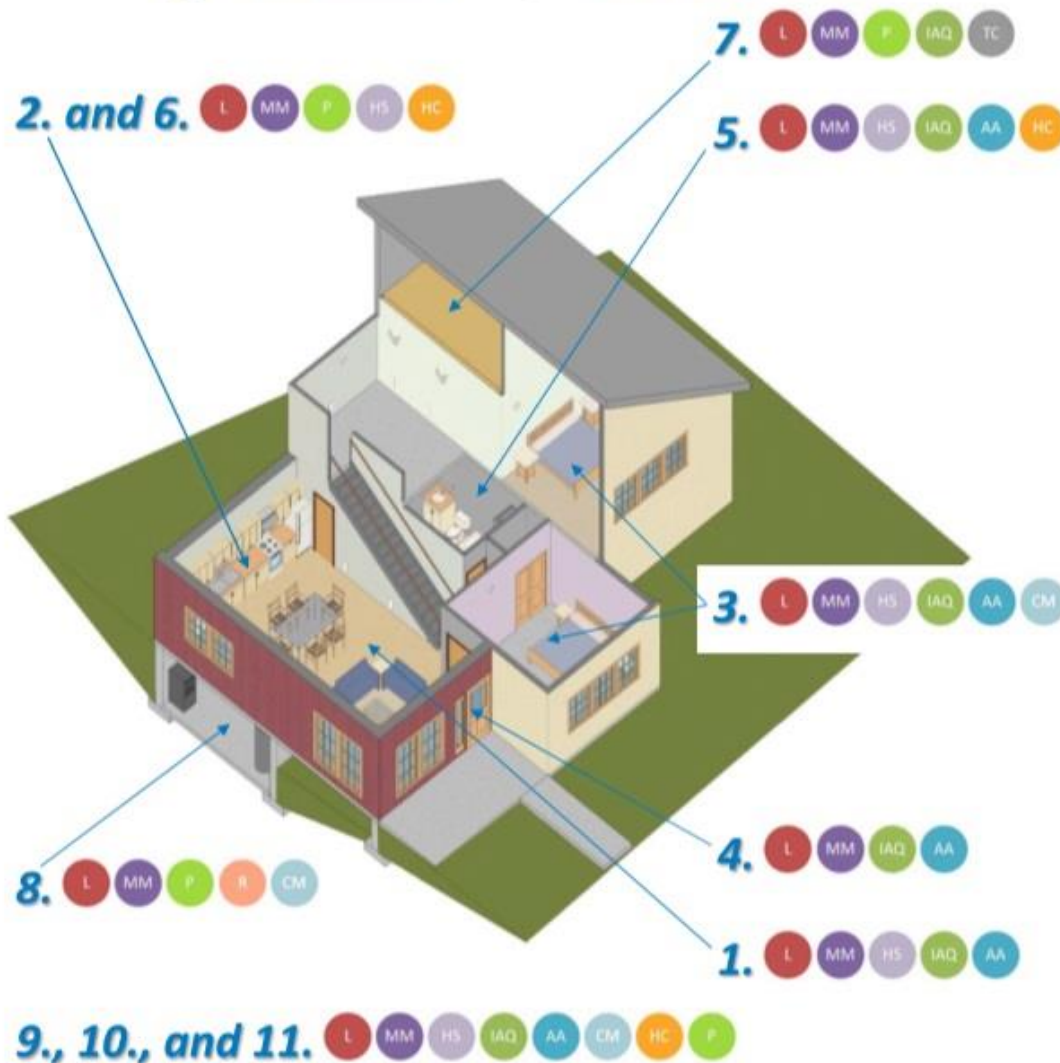
- ☐ If the home was built before 1978, use lead-safe work practices for all renovation and repairs and test children in the home for lead exposure
- ☐ Check piping connecting the home to the water main and the piping in the home for lead (lead pipes are dull and can be scratched easily with a penny). Lead pipes are more likely to be found in homes built before 1986
- ☐ No smoking inside the home, especially with children in the same home
- ☐ Have a professional maintain yearly all gas appliances and check for carbon monoxide leaks and proper venting
- ☐ Do not use candles or incense in the home when adult supervision is not present
- ☐ Secure balcony and stair railings, and install no-slip nosing's
- ☐ Replace burned-out bulbs in lights over stairs and landings
- ☐ Run a dehumidifier if indoor humidity is above 50 percent or there is condensation on windows
- ☐ Make sure all gas burning appliances, furnaces, heaters, and fireplaces ventilate to the outside
- ☐ Replace the furnace filter with a MERV 8 or higher every three months
- ☐ If mold is visible in any room, refer to mold removal guidelines from the EPA, CDC, or HUD
- ☐ Install child-proof locks on cabinets and child-proof covers on electrical outlets
- ☐ Keep water temperature at less than 120 degrees
- ☐ Keep firearms in locked safes
- ☐ Use pest management recommendations or safer alternative products before applying pesticides
- ☐ Keep all cleaning products in original containers and do not mix two products together
- ☐ Keep all hazardous products and chemicals in locked cabinets away from children.



