

Help Yourself to a HEALTHY HOME

Protect Your Children's Health

Look at your home and how you live in it. Hidden dangers may harm children's health.

Ask yourself these questions:

1 Is the air clean and healthy?

2 Do family members have breathing problems?

Garage

- Never use a generator indoors or in the garage.
- Store, use, and dispose of pesticides properly.
- Poison-proof your home and keep cleaning supplies out of children's reach.

3 Is there lead in your home?

4 Is your tap water safe to drink?

Bedroom

- Dust and vacuum often.
- Wash bedding in very hot water.
- Use hard floors instead of carpeting.
- Prevent fires and burns; use smoke detectors.

Laundry

- Vent clothes dryer to outside.

Bathroom

- Keep your home dry; use bathroom and kitchen exhaust fans.
- Repair plumbing leaks.

Kitchen

- Use carbon monoxide detectors if you have gas stoves or appliances.
- Run faucets for 30 to 60 seconds before using; use only cold water for drinking, making baby formula, and preparing food.
- Keep the Poison Control Center number by your phone: 1-800-222-1222.
- Store food in sealed containers; empty garbage daily.
- Put safety latches on cabinets and drawers that store harmful products.

Family Room

- Test your home for radon with a home test kit.
- Never smoke indoors or near children.
- Check homes built before 1978 for lead-based paint.
- Remove lead dust from window sills and floors by washing with warm, soapy water.
- Prevent slips, trips, and falls by keeping your home clutter free.

Basement/Crawl Space

- Install a radon mitigation system.
- Cover the dirt in crawl spaces with a plastic cover sheet.

Yard/Outside

- Direct rain water away from your home.
- Test soil for lead, especially if you have a garden.
- Test your well water every year.
- Do not dump household chemicals down the drain or in the yard.

- 5 Is someone in your home allergic to mold?**
- 6 What are the signs of carbon monoxide poisoning?**
- 7 Do you have household products with chemicals that can make you sick?**
- 8 Do you use bug spray or other products to keep pests away?**
- 9 Are poisons kept where children can reach them?**



United States
Department of
Agriculture

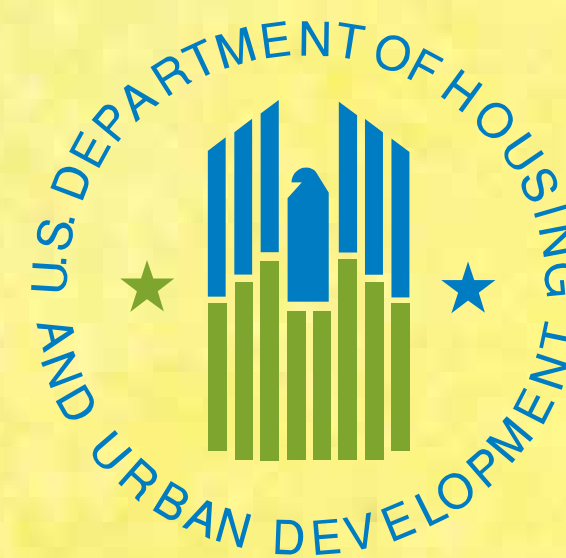
National Institute
of Food and
Agriculture



HEALTHYHOMES

Healthy Families | Healthy Children

Office of Healthy Homes and Lead
Hazard Control



www.HealthyHomesPartnership.net

Protect your family with a healthy home. It's up to you.

Published by the Alabama Cooperative Extension System (Alabama A&M University and Auburn University), an equal opportunity educator and employer. www.aces.edu

HE-0843-B