EVERYONE DESERVES

NATIONAL HEALTHY HOMES MONTH

June

A SAFE AND HEALTHY HOME

NATIONAL HEALTHY HOMES MONTH PLANNING GUIDE

U.S. DEPARTMENT OF HOUSING AND URBAN DEVELOPMENT

OFFICE OF LEAD HAZARD CONTROL AND HEALTHY HOMES

Healthy Children | Healthy Families | Healthy Communities

National Healthy Homes Month 2017 Theme

Healthy Homes

Just What the Doctor Ordered

This year's theme, "Just What the Doctor Ordered," highlights the vital role that pediatricians and the health community play in healthy homes education. There is a strong connection between health care and health risks such as asthma and lead poisoning.

Table of Contents

1. **Letter from the OLHCHH Director.....Page 4**
2. **About National Healthy Homes Month.....Page 5**
3. **NHHM Weekly Themes.....Page 7**
4. **Outreach Ideas.....Page 8**
   - i. **Specific for Health Care Providers.....Page 9**
   - ii. **Specific for Grantees.....Page 10**
   - iii. **Specific for Partners and Stakeholders.....Page 11**
5. **2017 NHHM Calendar of Events ..... Page 13**
6. **2017 NHHM Webinar Schedule ..... Page 14**
7. **Printable and Customizable Tools**
   - i. **Sample Proclamation..... Page 16**
   - ii. **Sample Press Release..... Page 17**
   - iii. **Sample Flyer/Poster ..... Page 18**
8. **2017 NHHM Social Media Campaign.....Page 19**
9. **Contacts at OLHCHH for more information ..... Page 22**
10. **Grantee Contact List ..... Page 23**
11. **Resource Bank.....Page 28**
12. **Healthy Homes Room by Room Checklist.....Page 34**
13. **Healthy Homes Factsheets and Infographics.....Page 37**

Letter from the Office of Lead Hazard Control and Healthy Homes Director

U.S. DEPARTMENT OF HOUSING AND URBAN DEVELOPMENT
WASHINGTON, DC 20410

OFFICE OF LEAD HAZARD CONTROL AND HEALTHY HOMES

March 27, 2017

The Office of Lead Hazard Control and Healthy Homes (OLHCHH) is excited to kick off the second annual National Healthy Homes Month (NHHM)! Join my office as we begin a range of efforts to make homes across the Nation healthy for all Americans, especially children and vulnerable populations. Among the efforts this year are increasing the amount and types of outreach and awareness, building partnerships, and hosting trainings. This Planning Guide will help you in planning local events in support of NHHM.

The 2017 NHHM theme is *Healthy Homes: Just What the Doctor Ordered*! We chose this theme to highlight the role that pediatricians, nurses, community health workers, and promatores/as, along with hospitals, clinics, public health departments, and medical and public health schools, and other healthcare providers and institutions play in healthy homes awareness and education.

Throughout June, we will look for your leadership in extending the Healthy Homes effort beyond what my Office can do on its own. As mentioned in the Planning Guide, OLHCHH staff and grantees are your "first resource" for help in planning activities. Also, the daily calendar features webinars and other NHHM activities.

We recognize that your time is very valuable. Participating in NHHM is easy, and every activity can make a difference. In fact, the campaign underscores collaboration, by connecting stakeholders in local communities to resources. For the latest information about NHHM, please visit www.hud.gov/healthyhomes.

If you have any questions, want more information, or want to tell us about your plans and accomplishments, please contact any of the OLHCHH staff identified in the resource section of the Planning Guide or email us at OLHCHH@hud.gov. We look forward to hearing about your local NHHM activities!

Sincerely,

Jon L. Gant
Director

National Healthy Homes Month

Thank you for your interest in National Healthy Homes Month 2017 (NHHM). Almost 6 million U.S. homes have moderate to severe physical infrastructure problems—such as water leaks and intrusion; injury hazards; pests; and heating, plumbing, and electrical deficiencies. Also, the U.S. Department of Housing and Urban Development's (HUD's) Office of Lead Hazard Control and Healthy Homes (OLHCHH) estimates that approximately 30 million homes have indoor environmental hazards, including physical safety hazards, lead-based paint hazards, and pests. The OLHCHH has designated June as National Healthy Homes Month in order to create awareness around housing and its impact on health, on the national and local levels; to encourage organized, local community events; and to empower families to take action. The month also highlights federal and local resources that are available to make a difference in the places where families live, play, and grow.

For more than 10 years, the OLHCHH has promoted the 'Principles of a Healthy Home,' and during NHHM, we hope these Principles will help create standard messaging and practices around home health and safety. These principles are:

1. **Keep your home Dry**
   Mold and moisture increase allergens and asthma triggers, and can cause deterioration of your home.
2. **Keep your home Clean**
   Clean homes help reduce pest infestations, dust, and exposure to contaminants.
3. **Keep your home Pest-Free**
   Many pest treatments pose risks for families with health problems or expose young children and pets to poisonous residue. Non-pesticide treatments are best for a first line of defense.
4. **Keep your home Safe**
   A majority of injuries among children occur in the home. Falls are the most frequent cause of residential injuries to children, followed by injuries from objects in the home, burns, and poisonings.
5. **Keep your home Contaminant-Free**
   Chemical exposures include lead, radon, pesticides, and environmental tobacco smoke. Exposures to radon gas, carbon monoxide, and second-hand tobacco smoke are far higher indoors than outside.
6. **Keep your home Ventilated**
   Studies show that increasing the fresh air supply in a home improves respiratory health. Air filters in HVAC units collect and protect families from many particulates found in the air.
7. **Keep your home Maintained**
   Poorly-maintained homes increase the risk for deteriorated lead-based paint in older housing which is the primary cause of lead poisoning in children less than 6 years of age.
8. **Keep your home Temperature Controlled**
   Houses that do not maintain adequate temperatures may place the safety of residents at increased risk from exposure to extreme cold or heat.

Through coordinated and holistic efforts, NHHM 2017 combines discussions around the following healthy homes topics:

- Lead poisoning prevention
- Residential asthma intervention
- Injury prevention
- Home safety
- Smoke-free housing
- Safe indoor pest control
- Radon safety
- Disaster recovery

This Planning Guide is an interactive toolkit full of ideas and resources designed to help you and your organization spread the word about National Healthy Homes Month 2017. Many of the documents contain links to customizable versions of these marketing materials for you to use. Also, check out the NHHM 2017 website for training updates, important events, the on-line version of this toolkit, and more!
https://portal.hud.gov/hudportal/HUD?src=/program_offices/healthy_homes/NHHM2017

What's Included in the Planning Guide?

OLHCHH has developed this planning guide to make NHHM 2017 easier for you! You will find information and resources that you can use to get the word out, and to conduct activities in your area to build awareness and empower families to take action to protect themselves from housing related health hazards. We encourage you to customize the materials for the most effective use in your area.

How to use the NHHM Planning Guide

The target audiences for the scope of activities are comprised of: state and local government agencies, nongovernmental organization, nonprofit organizations, property owners, and individual families; especially those with small children. Tailor the customizable documents provided in the Planning Guide to your organization and the target audiences you work with most.

To Help You Plan

Each week in June, NHHM 2017 will focus on a new theme and associated set of activities. The themes are designed to highlight the paired topics. When you get, your activities planned, consider letting us know about them! We would love to hear about the event planning and results.

National Healthy Homes Month Weekly Themes 2017

WEEK	THEME/FOCUS	Healthy Homes Topic	Main Message
June 1-3	**NHHM KICK OFF**	**All** **General Overview**	General overview of housing effects on health and the Principles of a Healthy Home
June 4-10	**Give Your Home a Check Up**	**All** **Home Assessment**	Start with the home and know what issues may be impacting the family's health
June 11-17	**Get Mobile!**	**All** **Pest Free**	Download the Healthy Homes Basics app to learn about hazards that are a moving target like pets and pests!
June 18-24	**Best Medicine**	**All** **Home Hazard Health Impacts and Screenings**	Ask your doctor questions and get screenings that connect your health to your home
June 25-30	**Feeling Good about Home Safety: What all ages need to know**	**All** **Maintenance**	Healthy Homes is for all ages and there is always something to make a home a better place for families to live, work and play!

National Healthy Homes Month (NHHM) Outreach Ideas:

We invite you to participate in NHHM 2017! Here are some of the ways to get involved:

1. Encourage local elected officials to designate June as NHHM.

2. Promote NHHM and activities on social media.

3. Promote and highlight NHHM by posting a link to the OLHCHH NHHM webpage (https://portal.hud.gov/hudportal/HUD?src=/program_offices/healthy_homes/NHHM2017) on your website.

4. Develop and send letters of support for NHHM 2017 to OLHCHH for inclusion in website and marketing materials.

5. Host a local conference or workshop on Healthy Homes.

6. Host local events to promote and build awareness for the Principles of a Healthy Home. Encourage families to have their children tested for lead poisoning, and to have their homes tested for radon.

7. Request all partners to distribute marketing materials to the populations being served by the federally-funded programs, as applicable to common goals and strategies.

8. Host programs and activities designed to enhance public awareness of healthy home and safety hazards; as well as the ways we can protect our families from these hazards.

9. Distribute the Healthy Homes Checklist, and encourage residents to give their home a Healthy Homes checkup.

10. Promote healthy and safe home modifications and repairs.

Health Care Provider Recommended Activities:

1. Become an educated advocate for Healthy Homes Principles! Require staff to complete healthy homes training, available online or in-person (www.healthyhousingsolutions.org) from the National Healthy Homes Training Center and Network. Encourage them to take steps in their own homes to practice their healthy homes knowledge. Become familiar with healthy homes resources available, both nationally and locally.

