Healthy Homes

Seven Tips for Keeping a Healthy Home

1. Keep it Dry
Do not let water damage your home! Check roofs, drains and plumbing for leaks and repair them as soon as you find them.

2. Keep it Clean
To control dust and reduce clutter, always use a damp cloth or mop when cleaning floors and windows.

3. Keep it Safe
Keep poisons away from children. Secure loose rugs. Remove sharp edges. Install alarms for smoke, fire, radon, and carbon monoxide gas.

4. Keep it Well-ventilated
"Air out" the rooms in your home often to help keep dust away. Open windows to bring in fresh air to bathrooms and kitchens, or use fans to keep air moving!

5. Keep it Pest-free
Pests look for food, water and shelter in your home. To prevent this, repair cracks and holes. Store food in sealed bags or containers. If needed, use enclosed sticky traps or baits, and the least toxic poisons such as boric acid powder.

6. Keep it Contaminant-Free
Reduce lead hazards by fixing chipping or pealing paint. Test for radon gas that can enter through soil, a crawl space or basement cracks. You may need a special system to remove it if levels become too high.

7. Keep it Well-maintained
Inspect, clean, and repair your home at least once a week, before small problems become large ones!

Adapted from the US Department of Housing and Urban Development's *Seven Tips for a Healthy Home.*
For more information contact the Childhood Lead Poisoning Prevention Program, Philadelphia Department of Public Health (215) 685-2788