# Room by Room Checklist for a Healthy Home

To help you connect the room, steps, and hazards please look for the following icons:

- |                                |                                    |
|--------------------------------|------------------------------------|
| <b>L</b> Lead                  | <b>P</b> Pests                     |
| <b>IAQ</b> Indoor Air Quality  | <b>CM</b> Carbon Monoxide          |
| <b>AA</b> Asthma and Allergies | <b>HS</b> Home Safety              |
| <b>R</b> Radon                 | <b>HC</b> Household Chemicals      |
| <b>MM</b> Mold and Moisture    | <b>TC</b> Home Temperature Control |





# Fact Sheets: “5 Minutes to a Healthier Home” and “Is your home a Healthy Home?”

## 5 Minutes to a Healthier Home

Think you don't have enough time to make your home a healthier and safer place?

**Think again!  
You can do these  
steps in 5 minutes.**

**Test your smoke alarm.**

Using smoke alarms in your home cuts your risk of dying in a fire in half.

**Wash your hands with warm, soapy water for at least 20 seconds (about the time it takes to sing the song “Happy Birthday” twice).**

Each year, about **48 million Americans get sick** from eating contaminated or improperly prepared foods.

**Make your home smoke free. Never let anyone smoke anywhere in or near your home.**

Parents are responsible for **90%** of their children's exposure to smoke.

**Beep!**

1-800-222-1222

**Program the number for poison control into your cell phone: 1-800-222-1222.**

Everyday in the United States, over 300 children ages 0 to 19 are treated in emergency departments for poisonings.

**Do a 3-minute “clean sweep.” Pick one small area of your home – like your junk drawer or stairs – and take 3 minutes to sort the items and get rid of what you don't need.**

Clutter can collect dust, mold, and other allergens and gives pests a place to hide. If clutter is left on the floor or stairs, it can cause you to trip and fall.

**Check your locks**

Make sure locks function correctly and can be operated by a child in an emergency

**Have 5 more minutes?**  
Log on to [www.hud.gov/healthyhomes](http://www.hud.gov/healthyhomes) for information on topics like lead, mold, radon, asbestos, pests, and more!

U.S. DEPARTMENT OF HOUSING AND URBAN DEVELOPMENT

OFFICE OF LEAD HAZARD CONTROL AND HEALTHY HOMES  
SHEILA K. BULLOCK, Director

## Is your home a healthy home?



### indoor air quality

Improve indoor air quality by eliminating second-hand smoke, carbon monoxide, dust mites, cockroach and mouse allergens and mold.



### slips and falls

Remove trip hazards, use stools and ladders carefully, and install railings and grab bars for older adults.



### hazardous products

Use natural cleaning alternatives and ensure any poisonous products are out of children's reach.

## What are the health & safety concerns?



### fire safety

Install smoke detectors on every floor and near every bedroom, develop a family escape plan, and keep matches, lighters, and candles out of children's reach.



### lead paint hazards

If your home was built before 1978, have it tested by a professional. Have your child's blood lead level tested at age 1 and 2.

## You can't see it... but it's there



For their size, children breathe up to twice as much air as adults.

They also drink more water.



When they get harmful chemicals in their bodies, it's a bigger dose compared to adults.

Your housing may increase the risk for injuries and may cause illness.