2. Identify and provide education in patient rooms and lobbies that encourage healthy homes awareness and identify community resources available, such as fact sheets and self-guided home assessments available on the OLHCHH website: www.hud.gov/healthyhomes. Set up a creative display of healthy homes materials with examples of hazards using a model home or art work.

3. Perform blood lead-level screening (blood lead testing) on all clients ages 0-5 years old, and on pregnant women; regardless of housing zip code or insurance status. Educate families about lead based paint hazards in their home environment, and commit to tracking blood lead levels as a timeline indicator of when exposure occurred.

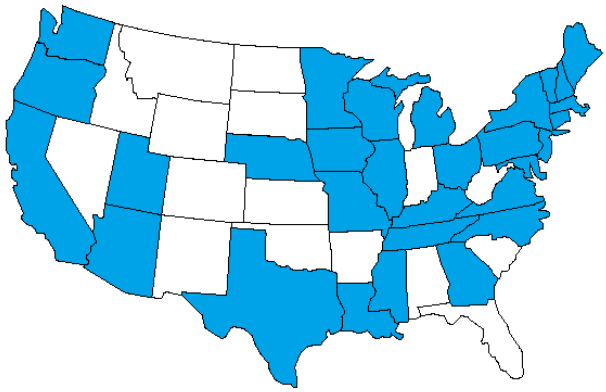
4. Incorporate protocols that ensure healthy homes environmental assessments and medical screenings are included in all populations you serve.

5. Attend trainings and conferences to learn about resources currently available, and how health care providers can contribute to healthy homes solution. Testing, reporting and educating families on healthy homes hazards such as lead poisoning prevention and asthma home triggers are important ways to increase awareness of healthy homes principles.

OLHCHH Grantee Recommended Activities:

1. Host local events and workshops.

2. Hit the streets! Organize a neighborhood walk through to build awareness and increase applications into your program. Ask local agencies such as fire departments, police departments, nursing and medical schools, public health departments, and any team mascots to join you in the walk through. Consider organizing the materials handed out to include resources that would help homeowners become more aware, like a "Room by Room Check List" (See PAGE #33). Firefighters may have resources such as carbon dioxide (CO) detectors and smoke alarms to contribute and/or install for homeowners that qualify. Build awareness within these groups and target a neighborhood you want to work in to build rapport with the families you want to bring into the program.



OLHCHH Lead Hazard Control grantee map – work with OLHCHH grantees in your area to host a local event!

3. Hold healthy homes fairs in target neighborhoods, at a community center or church, to raise awareness in high risk areas. Use the opportunity to hand out applications and help clients complete them. Consider including cleaning demonstrations and healthy homes displays and contests, using a model home, art work and art contests.

OLHCHH Partner, Stakeholder, and Community Leader Recommended Activities:

1. Ask your local elected-officials to issue a National Healthy Homes Month Proclamation.

2. Create or Build up a local Healthy Homes Coalition.
    - There may be individuals and organizations in your community that may already be involved or have an interest in healthy homes related topics. Identify and invite key individuals from your community and local organizations to attend an informational meeting, and then work to establish a coalition to promote and support healthy homes awareness and events in your community. Work as a coalition to identify possible healthy homes issues in your community, what data are available to support action on the issues, what partners or organizations in your community work on the issues, whether there is funding available in the community for the issues, and what gaps exist or are not currently being addressed. Working together as a group will be very effective to identify and address a wide range of healthy homes needs in your community.

3. Host local healthy homes events in your community, and/or participate in planned local community events.
    - Coordinate with local partners, health and housing experts to have presentations and exhibits on healthy homes topics. Work with your local or state lead hazard control grant program to highlight lead and healthy homes work in the housing they address.

4. Recognize local healthy homes efforts and champions (ambassadors of the healthy homes movement).
    - There may be individuals, groups or organizations currently addressing healthy homes issues in your community. National Healthy Homes Month is a perfect opportunity to recognize those individuals or groups for their work. Host a recognition ceremony and use the opportunity to build partnerships and energize others to get involved in the healthy homes arena.

5. Ask local partners to promote healthy homes awareness.
    - Utilize your partners' newsletters, listservs, media and mailings to share information about healthy homes. Ask your partners if they would include information about healthy homes awareness, local events, facts, testing

and identification of lead based paint, radon, mold/moisture, pests and how they can remediate identified hazards.

6. Work with local healthy homes advocates and educators.
    - Reach out to local medical and health-related providers/partners to provide education to their clients. Ask them to encourage the importance of testing for elevated blood lead levels in children under the age of 6. Encourage them to host educational sessions or have a display regarding healthy homes topics. Coordinate with local schools and daycare to provide information to families on healthy homes topics or host outreach and awareness events inviting local healthy homes experts and health providers to address health and housing related topics.

7. Connect with local businesses to raise awareness and build support for Healthy Homes work.
    - Local home improvement and hardware stores are great partners and locations for hosting healthy homes events or workshops. Encourage them to post information about healthy and safe products, host workshops on using safe work practices when addressing home remodeling and rehab projects. Ask if they would provide healthy homes related messages in mailings during the month of June.

8. Reach out to local universities and community colleges.
    - Students at local universities and community colleges can be a great resource! Many majors and programs require students to do a project or internship that includes working in the community or with health-related partners. Providing presentations or offering field visits/rotations in your programs to nursing and medical students builds advocacy for lead poisoning and healthy home assessment and intervention. The impact your efforts can have may be one classroom at a time but may be the only time they get any information about the topic or the local burden of hazards impacting the population they may serve one day.

9. Coordinate with partners to promote testing. (Lead, radon, etc.).
    - Reaching out to home inspectors and local chapters of professional representation for home inspectors can be a great way to build advocacy and identify capacity for program and community needs. Identify any extension centers that you can improve collaboration with, as there are many that have healthy home specific activities and resources that could be shared between the grantee and these agencies.

10. Promote National Healthy Homes Month 2017 at local sporting events.
    - Use the NHHM Tool Kit to promote investment in sharing Healthy Home messaging during events that have broad attendance and interest.

NHHM Calendar 2017

June National Healthy Homes Month

- Keep the floor clear of electrical cords and clutter.
- Make sure you have plenty of lighting in your homes. Poor lighting can lead to trips.
- Install grab bars and handles in bathrooms and showers.
- Consider maintaining your lawn without the use of pesticides, read and follow the labels carefully.
- Reduce dust with less clutter.
- Prevent slips, trips, and falls by keeping floors clear, cleaning up spills, and installing handrails on stairs, and ramps.
- Fix loose stairs and handrails.
- Secure furniture such as bookcases and entertainment centers to walls to prevent tipping injuries.

Monthly Campaigns:

- National Safety Month

www.hud.gov/healthyhomes

JUNE 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 **KICK OFF! NHHM 2017**	2 **Message from Secretary Carson!**	3
4	5 **Give your home a check up!** www.hud.gov/healthyhomes	6 **HQ Brown Bag**	7 **Facebook Live** **HQ Booth/Event**	8	9 **Download the NEW HH Stakeholders App**	10
11	12 **Get Mobile.** Download the app to learn about hazards that are moving targets like pets and pests!	13 **Training Webinar**	14 **Twitter Town Hall**	15	16	17
18	19 **Best Medicine:** Ask your doctor questions and get screenings that connect your health to your home.	20 **Training Webinar**	21 **Facebook Live**	22	23	24
25	26	27 **HQ Brown Bag**	28 **Facebook Live**	29	30	

National Healthy Homes Month 2017 Webinars

Important: This schedule is subject to change. Please check our NHHM website at https://portal.hud.gov/hudportal/HUD?src=/program_offices/healthy_homes/NHHM2017 for updates.

These webinars are being offered in conjunction with the Healthy Homes Partnership (HHP), through an Interagency Agreement between OLHCHH and the United States Department of Agriculture, National Institute of Food and Agriculture (USDA NIFA).

The HHP is comprised of a nationwide network of over 9,600 local extension educators in nearly all of the nation's 3,150 counties, and extension professionals at the 112 land-grant universities-including 19 Historically Black Colleges and Universities, 36 Native American Colleges, and Hispanic-Serving institutions throughout the United States and its territories.

June 5th The Healthy Homes Partnership: Best Practices and Success Stories

Target Audience: Stakeholders, Housing Educators, Healthcare Professionals, Community Action Agencies, State health Dept. Staff, State HH Advisory board members.
Presenter(s): Michael Goldschmidt, Kandace Fisher
Resources: Interim and final reports of the partnership

June 12th Healthy Homes Toolkit

Target Audience: Stakeholders, Housing Educators, Healthcare Professionals, Community Action Agencies, State health department staff, State HH Advisory board members.
Presenter(s): Michael Goldschmidt

June 19th Creating Healthier Indoor Environments for Child Care Facilities

Target Audience: Childcare providers, Head Start programs
Presenter(s) Pamela Turner and Rebecca Blocker
Resources: Healthy Homes Toolkit for Child Care providers

June 26th Youth and Healthy Homes

Target Audience: 4-H Leaders, Housing Educators, After School program leaders, Schoolteachers, FFA, Boy and Girl Scout leaders.
Presenter(s) Mary Ellen Welch and others
Resources: Children's Storybook and Activity Guide; illustrated rhyming book for young children "Susan and Jerome Learn About a Healthy Home".

June 29th La House – Demonstration Healthy Home (sustainable home), Louisiana State University, Baton Rouge.

Target Audience: Stakeholders; Housing Educators, Health care professionals, Community Action Agencies, State Health Department staff, State HH Advisory board members.
Presenter: Claudette Reichel

LaHouse is a showcase of multiple solutions, exhibiting 4 different high performance building systems for our climate and conditions and many types of products and solutions. It integrates Healthy Homes (including universal design) with resource efficiency and hazard resilience. It is also a public service, open M-F for touring and offers lots of free publications. LaHouse has point of feature signage, tour guide videos, cut away, etc. It is not a commercial, with exclusivity for any vendor. LaHouse lists and recognizes donors, and the Extension handpicked all the products (no one got to be exclusive.)

