

Healthy Homes for Healthy Kids

Installment 1— Healthy Home Overview



Home is where the heart is. Home is where you hang your hat. Home sweet home. Home can be all of these, but according to HUD (US Department of Housing and Urban Development) millions of children per year are harmed by environmental hazards in their home.

According to HUD keeping a home healthy is a combination of **seven** main areas.

1. **Clean:** Organization and being clutter-free to safely move about, clean surfaces free of bacteria, clean and washed with effective products, and controlled dust all contribute to a functional and safer household.
2. **Safe:** Installation of smoke detectors and having fire extinguishers on site, storing medications and cleaning products safely, poisons labeled, and safe play and walk areas all fall into this heading.
3. **Dry:** Leaks from your roof or plumbing and poor drainage of rain water can become problematic when left unattended. Mold, rotting wood, and rust can occur creating a structure and environmental issues.
4. **Pest-free:** Food should be stored in air tight, pest resistant containers (including pet food). Small openings and cracks should be blocked to keep out critters. Be careful when having to treat for pests. Try to use safe, low toxic methods (boric acid powder) and contained traps and bait.
5. **Ventilated:** Fresh air circulating throughout the home is important for the home and your health. Bathroom, kitchen and whole home air flow prevents air contaminants and mold growth.
6. **Maintained:** Small repairs turn into large repairs when not dealt with in a timely and proper manner. Clean, inspect and repair your home regularly.
7. **Contaminant-free:** Lead, Radon and Carbon Monoxide are all dangerous to your health and regulated by the EPA. Educate yourself on prevention, preventative systems and methods, and ways to detect these contaminants.

Home Health & Safety Concerns:

- Allergens
- Asthma
- Carbon Monoxide
- Pest Control
- Lead
- Mold
- Radon
- Pesticides

Our children spend a good amount of time in the home. Home health and safety concerns are all very real and very controllable.

Over the next installments, additional information regarding these and other household related tips will be provided.



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