

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

U.S. Department of Agriculture at

www.usda.gov

U.S. Department of Health and Human Services at

www.hhs.gov

U.S. Department of Housing and Urban Development at

www.hud.gov

U.S. Environmental Protection Agency at

www.epa.gov