Sample Proclamation of Healthy Homes Month 2017

If you are interested in promoting Healthy Homes Month 2017 in your state, contact your governor's office and ask how to submit a request for a Governor's Proclamation for Healthy Homes Month. Below is a sample proclamation; you can adapt this to create a proclamation from your County Executive or your city's Mayor:

Local Official's Proclamation Proclaiming June as (Name of State) Healthy Homes Month

WHEREAS, home health and safety hazards, including physical safety hazards, lead-based paint, radon, mold, pests, and allergens, cause or contribute to a wide range of illnesses and diseases, including lead poisoning, asthma, cancer, and injuries;

WHEREAS, lead poisoning affects thousands of (name of state's) children under six;

WHEREAS, accidents in the home hurt thousands of (name of state's) people every year;

WHEREAS, hundreds of (name of state's) children die from chemicals stored and used improperly in the home;

WHEREAS, dozens of (name of state's) people die from carbon monoxide poisoning every year;

WHEREAS, many (name of state) families and households are unaware that their homes can have serious health hazards; and

WHEREAS, education and awareness about the dangers of unhealthy or unsafe housing can save (name of state) lives.

NOW THEREFORE BE IT RESOLVED, that Governor (name of Governor) proclaims June as (name of state) Healthy Homes Month; and

BE IT FURTHER RESOLVED that (name of state) citizens and government officials to observe this month with appropriate programs and activities designed to enhance public awareness of home health and safety hazards and the ways we can protect our families from these hazards.

Sample Press Release

Release Date: June 1, 2017

Contact: Your Name
Your Number

HUD DESIGNATES JUNE AS NATIONAL HEALTHY HOMES MONTH

Today, the U.S. Department of Housing and Urban Development's (HUD) Office of Lead Hazard Control and Healthy Homes (OLHCHH) is kicking off the second annual National Healthy Homes Month (NHHM). Throughout the month, the goal is to raise awareness for what makes a home healthy and to strengthen coordination and collaboration between housing and health at the federal, state and local levels.

A healthy home is one that provides a safe and healthy environment protecting the occupants from disease and injury. Almost 6 million U.S. homes have moderate to severe physical infrastructure problems—such as water leaks and intrusion; injury hazards; pests; and heating, plumbing, and electrical deficiencies. In addition, OLHCHH estimates that approximately 30 million homes have indoor environmental hazards, including physical safety hazards, lead-based paint, and pests. The OLHCHH has designated June as National Healthy Homes Month in order to create awareness around housing and its impact on health on the national and local level; to encourage organized, local community events; and to empower families to take action.

NHHM is designed to create awareness about and promote action around health and safety hazards in the home, and to empower families to learn how to create the healthiest home possible for their family. The month also highlights federal and local resources that are available to make a difference in the places where families live, play, and grow.

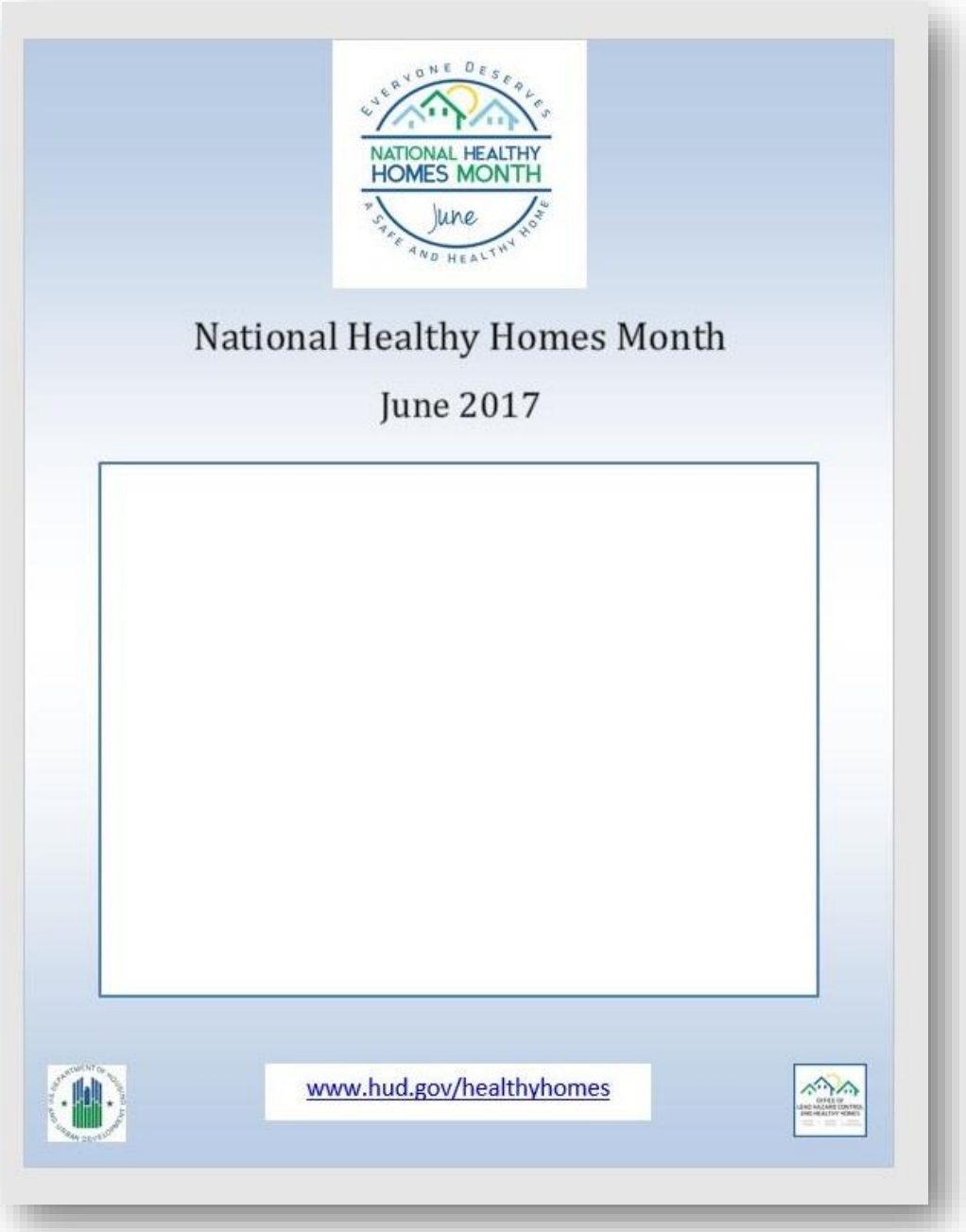
"National Healthy Homes Month serves as an important educational call to action," said Jon L. Gant, Director of HUD's Office of Lead Hazard Control and Healthy Homes. "Providing families with the resources they need to keep their homes safe from potential health hazards such as lead-based paint and pests helps them to create the healthiest home possible."

The OLHCHH developed a 2017 National Healthy Homes Month Planning Guide which contains many resources and materials, to assist with building awareness and implementation at the local level. Visit our website at www.hud.gov/healthyhomes for a copy.

Please visit www.hud.gov/healthyhomes to learn more about NHHM, get updates on activities, and learn more about how to participate.

Sample Outreach Flyer

Click on the flyer for a link to a customizable document for you to use in your NHHM efforts.



Promote National Healthy Homes 2017 on Social Media

This package of recommended social media messaging has been developed by HUD's Office of Lead Hazard Control and Healthy Homes (OLHCHH). We are asking our partners to consider engaging your organization or agency's audiences using the sample Tweets and sample Facebook posts provided below.

The below messaging will help the public better understand what residential health hazards are, what causes them, and how to address them.

Feel free to use the samples as written or adapt them to include references to your organization, and distribute them through your own Facebook and Twitter accounts.

Social media posts need to be short, to the point, and grab the audience's attention. In addition to being brief (on Twitter, you only have 140 characters in a "tweet"), social media posts are more casual than other outlets. Posts are usually designed to connect to another source of information. For example, you would write a "tweet" stating you have tips for dealing with mold and include a link to the section on your website that provides that information.

HUD/OLHCHH also offers many other valuable publications, videos, apps, and important information on our website at www.hud.gov/healthyhomes.

Social Media Campaign

Help Spread the Word!

