

Tips for keeping a **healthy home**



Inspect, clean and repair your home routinely.



Ventilate your home with fans, especially bathrooms and kitchens. When feasible, open windows for fresh air.



Store poisons away and be sure your home is child-proof. Install smoke and carbon monoxide detectors and keep fire extinguishers on hand.



Reduce clutter and use effective cleaning methods.



Check your home for lead related hazards, and radon levels.



Prevent water from entering your home by checking roofing systems and indoor plumbing.



Maintain adequate temperature to decrease risk of extreme cold or heat.



Seal cracks and openings throughout your home and store food in pest-resistant containers.

