

## What is a Healthy Home?

The condition of your home and hazards within it can affect your health and safety. A healthy home helps prevent disease and injury, supports your mental health and well being, and promotes positive social connections within your community.

## How can I keep my home healthy?

### Keep it Well-Ventilated

Improve air quality and reduce pollutants by bringing fresh air into your home and keeping air flowing. Open windows and doors when the weather is good, run bathroom fans while showering, and use kitchen fans while cooking.

### Keep it Dry

Moisture in your home can allow mold to grow and attract pests. Keep your home dry by checking regularly for water leaks and fixing them right away, as well as cleaning up water spills quickly.

### Keep it Clean

Clean up dust and dirt, which can trigger asthma and hide invisible lead dust in your home. Be sure to pick up clutter, which is a tripping hazard and a hiding place for pests. Use a vacuum with a High Efficiency Particulate Air (HEPA) filter and wet mop regularly.

### Keep it Safe

Keep poisons properly labeled and out of children's reach. Assess your home for surfaces or objects that could cause injuries, especially to children. Make sure smoke detectors are working properly and your drinking water is free of contaminants.

### Keep it Maintained

Inspect your home to ensure it is physically and structurally sound. Keep up with minor repairs

to stop small problems from becoming big ones—such as shaky handrails, holes and cracks, and water leaks. Follow Vermont laws on lead and asbestos when renovating your home.

### Keep it Environmentally Sustainable

To help the environment and save money, make your home energy efficient, use non-toxic cleaning products, and choose non-toxic building materials. These products and materials also help make your home safer.

### Keep it Free of Pests

Pests can cause disease and trigger asthma. Help stop pests by keeping your home clean, storing food properly, closing trash containers, and sealing holes and cracks. Avoid using dangerous chemicals and pesticides to remove them.

### Keep it Free of Toxins

Follow practices to keep your home safe from lead and asbestos. Minimize the use of toxic household cleaners, pesticides and other chemicals.

### Keep it Free of Dangerous Gases

Test your home for radon, a naturally occurring radioactive gas that enters homes through soil, crawlspaces, and foundation cracks. Keep your home free of tobacco smoke. Use efficient wood burning stoves and make sure carbon monoxide detectors work properly.