Suggested Tweets and Facebook Posts
Hashtag: #NHHM2017 **Learn more: www.hud.gov/healthyhomes**
June is National Healthy Homes Month! Follow along with HUD for info and upcoming events! @HUD.gov #NHHM2017
HUD's Office of Lead Hazard Control announces National Healthy Homes Month this June! #NHHM2017
What is a Healthy Home?? Test your knowledge-download the Healthy Homes Basics App! #NHHM2017 **https://play.google.com/store/apps/details?id=gov.hud.healthyhomesbasics&hl=en** **https://itunes.apple.com/us/app/healthy-homes-basics/id1092367352?mt=8**
Download the NHHM 2017 Planning Guide, here: www.hud.gov/healthyhomes #NHHM2017
Is your home healthy? Learn about Healthy Homes, asthma, lead and more, here! #NHHM2017 Learn more: www.hud.gov/healthyhomes
Did you know that your indoor home environment is closely linked to your health?? Learn More: www.hud.gov/healthyhomes **#NHHM2017**
Studies show that increasing the fresh air supply in a home improves respiratory health. #NHHM2017
You can create a healthy home just by changing some of your everyday habits. Learn more: www.hud.gov/healthyhomes #NHHM2017
The majority of injuries among children occur in the home. Keep your home safe! #NHHM2017
Radon is the second leading cause of lung cancer in the US. You can't see, smell or taste radon, but it may be a problem in your home! Get the facts: www.hud.gov/healthyhomes #NHHM2017
A working smoke alarm can cut the chance of someone dying in a fire by HALF. Make sure to check yours! #NHHM2017

Falls are the leading cause of deadly and non-deadly accidental injuries for people over 65. #NHHM2017
Almost 26 million people in the U.S. are living with asthma today. Learn how to reduce asthma triggers in your home. Learn more: www.hud.gov/healthyhomes #NHHM2017
Mold grows where it's wet. Figure out where the moisture is coming from, or the mold will grow back. #NHHM2017
Keep your home and car smoke-free! Secondhand smoke is a common indoor trigger for asthma attacks #NHHM2017
Keep the humidity in your home less than 50%. Use a dehumidifier if your home is too humid! #NHHM2017
Read the latest issue of the Inside Healthy Homes newsletter and subscribe here! www.hud.gov/healthyhomes #NHHM2017
If you or someone you know has to clean up mold after a storm, learn proper techniques! Learn more: www.hud.gov/healthyhomes #NHHM2017
A clean air filter is essential! You should clean or change your air filter every 90 days. #NHHM2017
Keep pests outside! Seal openings you find outside your home. Learn more: www.hud.gov/healthyhomes #NHHM2017
Help your kids control their asthma! Learn about triggers in the home: www.hud.gov/healthyhomes #NHHM2017
Make Your Home Healthy! Check out HUD's Healthy Homes videos to learn how! Click here: https://www.youtube.com/playlist?list=PLF784BAEF218A35EE #NHHM2017
Get back into your home SAFELY after a natural disaster! For the Disaster Recovery Toolkit and other resources, Click here: https://portal.hud.gov/hudportal/HUD?src=/program_offices/healthy_homes/disasterrecovery #NHHM2017
Does your home have mold? Scrub mold off hard surfaces using a scrub brush and a mixture of soap and water. Learn more: www.hud.gov/healthyhomes #NHHM2017
Find healthy homes resources in your area! Click here: www.hud.gov/healthyhomes #NHHM2017

Follow @HUDgov, for more NHHM 2017 updates!

OLHCHH Contacts for NHHM 2017

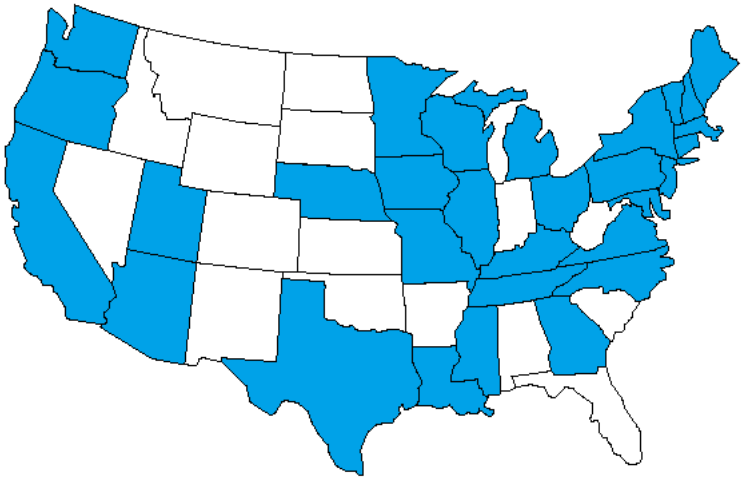
HUD Headquarters:

- Shannon Steinbauer: Shannon.E.Steinbauer@hud.gov
- Kitt Rodkey: Clyde.K.Rodkey@hud.gov
- Keara O'Connor: Keara.A.Oconnor@hud.gov
- Michelle Miller: Michelle.M.Miller@hud.gov

Healthy Homes Field Representatives:

Region	OLHCHH Field Representative	Contact Information
Region 1, MA, ME, NH, VT CT & RI	• **Martin Nee**	• **Martin.J.Nee@hud.gov** • **Office Telephone 617-994-8372**
Region 2, NY & NJ	• **Sue Horowitz**	• **Susan.I.Horowitz@hud.gov** • **Office Telephone 212-542-7411**
Region 3, DE, MD, PA & DC, WV	• **Ed Thomas**	• **Edward.A.Thomas@hud.gov** • **Office Telephone 215-861-7670**
Region 3, VA	• **Mike McGreevy**	• **Michael.B.Mcgreevy@hud.gov** • **Office Telephone 804-822-4832**
Region 4, GA, NC, SC, FL, TN, KY, AL & MS (Puerto Rico/US VI)		
Region 6, LA, AR		
Region 5, OH, IL, IN, MI, MN & WI	• **Paul Diegelman**	• **Paul.H.Diegelman@hud.gov** • **Office Telephone 216-522-4058 x7656**
Region 6, TX, OK		
Region 7, MO, KS, NE & IA	• **Abby Hugill**	• **Abby.D.Hugill@hud.gov** • **Office Telephone 303-672-5165**
Region 8, CO, UT, ND, SD, MT & WY		
Region 6, NM	• **Karen Griego**	• **Karen.M.Griego@hud.gov** • **Office Telephone 505-346-6462**
Region 9, CA, HI, AZ & NV		
Region 10, ID, WA, OR & AK		

OLHCHH Lead and Healthy Homes Grantees:



States in blue have at least one OLHCHH grantee

State	Organization Name	Region	Project Manager	Project Manager Email
AZ	City of Phoenix	9	Laura Smith	laura.smith@phoenix.gov
AZ	City of Tucson	9	Karla Timmons	karla.timmons@tucsonaz.gov
CA	City of Long Beach	9	Michael Netter	michael.netter@longbeach.gov
CA	City of San Diego	9	Chris Lee	cjlee@sandiego.gov
CA	City of Huntington Park	9	Maria Torres-Castañeda	mtorres-castaneda@hpca.gov
CA	State of California	9	Duane Graves	duane.graves@csd.ca.gov
CA	County of Alameda	9	Dale Hagen	dale.hagen@acgov.org
CA	City of Los Angeles	9	Liseth Romero-Martinez	liseth.romero-martinez@lacity.org
CA	County of Alameda	9	Damien Gossett	damien.gossett@acgov.org
CA	City of Pomona	9	Beverly Johnson	beverly_johnson@ci.pomona.ca.us
CT	City of New London	1	Eileen Tedford	etedford@ci.new-london.ct.us
CT	State of Connecticut	1	Ronald Kraatz	rkraatz@ccmckids.org
CT	State of Connecticut	1	Ronald Kraatz	rkraatz@ccmckids.org
CT	City of Hartford	1	Arlene Robertson	robea002@hartford.gov
CT	City of Waterbury	1	Francis Ford	fford@waterburyct.org
CT	City of New Haven	1	Jennifer Sanjurjo	jsanjurj@newhavenct.gov
CT	Naugatuck Valley Health District	1	Carol Slajda	cslajda@nvhd.org
CT	City of Norwich	1	Wayne Sharkey	wsharkey@cityofnorwich.org

CT	City of New Britain	1	Christopher Corcoran	ccorcoran@connecticutchildrens.org
DC	District of Columbia	3	Moses Nunez	moses.nunez@dc.gov
DE	State of Delaware	3	Har Ming Lau	harming.lau@state.de.us
GA	City of Atlanta	4	John Armour	jarmour@atlantaga.gov
IA	City of Cedar Rapids	7	Alyssa Williams	a.williams@cedar-rapids.org
IA	City of Sioux City	7	Jill Wandersheid	jmwander@sioux-city.org
IA	City of Dubuque	7	Kim Glaser	kglaser@cityofdubuque.org
IA	City of Marshalltown	7	Joyce Brown	jbrown@ci.marshalltown.ia.us
IA	Polk County	7	Laurie Gust	laurie.gust@polkcountyiowa.gov
IA	County of Cerro Gordo	7	Jenna Willems	jwillems@cghealth.com
IL	St. Clair County	5	Joan Scharf	jscharf@co.st-clair.il.us
IL	County of Peoria	5	Dale Clarkson	dclarkson@peoriacounty.org
IL	City of Chicago	5	Marion Matlock	marion.matlock@cityofchicago.org
IL	City of Kankakee	5	Gloria Dowdy	gjflemming@citykankakee-il.gov
IL	Winnebago County	5	Stephanie Peters	speters@wchd.org
KY	Louisville-Jefferson County	4	Nancy Williams	nancy.william@louisvilleky.gov
LA	State of Louisiana	6	Trina Evans	trina.evans@la.gov
MA	City of Malden	1	Wayne Martineau	wmartineau@maldenredevelopment.com
MA	City of Somerville	1	Russell V. Koty	rkoty@somervillema.gov
MA	City of Boston	1	David George	dgeorge.dnd@cityofboston.gov
MA	City of Lowell	1	Philip Ferreira	pferreira@lowellma.gov
MA	City of Worcester	1	James Brooks	brooksj@worcesterma.gov
MA	City of Fitchburg	1	Dorothy Preston	dpreston@fitchburgma.gov
MA	City of Gloucester	1	Kevin Nestor	knestor@gloucester-ma.gov
MA	City of Boston	1	Victoria Claiborne	victoria.claiborne@boston.gov
MA	City of Lawrence	1	Mark Vosburg	mvosburg@cityoflawrence.com
MA	City of Lynn	1	Jeff Weeden	jweeden@lhand.org
MD	Baltimore County	3	David Fielder	dfielder@baltimorecountymd.gov
MD	Baltimore City	3	Shenika Frasier-Kyer	sheneka.frasier-kyer@baltimorecity.gov
ME	City of Lewiston	1	Travis Mills	tmills@lewistonmaine.gov
ME	Maine State Housing Authority	1	Stephen Hicks	shicks@mainehousing.org
ME	City of Portland (ME)	1	Colleen Hennessy	chennessy@portlandmaine.gov

