

Make **YOUR** House



# A Healthy Home

*and more environmentally-friendly, too!*

## **How do you clean up mold in your home?**

*If you find mold, scrub surfaces with water and detergent, then keep the area dry by fixing leaks and running vents to the outside.*

## **How do you know if you have radon in your home?**

*Radon is a colorless and odorless radioactive gas. Test your home for radon gas using a cheap and easy to use radon test kit purchased from your local hardware store.*

## **How can you protect yourself and your family from carbon monoxide poisoning?**

*Never idle your car or lawnmower in the garage, even if the garage door is open.*

## **How can asthma risks be minimized?**

*Dust surfaces with a damp cloth, and vacuum carpets and floors often.*

## **How can you eliminate the risks to your family of second-hand smoke?**

*Smoke outdoors or outside of the car if children or non-smokers are present.*

## **Is indoor air pollution a concern in your home?**

*Ventilate areas that have strong vapors or odors, and choose products with low vapors.*

## **Is your water safe to drink?**

*Do not flush prescriptions or dispose of hazardous items down the toilet or drain. Do not wash antifreeze or car oil into storm drains.*

## **How do you keep lead out of your home?**

*Wipe up any paint chips or visible dust with a wet sponge or rag, and keep your home clean and dust-free.*

## **Did you know that fluorescent light bulbs contain mercury?**

*Wear latex gloves to clean up broken fluorescent light bulbs and mercury thermometers. Carefully scoop or pick up broken pieces with sticky tape and place them in a glass jar with metal lid or in a plastic bag.*

## **Are you bugged by bugs?**

*Store food and pet food in tightly sealed glass or plastic containers. Carefully read and follow instructions on product labels.*

## *Tips to save energy, save money, and make your home more environmentally-friendly:*

- Reuse items such as old computers, clothing, and appliances by repairing them, donating them to charity, or selling them to reduce landfill waste.
- Recycle materials such as newspapers, glass, metals, plastics, computers, and cell phones.
- Compost organic matter such as food and yard wastes to be used in gardens and landscaping.
- Use mulch around trees and plants, and water gardens/lawns before 10am and after 6pm to reduce evaporation.
- Turning off the faucet while you brush your teeth can save 8 gallons of water a day!
- Save water and money by running your clothes washer, dryer, and dishwasher only with a full load and by fixing leaky faucets and toilets.
- Save energy and money by turning off unused lights and unplugging appliances when not in use.
- Choose products that have the ENERGY STAR® label.
- Use caulk or weather stripping to seal your home's outer walls and gaps around windows and doors.

## **Resources:**

U.S. Centers for Disease Control and Prevention at

**[www.cdc.gov](http://www.cdc.gov)**

U.S. Department of Agriculture at

**[www.usda.gov](http://www.usda.gov)**

U.S. Department of Health and Human Services at

**[www.hhs.gov](http://www.hhs.gov)**

U.S. Department of Housing and Urban Development at

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

U.S. Environmental Protection Agency at

**[www.epa.gov](http://www.epa.gov)**