1. keep it dry



2. keep it dry



3. keep it pest free



4. keep it safe

## What are the 8 Principles of a healthy Home?



5. keep it contaminant free



6. keep it well ventilated



7. keep it well maintained

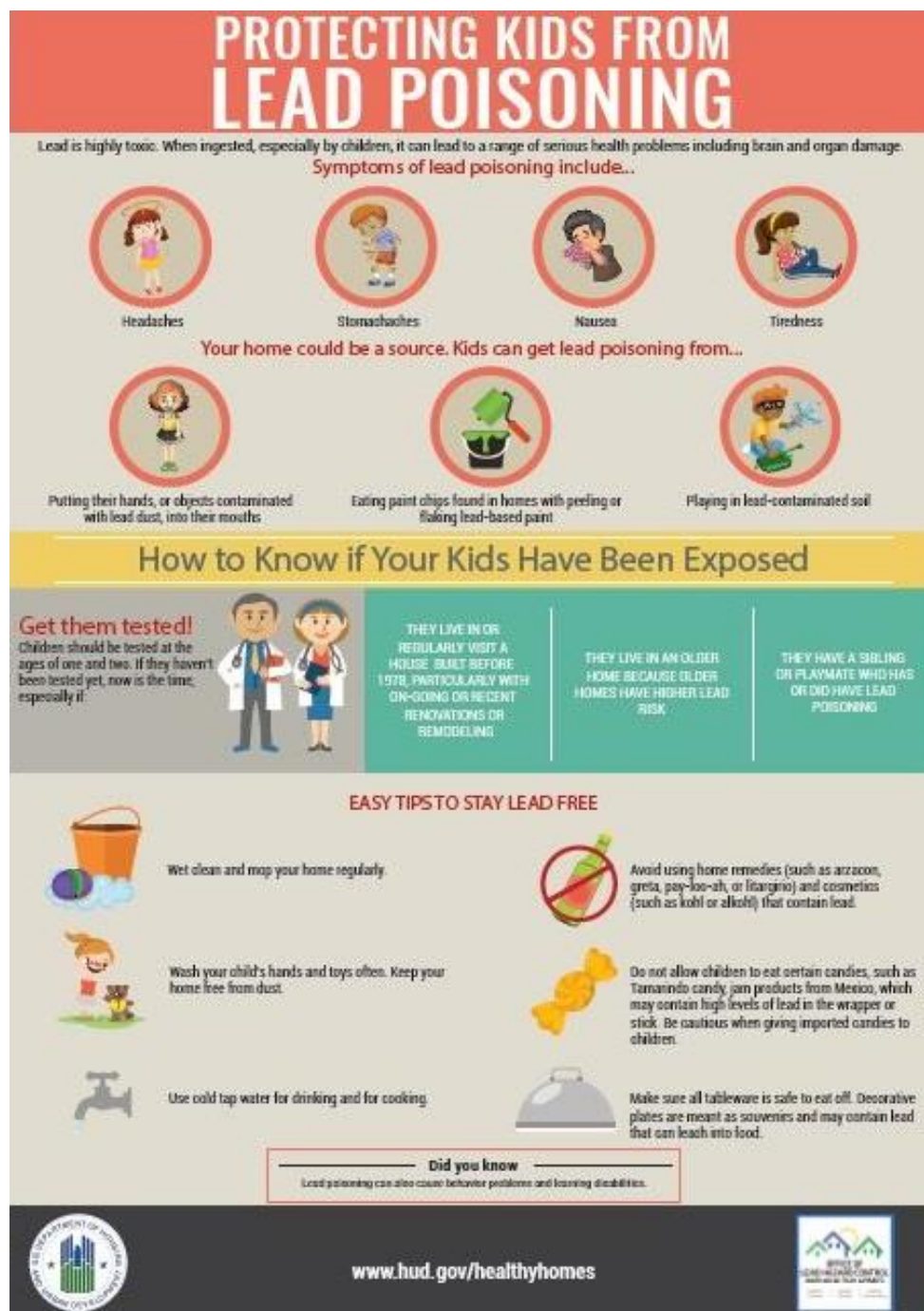


8. keep it thermally controlled

HUD.GOV/HEALTHYHOMES

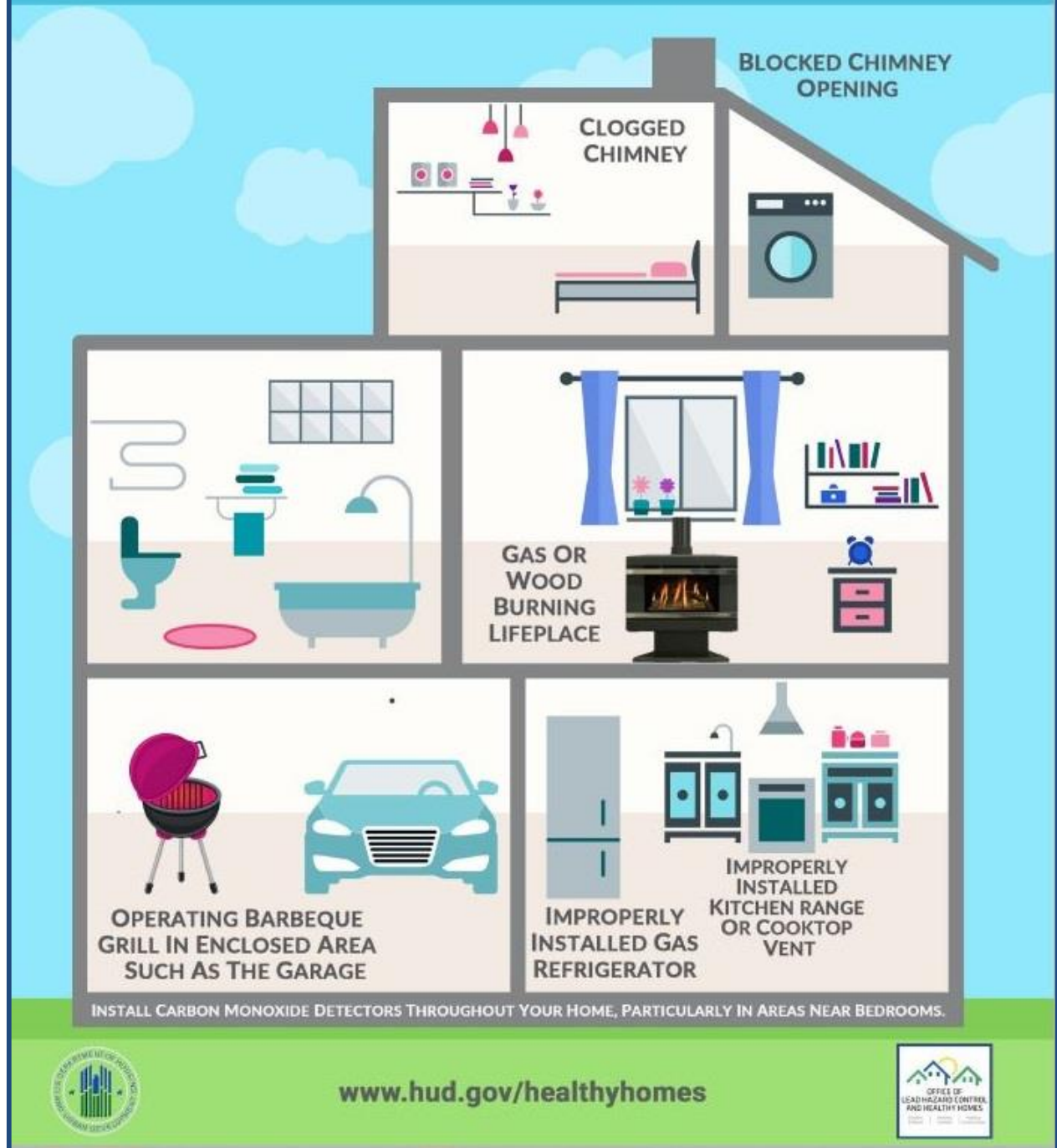


# OLHCHH - Infographics





# CARBON MONOXIDE SOURCES IN YOUR HOME



[www.hud.gov/healthyhomes](http://www.hud.gov/healthyhomes)



# YOUR FIRE SAFETY

## CHECKLIST

**INSTALL SMOKE DETECTORS ON EACH FLOOR AS WELL AS IN AND NEAR EACH BEDROOM.**

TEST SMOKE  
DETECTORS



STORE EXTINGUISHERS  
WHERE FIRES ARE  
LIKELY TO OCCUR.