MI	State of Michigan	5	Carin Speidel	speidelc@michigan.gov
MI	County of Muskegon	5	Victoria Luthy	webstervi@co.muskegon.mi.us
MI	City of Detroit	5	Aida Colon	acolon@detroitmi.gov
MI	City of Grand Rapids	5	Kenneth Holton	kholton@grcity.us
MI	City of Lansing	5	Barbara Kimmel	barb.kimmel@lansingmi.gov
MN	City of Duluth	5	Karen Olesen	kolesen@duluthmn.gov
MN	Hennepin County	5	Michael Jensen	michael.jensen@hennepin.us
MN	City of Minneapolis	5	Fardowza Omar	fardowza.omar@minneapolismn.gov
MO	City of St. Louis	7	William Rataj	ratajb@stlouis-mo.gov
MO	Kansas City Missouri	7	Amy Roberts	amy.roberts@kcmo.org
MO	County of St. Louis	7	Tom Filla	tfilla@stlouisco.com
MS	City of Jackson	6	Mary Manogin	mmanogin@city.jackson.ms.us
NC	City of Winston-Salem	4	Evan Raleigh	evanr@cityofws.org
NC	City of Charlotte	4	Diane Adams	dadams@charlottenc.gov
NE	City of Omaha	7	Steve Zivny	steven.zivny@cityofomaha.org
NH	Manchester (NH)	1	Danielle Burhop	dburhop@manchesternh.gov
NH	City of Nashua	1	Elineth More	moree@nashuanh.gov
NH	New Hampshire Housing Finance Authority	1	Christine Lavallee	clavallee@nhhfa.org
NJ	City of Trenton	2	Andres Lomi	alomi@trentonnj.org
NJ	City of Newark (NJ)	2	Felix Mensah	mensahf@ci.newark.nj.us
NY	County of Orange	2	John Ebert	jebert@orangecountygov.com
NY	City of New York	2	James Hsi	hsij@hpd.nyc.gov
NY	City of Rochester	2	Conrad Floss	flossc@cityofrochester.gov
NY	Broome County	2	Sarah Walker	swalker@co.broome.ny.us
NY	City of Schenectady	2	Jaclyn Mancini	jmancini@schenectadyny.gov
NY	Chautauqua County	2	Mark Stow	stowm@co.chautauqua.ny.us
NY	Onondaga County	2	Anthony Mueller	tmueller@ongov.net
NY	Erie County (NY)	2	Rebecca Henry	rebecca.henry@erie.gov
NY	Monroe County	2	Paul Hunt	phunt@monroecounty.gov
NY	Erie County (NY)	2	Jeremy Huber	jeremy.huber@erie.gov
NY	City of Albany	2	Michael Foley	mfoley@albanyny.gov
NY	Onondaga County	2	Susan Grossman	sgrossman@ongov.net

OH	City of Cleveland	5	Brian Kimball	bkimball@city.cleveland.oh.us
OH	City of Akron	5	Doug Taylor	dmtaylor@akronohio.gov
OH	State of Ohio	5	Susan Smith	sue@betterhealthyenvironments.com
OH	Cuyahoga County	5	Stephanie McConoughney	smcconoughey@ccbh.net
OH	City of Columbus	5	Jilliian Bolino	jbolino@columbus.gov
OH	City of Cincinnati	5	Cynthia McCarthy	cynthia.mccarthy@cincinnati-oh.gov
OH	City of Columbus	5	Erica Hudson	ejhudson@columbus.gov
OH	County of Erie (OH)	5	Robert England	rengland@ecghd.org
OH	Mahoning County	5	Philip Puryear	ppuryear@mahoningcountyoh.gov
OH	Summit County	5	Renee Dell	rdell@schd.org
OR	City of Portland (OR)	10	Tara Anderson	tara.anderson@portlandoregon.gov
PA	City of Philadelphia	3	Ricardo Frenche	ricardo.frenche@phila.gov
PA	City of Harrisburg	3	Daimen Slaughter	dslaughter@cityofhbg.com
PA	County of Lawrence	3	Ashlee Luke	aluke@lccap.org
PA	State of Pennsylvania	3	Bryle Zickler	bzickler@pa.gov
PA	City of Allentown	3	Heidi Westerman	heidi.westerman@allentownpa.gov
PA	Allegheny County	3	Julie Collins	julie.collins@alleghenycounty.us
PA	City of Lancaster	3	Darren Parmer	dparmer@cityoflancasterpa.com
RI	City of Providence	1	Paula Baron	pbaron@providenceri.com
RI	Rhode Island Housing and Mortgage Finance Corporation	1	John Eastman	jeastman@rhodeislandhousing.org
TN	City of Knoxville	4	Todd Kennedy	tkennedy@cityofknoxville.org
TN	City of Memphis	4	Tavita Conway	tavita.conway@memphistn.gov
TN	City of Memphis	4	Marticus Muhammad	marticus.muhammad@memphistn.gov
TN	Shelby County	4	Joe Marshall	joe.marshall@shelbycountytn.gov
TX	City of San Antonio	6	Myrna Esquivel	myrna.esquivel@sanantonio.gov
TX	City of Austin	6	Letitia Brown	letitia.brown@austintexas.gov
TX	City of Houston	6	Velva Martinez	velva.martinez@houstontx.gov
TX	City of Fort Worth	6	John Cain	john.cain@fortworthtexas.gov
TX	County of Harris	6	Ernesto Hernandez	ehernandez@hcphes.org
TX	City of San Antonio	6	myrna esquivel	myrna.esquivel@sanantonio.gov
UT	Salt Lake County	8	Randy Jepperson	rjepperson@slco.org

VA	City of Roanoke	3	Ann Billings	ann.billings@roanokeva.gov
VT	Vermont Housing and Conservation Board	1	Ron Rupp	rrupp@vhcb.org
VT	City of Burlington	1	Jeff Tanguay	jtanguay@burlingtonvt.gov
WA	Yakima County	10	Andrea Reyes	andrea.reyes@co.yakima.wa.us
WI	County of Rock	5	Carrie Clark	clarkc@ci.janesville.wi.us
WI	Kenosha County	5	Gregory Vogel	gregory.vogel@kenoshacounty.org
WI	City of Milwaukee	5	Lisa Lien	llien@milwaukee.gov
WI	City of Milwaukee	5	Benjamin James	bejames@milwaukee.gov

Resource Bank

The below resource bank offers a wide range of helpful contacts, resources, and educational materials, to help you promote NHHM 2017.The infographics can be downloaded and customized as needed for events and related outreach. For more information about these resources and edit friendly versions, and important updates about NHHM, please visit **www.hud.gov/healthyhomes; or email OLHCHH@hud.gov**

To receive copies of OLHCHH's publications described below, please call HUD's document distribution center at 1-800-767-7468.

Persons with hearing or speech impairments may access the federal government numbers above and below through TTY by calling the toll-free Federal Relay Service at (800) 877-8339

General Healthy Homes Information

U.S. Department of Housing and Urban Development - www.hud.gov

Office of Lead Hazard Control and Healthy Homes- www.hud.gov/healthyhomes
Office of Education and Outreach, Fair Housing and Equal Opportunity- www.hud.gov/fairhousing

U.S. Department of Agriculture, National Institute of Food and Agriculture

Cooperative Extension Service for your state land grant university: www.nifa.usda.gov/extension or www.eXtension.org or your telephone book

U.S. Environmental Protection Agency www.epa.gov
U.S. Centers for Disease Control and Prevention www.cdc.gov
(800) CDC-INFO/ (800) 232-4636
U.S. Consumer Product Safety Commission www.cpsc.gov
(800) 638-2772
U.S. Department of Energy www.energy.gov
Local or state health department: Look in your telephone book or online
National Healthy Homes Partnership www.healthyhomespartnership.net
National Center for Healthy Housing www.nchh.org
Children's Environmental Health Network www.cehn.org
National Safety Council www.nsc.org
Pediatric Environmental Health Specialty Units ww-w.aoec.org/pehsu.htm

Lead Poisoning

U.S. Department of Housing and Urban Development
Office of Lead Hazard Control and Healthy Homes www.hud.gov/healthyhomes and lead.regulations@HUD.gov

Environmental Protection Agency www.epa.gov/lead
(800) 424-LEAD / (800) 424-5323
Safe Drinking Water Hotline www.epa.gov/ground-water-and-drinking-water/basic-information-about-lead-drinking-water
(800) 426-4791
Centers for Disease Control and Prevention www.cdc.gov/nceh/lead

Asthma & Allergies

American Lung Association www.lungusa.org
(800) LUNG-USA
American Cleaning Institute www.cleaninginstitute.org
(202) 347-2900
Allergy and Asthma Network: Mothers of Asthmatics www.aanma.org
(800) 878-4403
The Food Allergy and Anaphylaxis Network www.foodallergy.org
(800) 929-4040
U.S. Environmental Protection Agency www.epa.gov/asthma

Mold & Moisture

U.S. Environmental Protection Agency www.epa.gov/mold
U.S. Centers for Disease Control and Prevention www.cdc.gov/mold
Health House www.healthhouse.org

Carbon Monoxide

U.S. Centers for Disease Control and Prevention www.cdc.gov/com
(800) CDC-INFO/ (800) 232-4636
U.S. Consumer Products Safety Commission www.cpsc.gov/com
(800) 638-2772

Radon

U.S. Environmental Protection Agency www.epa.gov/radon
State Radon Contacts www.epa.gov/radon/whereyoulive.html
National Radon Program Services (KSU) www.sosradon.org
(800) SOS-RADON / (800) 767-7236

