

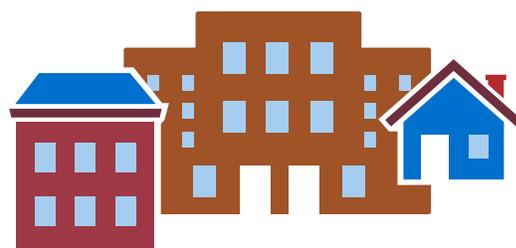
HEALTHY HOME CHECKLIST



Everyone should have a safe and healthy home environment. The checklist below is a tool for creating and maintaining a healthy home environment. It shows some key action steps to take in each room of the home.

Family Room

- Dust furniture and appliances regularly.
- Keep floors vacuumed.
- Install smoke and carbon monoxide alarms with working batteries.
- Keep floors clear of electrical cords and clutter.
- Do not smoke or allow smoking in the home.
- Keep plug protectors inserted in unused electrical outlets.



Kitchen

- Have water taps tested for lead. If your home has lead service lines, have them replaced.
- Run your faucet at least 5 seconds before using, and use cold water for drinking, cooking, and preparing baby formula.
- Use a water filter that is certified to remove lead.
- Check for water leaks under sink.
- Keep pot handles on the stove turned inward facing the back burner to protect small children.
- Keep cleaning supplies stored separately from food and out of children's reach.
- Keep appliance cords away from the sink and stove.
- Keep sharp objects out of reach of children or in a cabinet with a safety latch.
- Use baits and traps for pest control instead of pesticides.



Adult Bedroom

- Keep medication stored in locked drawers or cabinets.
- Install smoke and carbon monoxide detectors with working batteries in the hallway outside the bedroom.
- Wash bed coverings and sheets regularly in hot water.
- Keep rooms free of chipped paint and dust.
- Keep fire sources, such as portable heaters, away from the bed and other flammable materials.

Nursery/Child Bedroom

- Use a safety-approved crib and mattress covered by a fitted sheet.
- Place the baby on his or her back to sleep.
- Make sure the crib, playpen, or bed is not near the window.
- Keep toys, soft objects, and loose bedding out of the baby's sleep area.
- Keep rooms free of chipped paint and dust.
- Keep plug protectors inserted in unused electrical outlets.
- Keep cords from blinds and shades out of reach of children, or use cordless blinds and shades.
- Keep floors vacuumed.

Bathroom

- Bathtubs and showers should have a nonskid bathmat on the tub/shower floor.
- Use mats with nonslip rubber backs on bathroom floors.
- Install grab bars next to the bathtub and shower.
- Clean up moisture and mold safely.
- Keep prescriptions and over-the-counter medications locked away from children, and use childproof caps.
- Keep small electrical appliances, such as hair dryers, curling irons, or shavers, away from water in sinks or tubs.
- Supervise infants and children while bathing.

Laundry Room

- Set your water heater at 120 degrees to prevent burns.
- Change your furnace filter regularly.
- Have gas appliances and furnaces checked yearly to make sure they do not release extra carbon monoxide.
- Make sure the clothes dryer vents outside.
- Test for radon.

Outside

- Fix holes, cracks, and leaks on exterior of the house.
- Keep trash cans covered with lids.
- Keep pools of water from accumulating outside to prevent mosquitos.
- Keep paint and tools stored safely in a garage or storage room.
- Keep all products in their original containers; never place kerosene, antifreeze, paints, or solvents in containers usually used for food or drinks.
- Install handrails on both sides of the stairs.
- Attach nonslip rubber stair treads on stairs to reduce falls.
- Maintain gutters, downspouts, and roof to prevent moisture from entering the home.
- Seal gaps around roofing and attic opening to keep rodents and insects out.
- Be prepared for an emergency: Have a first-aid kit and 3-day supply of food.
- Plan a fire escape route.





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