Healthy Homes Brighter Futures

THE PRINCIPLES OF A HEALTHY HOME

Safe Homes. Healthy People. Stronger Communities.

Healthy Homes Healthy Lives

Housing conditions can have an important impact on health and well-being. The following healthy home practices can help reduce household hazards, prevent injuries and illness, and create a safer, healthier living environment for people of all ages.

A Healthy Home Can Help Prevent:

- Asthma and breathing problems
- Allergies and skin rashes
- Stomach and digestive issues
- Liver and kidney damage
- Nervous system damage
- Pest-related illnesses
- Injuries from falls, fires, and poisons
- And many other health problems!

Small Changes Make a Big Difference!

1. **DRY** — Damp houses provide a nurturing environment for mites, roaches, rodents, and molds, all of which can affect respiratory health.
2. **CLEAN** — Clean homes help reduce pest infestations and exposure to contaminants like lead-based paint dust, pesticides, chemical residue, dust mites, and pest droppings.
3. **PEST-FREE** — Many health effects are associated with pests and pesticides, including asthma, allergies, skin rashes, stomach cramps and nausea, central nervous system damage, kidney damage, and stress.
4. **VENTILATED** — Increasing the fresh air supply improves respiratory health and also prevents moisture and mold.
5. **SAFE** — Falls are the most frequent cause of residential injuries to older adults and children, followed by injuries from objects in the home, burns and fires, and poisonings.
6. **CONTAMINANT-FREE** — Chemical exposures include lead, radon, pesticides, volatile organic compounds (VOCs), and environmental tobacco smoke. Many of these exposures are found in household goods and building materials.
7. **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 and can be harmful to occupant health.
8. **ACCESSIBLE** — Increased accessibility in and outside the home can help reduce trips, falls, and isolation, and improve mental health and physical activity.
9. **BE PREPARED** — Have a plan for emergencies such as fires, power outages, severe weather, and natural disasters. Make sure your home is safe before, during, and after an event.

Healthy Homes Stronger Communities

Learn more at: **www.healthyashtabulacounty.com**

Additional Resources:

- National Center for Healthy Housing — www.nchh.org
- U.S. Environmental Protection Agency — www.epa.gov
- Centers for Disease Control and Prevention — www.cdc.gov

Healthy Homes ♥ Healthy People ♥ Stronger Communities