Drinking Water

U.S. Environmental Protection Agency www.epa.gov/drink
(800) 426-4791
U.S. Centers for Disease Control and Prevention www.cdc.gov/healthywater/drinking

Household Chemicals

U.S. Environmental Protection Agency www.epa.gov/pesticides and www.epa.gov/saferchoice
Poison Control Center (800) 222-1222
Household Products Database www.householdproducts.nlm.nih.gov

Pests

U.S. Environmental Protection Agency www.epa.gov/bedbugs and www.epa.gov/pesticides/controlling
National Pesticide Information Center www.npic.orst.edu
(800)858-7378

Stop Pests in Housing www.stoppests.org

Home Safety

National SAFE KIDS Campaign www.safekids.org
(202) 662-0600
National Safety Council www.nsc.org
(800) 621-7615

Temperature Control

U.S. Department of Energy www.EnergySaver.gov
Energy Information Administration www.eia.gov
U.S. Environmental Protection Agency Indoor air PLUS www.epa.gov/indoorairplus
Mercury cleanup and disposal www.epa.gov/cfl
Energy Star www.energystar.gov
Residential Energy Services Network www.resnet.us

Featured Technology to use in outreach materials and activities associated with NHHM:

- **NEW! Everyone Deserves a Safe and Healthy Home – Stakeholder Guide**

  This comprehensive publication offers "one- stop" shopping with guiding goals, and focuses on 11 different potential home health hazards. The content substantially revises earlier references. It is written in plain language, without omitting key technical details. Also featured: A 'Room-by-Room Checklist for a Healthy Home;

- **NEW! Everyone Deserves a Safe and Healthy Home – Consumer Guide**

  A more consumer-friendly version of the publication above; this easy to read guide also features the 'Room-by-Room Checklist for a Healthy Home'.

- **NEW! Healthy Homes App for Stakeholders**

  This new app serves professionals who may be new to the indoor environmental health field, as well as those with more experience. Stakeholders can use this app to help educate, assess, advocate, train, and set standards and policy on healthy homes for their organizations. The app includes a room by room checklist of potential hazards.

- **Healthy Homes Basics App**

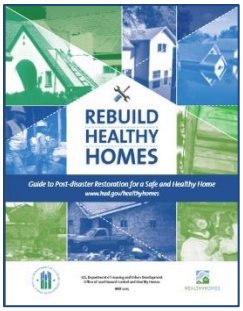
  This consumer-focused app brings a wealth of practical how-to guidance from the "Everyone Deserves a Safe and Healthy Home" consumer publication to your mobile device for handy use. Now you can "get in the know on the go." Download it now and make this your first step towards a safe and healthy home!

Download on the App Store

ANDROID APP ON Google play

- **Rebuild Healthy Homes – Avoiding hidden dangers in disaster recovery**

  Rebuilding damaged homes after a natural disaster must be done carefully. This 72-page guide is a "one stop shopping" reference written in Plain Language, without omitting technical details. It includes how-to-methods, tips, and improvement ideas for safe restoration following a wide range of natural disasters.



- **NHHM QR code**

  This QR (Quick Response) code can be scanned through an app on your smart phone! Once you scan it will take you directly to the National Healthy Homes Web page on the hud.gov website. QUICK AND EASY!

- **NHHM Logo!**

  Use this high-resolution logo on all your outreach materials, websites and events!

You can also find all OLHCHH Videos and Webinars on our Youtube.com Channel.

https://www.youtube.com/playlist?list=PLF784BAEF218A35EE

Quick Reference Guide to Publications and Other OLHCHH Resources

The Quick Reference tool is a great way to raise awareness about National Healthy Homes Month to your organizational staff and partners! Download it at www.hud.gov/healthyhomes

Office of Lead Hazard Control and Healthy Homes

National Healthy Homes Month 2017

Everyone Deserves a Safe and Healthy Home publication for consumers and stakeholders ; summarizes healthy home "how to's" for families and professionals.

Healthy Home Checklist: Surgeon's General Call to Action endorsed tool to motivate individual and community awareness for Healthy Home

Advancing Healthy Housing ; A Strategy for Action is a guidance document to all federal and community stakeholders toward sustaining action through policy

Smoke Free Housing: This "how to guide" will assist Public Housing Managers to adopt and enforce a smoke free housing policy .

Healthy Homes App for Stakeholders

This new app serves professionals who may be new to the indoor environmental health field, as well as those with more experience. Stakeholders can use this app to help educate, assess, advocate, train, and set standards and policy on healthy homes for their organizations. The app includes a room by room checklist of potential hazards.

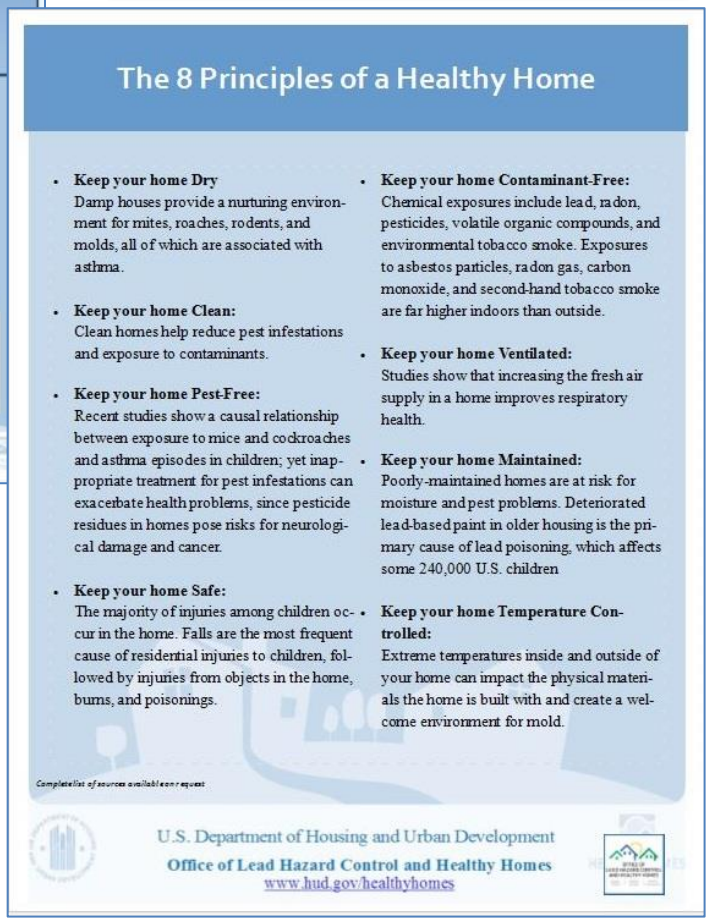
Videos

* Lead and Healthy Homes Consumer Video
* Lead and Healthy Homes Stakeholder Video

Videos can be viewed at:

www.youtube.com/user/HUDchannel

www.hud.gov/healthyhomes



The 8 Principles of a Healthy Home

- **Keep your home Dry**
  Damp houses provide a nurturing environment for mites, roaches, rodents, and molds, all of which are associated with asthma.
- **Keep your home Clean:**
  Clean homes help reduce pest infestations and exposure to contaminants.
- **Keep your home Pest-Free:**
  Recent studies show a causal relationship between exposure to mice and cockroaches and asthma episodes in children; yet inappropriate treatment for pest infestations can exacerbate health problems, since pesticide residues in homes pose risks for neurological damage and cancer.
- **Keep your home Safe:**
  The majority of injuries among children occur in the home. Falls are the most frequent cause of residential injuries to children, followed by injuries from objects in the home, burns, and poisonings.
- **Keep your home Contaminant-Free:**
  Chemical exposures include lead, radon, pesticides, volatile organic compounds, and environmental tobacco smoke. Exposures to asbestos particles, radon gas, carbon monoxide, and second-hand tobacco smoke are far higher indoors than outside.
- **Keep your home Ventilated:**
  Studies show that increasing the fresh air supply in a home improves respiratory health.
- **Keep your home 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, which affects some 240,000 U.S. children
- **Keep your home Temperature Controlled:**
  Extreme temperatures inside and outside of your home can impact the physical materials the home is built with and create a welcome environment for mold.

Complete list of sources available on request

U.S. Department of Housing and Urban Development

Office of Lead Hazard Control and Healthy Homes

www.hud.gov/healthyhomes

Healthy Homes Room by Room Checklist

Room by Room Checklist for a Healthy Home

Take the first step! This checklist is a great way to start learning more about the conditions in your home that could be impacting your health and safety. You don't have to be an expert or a professional to complete this list. For more information on this material and recommended actions please visit: www.hud.gov/healthyhomes or download the Healthy Homes Basics App to have a resource at your fingertips whenever you are ready.