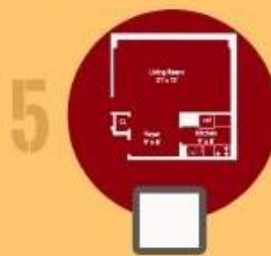
PUT ESCAPE LADDERS IN  
UPPER-STORY TO ADDRESS  
THIRD- AND HIGHER-FLOOR  
BEDROOMS.



STORE VALUABLES IN A  
FIRE-PROOF SAFE



CREATE AN ESCAPE  
PLAN



CHECK AND MAINTAIN  
ELECTRICAL SYSTEMS  
AND APPLIANCES



[www.hud.gov/healthyhomes](http://www.hud.gov/healthyhomes)



# BATHROOM SAFETY

## SLIPS AND FALLS



**80%**

of senior falls happen in the bathroom due to slippery floors and surfaces as well as high structures, according to the National Institute of Aging.



Two-thirds of all injuries occurred in the **tub or shower.**



**235,000**

According to the CDC, every year about people over 15 years old visit ERs due to injuries suffered in the bathroom - of those 14% are hospitalized.



In 2008, approximately **21.8 million** persons aged ≥15 years sustained nonfatal, unintentional injuries, resulting in approximately \$67.3 billion in lifetime medical costs.



### Follow these tips to fall-proof your bathroom



Place a non-slip mat both inside and outside of the tub



Install grab bars by the toilet



Use nightlights in and around the bathroom



Install a bath step or walk in tub to make it easier to get in and out of the shower or bathtub.




[www.hud.gov/healthyhomes](http://www.hud.gov/healthyhomes)






# KEEPING YOUR Pet-Friendly Home Healthy


Pets bring a lot of joy and happiness, but they can leave a lot of germs when they do...on all surfaces of your home.




**Pet Urine and Feces**  
Millions of bacteria live in a single gram of pet waste.




**Danger**  
Pet dander can cause allergies and make it difficult for some people to breathe.



**Saliva**  
Several different species of bacteria can live in the mouth of your pet.



**Fleas/Ticks**  
Pet owners spend hundreds of dollars each year treating for fleas and ticks.




**Dirt**  
Carpets collect a lot of dirt - and the bacteria that comes with it.

**All of this can have a major impact on the air quality in your home.**


**This can cause:**




Skin rashes



Asthma




Allergies





Sickness

**Tips for Keeping your Home Healthy and Safe**



- Give your pet regular baths. Baths can reduce the level of allergens and dirt in your home.
- If your pet has an accident, clean it up immediately. Urine can seep deep into the carpet and cause damage and odors. Have carpets professionally cleaned on a regular basis.
- Add doormats to all entrances. Mats will absorb water and dirt from your pets paws on their way in.

 [www.hud.gov/healthyhomes](http://www.hud.gov/healthyhomes) 

# POOL Safety



2005-2014,  
an average of  
**3,500**  
fatal drownings occurred per  
year in the US. That's about  
ten deaths per day.



More than 50% of drowning  
victims treated in  
emergency departments  
require hospitalization or  
further care.



About  
**one in five**  
people who die from  
drowning are  
**children 14  
and younger.**



Among children ages  
1 to 4,  
**most  
drownings**  
occur in  
**home  
swimming  
pools.**

## SAFETY TIPS



**WALK, DON'T RUN**  
Running increases  
chances of slips and  
falls on wet surfaces,  
resulting in serious  
injury.



**LEARN HOW TO SWIM**  
Swimming lessons  
help prevent  
drowning.



**BUDDY SYSTEM**  
Always swim with a  
buddy in case there's  
a mishap.



**BARRIERS SAVE LIVES**  
Barriers prevent  
people from  
accidentally  
entering the pool.



[www.hud.gov/healthyhomes](http://www.hud.gov/healthyhomes)