1. **Living, Dining, and Family Rooms**
   - ☐ If the home was built before 1978, check painted doors, windows, trim, and walls for lead
   - ☐ Vacuum carpets regularly to reduce asthma triggers
   - ☐ Move window blind cords out of reach of children to prevent strangulation
   - ☐ Check lighting and extension cords for fraying or bare wires
   - ☐ Avoid having lighting and extension cords in floor pathways
   - ☐ Purchase children's toys that do not have small parts for choking and do not contain lead
   - ☐ Secure heavy items (televisions, bookcases) to walls to prevent tip overs
2. **Kitchen**
   - ☐ If the home was built before 1978, check painted doors, windows, trim, and walls for lead
   - ☐ Use a range hood exhausted to the outside (or open window) to ventilate while cooking
   - ☐ Clean up liquids and foods right after spills
   - ☐ Keep matches, glassware, knives, and cleaning supplies out of reach of children
   - ☐ Avoid leaving food and water, whether for people or pets, out overnight
   - ☐ Mop floors at least weekly
   - ☐ Place Poison Control Hotline number **(800) 222 – 1222** on the refrigerator and in every room
   - ☐ Do not allow children to be in kitchen unsupervised when the range or oven is on
3. **Bedroom(s)**
   - ☐ If the home was built before 1978, check painted doors, windows, trim, and walls for lead
   - ☐ Move window blind cords out of reach of children to prevent strangulation
   - ☐ Make sure room has a working smoke detector
   - ☐ Make sure the hall outside of bedrooms has a working carbon monoxide detector
   - ☐ Use mattress and pillow covers, and vacuum carpets regularly to reduce asthma triggers
4. **Entry**
   - ☐ Use floor mats by entry doors to reduce bringing in lead dust and other toxins into the home
   - ☐ Remove shoes at entry if lead is present in the soil or paint
   - ☐ Repair or install weather seals around the perimeter of doors
5. **Bathrooms**
   - ☐ If the home was built before 1978, check painted doors, windows, trim, and walls for lead
   - ☐ Use an exhaust fan to ventilate after shower or bath use
   - ☐ Use slip resistant mats in showers and tubs
   - ☐ Clean up water from floors right after spills
   - ☐ Move window blind cords out of reach of children to prevent strangulation
   - ☐ Keep medicines and cleaning supplies locked away and out of reach of children
   - ☐ If an older adult or someone with mobility or balance concerns is present in the home, install grab bars at toilets, showers, and tubs
6. **Laundry**
   - ☐ Vent clothes dryer to the outside (through roof or wall, not into the attic)
   - ☐ Keep laundry soaps and detergents out of reach of children
   - ☐ Wash sheets and blankets weekly to reduce asthma triggers
   - ☐ Regularly remove lint from dryer screen
7. **Attic**
   - ☐ Clean up clutter to prevent rodents and insects from finding places to nest
   - ☐ Check exposed attic insulation for asbestos and consult with an asbestos professional for removal
   - ☐ Make sure eave and roof vents are not blocked with insulation

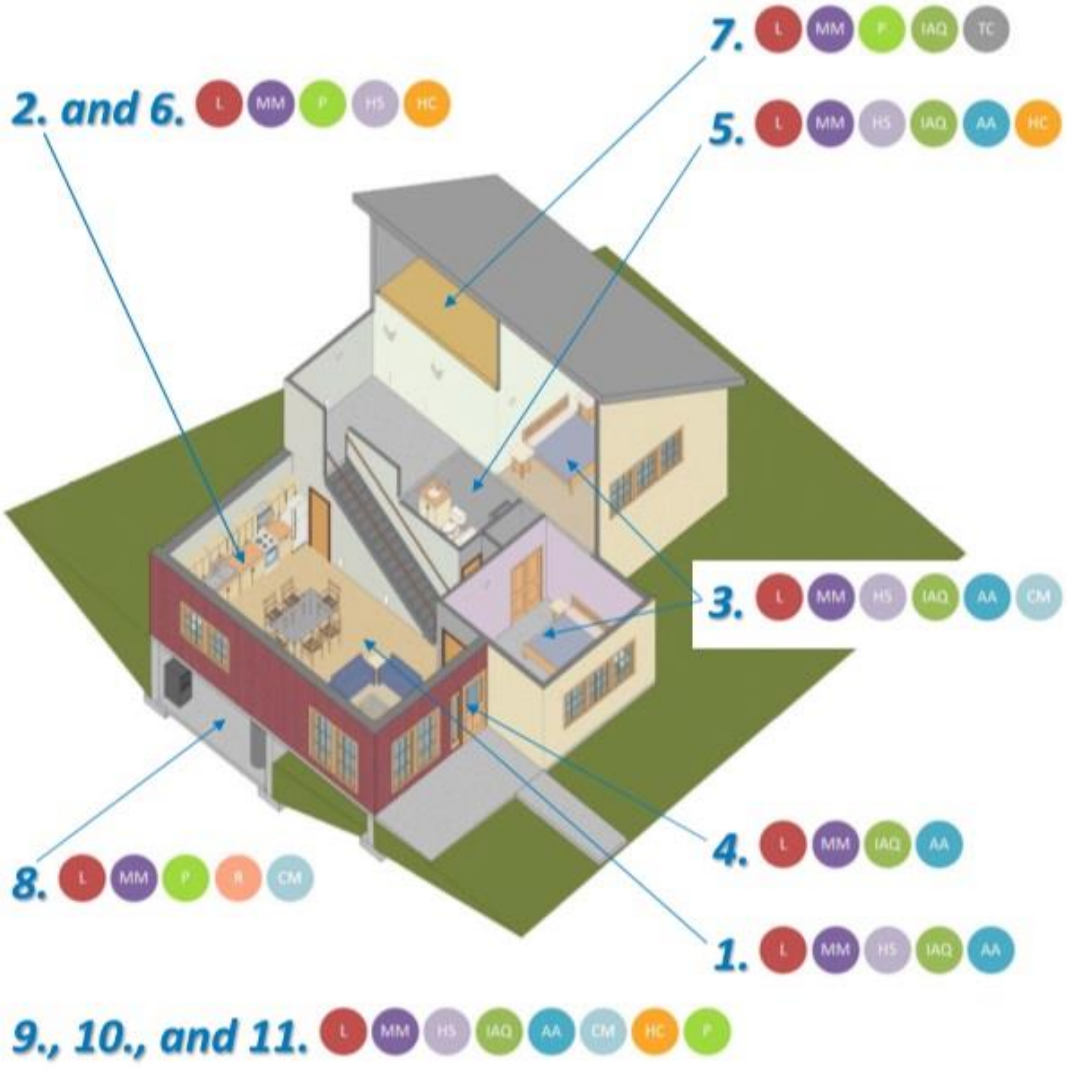
NATIONAL HEALTHY HOMES MONTH June

8. **Basement (or Crawlspace)**
   - ☐ If the home was built before 1978, check painted doors, windows, trim, and walls for lead
   - ☐ Seal holes in walls and around windows and doors to keep rodents and pests out of living spaces
   - ☐ Clean up clutter to prevent rodents and insects from finding places to nest
   - ☐ Test the home for radon. If test shows radon above EPA action levels, seal slab and foundation wall cracks, and if the problem persists, consider installing a radon mitigation system
   - ☐ Keep pesticides and cleaning supplies locked away and out of reach of children
   - ☐ Seal all cracks in slabs and foundation walls for moisture, radon, and pest protection
9. **Garage**
   - ☐ Never run lawnmowers, cars, or combustion equipment inside the garage with garage door closed
   - ☐ Keep gasoline, pesticides, and cleaning supplies out of reach of children
   - ☐ Clean up oil, gasoline, and other spills immediately
   - ☐ If a floor drain is present, make sure it drains to well beyond the outside of the home
10. **Outside**
   - ☐ If the home was built before 1978, check painted doors, windows, trim, and walls for lead
   - ☐ If painted walls, doors, windows, or trim may contain lead, keep children away from peeling or damaged paint and prevent children from playing around the ground next to the walls
   - ☐ Remove leaves and debris from gutters regularly and extend downspouts to drain away from the house
   - ☐ Replace missing or broken shingles or flashings
   - ☐ Clean window wells of trash and debris
   - ☐ Install and maintain fences completely around pools with openings less than 1/4 inch
   - ☐ If the home was built before 1978, check hardboard siding for asbestos
   - ☐ Make sure private wells are sealed and capped
   - ☐ Consider testing well for pesticides, organic chemicals, and heavy metals before you use it for the first time
   - ☐ Test private water supplies annually for nitrate and coliform bacteria
   - ☐ Do not leave open garbage containers near the home
   - ☐ Repair broken glass in windows and doors
   - ☐ Seal holes in walls and around windows and doors to keep rodents and pests out of living spaces
11. **General**
   - ☐ If the home was built before 1978, use lead-safe work practices for all renovation and repairs and test children in the home for lead exposure
   - ☐ Check piping connecting the home to the water main and the piping in the home for lead (lead pipes are dull and can be scratched easily with a penny). Lead pipes are more likely to be found in homes built before 1986
   - ☐ No smoking inside the home, especially with children in the same home
   - ☐ Have a professional maintain yearly all gas appliances and check for carbon monoxide leaks and proper venting
   - ☐ Do not use candles or incense in the home when adult supervision is not present
   - ☐ Secure balcony and stair railings, and install no-slip nosing's
   - ☐ Replace burned-out bulbs in lights over stairs and landings
   - ☐ Run a dehumidifier if indoor humidity is above 50 percent or there is condensation on windows
   - ☐ Make sure all gas burning appliances, furnaces, heaters, and fireplaces ventilate to the outside
   - ☐ Replace the furnace filter with a MERV 8 or higher every three months
   - ☐ If mold is visible in any room, refer to mold removal guidelines from the EPA, CDC, or HUD
   - ☐ Install child-proof locks on cabinets and child-proof covers on electrical outlets
   - ☐ Keep water temperature at less than 120 degrees
   - ☐ Keep firearms in locked safes
   - ☐ Use pest management recommendations or safer alternative products before applying pesticides
   - ☐ Keep all cleaning products in original containers and do not mix two products together
   - ☐ Keep all hazardous products and chemicals in locked cabinets away from children.

Room by Room Checklist for a Heathy Home

To help you connect the room, steps, and hazards please look for the following icons:

- L — Lead
- IAQ — Indoor Air Quality
- AA — Asthma and Allergies
- R — Radon
- MM — Mold and Moisture
- P — Pests
- CM — Carbon Monoxide
- HS — Home Safety
- HC — Household Chemicals
- TC — Home Temperature Control



Fact Sheets: "5 Minutes to a Healthier Home" and "Is your home a Healthy Home?"

5 Minutes to a Healthier Home

Think you don't have enough time to make your home a healthier and safer place?

Test your smoke alarm.

Using smoke alarms in your home **cuts your risk of dying in a fire in half.**

Wash your hands with warm, soapy water for at least 20 seconds (about the time it takes to sing the song "Happy Birthday" twice).

Each year, about **48 million Americans get sick** from eating contaminated or improperly prepared foods.

Make your home smoke free. Never let anyone smoke anywhere in or near your home.

Parents are responsible for **90%** of their children's **exposure to smoke.**

Think again! You can do these steps in 5 minutes.

Beep!

1-800-222-1222

Program the number for poison control into your cell phone: 1-800-222-1222.

Everyday in the United States, over 300 children ages 0 to 19 are treated in emergency departments for poisonings.

Do a 3-minute "clean sweep." Pick one small area of your home – like your junk drawer or stairs – and take 3 minutes to sort the items and get rid of what you don't need.

Clutter can collect dust, mold, and other allergens and gives pests a place to hide. If clutter is left on the floor or stairs, it can cause you to trip and fall.

Check your locks

Make sure locks function correctly and can be operated by a child in an emergency

Have 5 more minutes?

Log on to **www.hud.gov/healthyhomes** for information on topics like lead, mold, radon, asbestos, pests, and more!

Is *your* home a healthy home?

indoor air quality
Improve indoor air quality by eliminating second-hand smoke, carbon monoxide, dust mites, cockroach and mouse allergens and mold.

slips and falls
Remove trip hazards, use stools and ladders carefully, and install railings and grab bars for older adults.

hazardous products
Use natural cleaning alternatives and ensure any poisonous products are out of children's reach.

What are the health & safety concerns?

fire safety
Install smoke detectors on every floor and near every bedroom, develop a family escape plan, and keep matches, lighters, and candles out of children's reach.

lead paint hazards
If your home was built before 1978, have it tested by a professional. Have your child's blood lead level tested at age 1 and 2.

HUD.GOV/HEALTHYHOMES

You can't see it... but it's there

For their size, children breathe up to twice as much air as adults.

They also drink more water.

When they get harmful chemicals in their bodies, it's a bigger dose compared to adults.

Your housing may increase the risk for injuries and may cause illness.

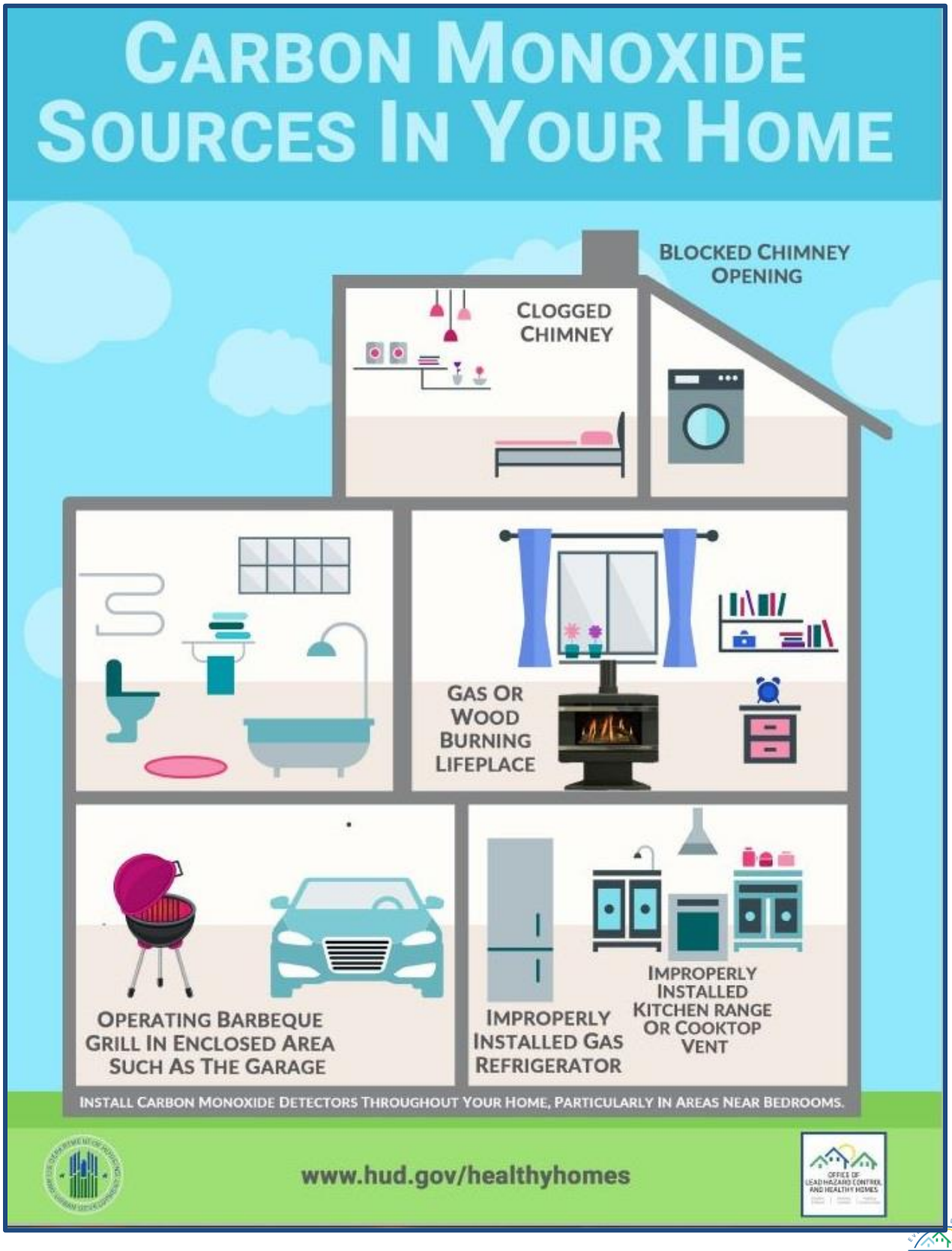
1. keep it dry
2. keep it dry
3. keep it pest free
4. keep it safe

What are the 8 Principles of a healthy Home?

5. keep it contaminant free
6. keep it well ventilated
7. keep it well maintained
8. keep it thermally controlled

OFFICE OF LEAD HAZARD CONTROL AND HEALTHY HOMES

OLHCHH - Infographics


CARBON MONOXIDE SOURCES IN YOUR HOME
BLOCKED CHIMNEY OPENING
CLOGGED CHIMNEY
GAS OR WOOD BURNING LIFEPLACE
OPERATING BARBEQUE GRILL IN ENCLOSED AREA SUCH AS THE GARAGE
IMPROPERLY INSTALLED GAS REFRIGERATOR
IMPROPERLY INSTALLED KITCHEN RANGE OR COOKTOP VENT
INSTALL CARBON MONOXIDE DETECTORS THROUGHOUT YOUR HOME, PARTICULARLY IN AREAS NEAR BEDROOMS.
www.hud.gov/healthyhomes

Your Fire Safety

Checklist

INSTALL SMOKE DETECTORS ON EACH FLOOR AS WELL AS IN AND NEAR EACH BEDROOM.

1. Test Smoke Detectors

2. Store Extinguishers Where Fires Are Likely To Occur.

3. Put Escape Ladders In Upper-Storey To Address Third- And Higher-Floor Bedrooms.

4. Store Valuables In A Fire-Proof Safe

5. Create An Escape Plan

6. Check And Maintain Electrical Systems And Appliances

www.hud.gov/healthyhomes

BATHROOM SAFETY

SLIPS AND FALLS

80%
of senior falls happen in the bathroom due to slippery floors and sufraces as well as high structures, according to the National Institute of Aging.

Two-thirds of all injuries occurred in the
tub or shower.

According to the CDC, every year about
235,000
people over 15 years old visit ERs due to injuries suffered in the bathroom - of those 14% are hospitalized.

In 2008, approximately
21.8 million
persons aged ≥15 years sustained nonfatal, unintentional injuries, resulting in approximately $67.3 billion in lifetime medical costs.

Follow these tips to fall-proof your bathroom

- Place a non-slip mat both inside and outside of the tub
- Install grab bars by the toilet
- Use nightlights in and around the bathroom
- Install a bath step or walk in tub to make it easier to get in and out of the shower or bathtub.

www.hud.gov/healthyhomes

KEEPING YOUR
Pet-Friendly
Home Healthy
Pet's bring a lot of joy and happiness, but they can leave a lot of germs when they do...on all surfaces of your home.
Pet Urine and Feces
Millions of bacteria live in a single gram of pet waste.
Danger
Pet danger can cause allergies and make it difficult for some people to breath.
Saliva
Several different species of bacteria can live in the mouth of your pet.
Fleas/Ticks
Pet owners spend hundreds of dollars each year treating for fleas and ticks.
Dirt
Carpets collect a lot of dirt - and the bacteria that comes with it.
All of this can have a major impact on the air quality in your home.
This can cause:
Skin rashes
Asthma
Allergies
Illness
Tips for Keeping your Home Healthy and Safe
Give your pet regular baths. Baths can reduce the level of allergens and dirt in your home.
If your pet has an accident, clean it up immediately. Urine can seep deep into the carpet and cause damage and odors. Have carpets professionally cleaned on a regular basis.
Add doormats to all entrances. Mats will absorb water and dirt from your pets paws on their way in.
www.hud.gov/healthyhomes

POOL
Safety
2005-2014,
an average of
3,500
fatal drownings occurred per year in the US. That's about ten deaths per day.
50%
More than 50% of drowning victims treated in emergency departments require hospitalization or further care.
About
one in five
people who die from drowning are
children 14 and younger.
Among children ages 1 to 4,
most drownings
occur in
home swimming pools.
SAFETY TIPS
WALK, DON'T RUN
Running increases chances of slips and falls on wet surfaces, resulting in serious injury.
LEARN HOW TO SWIM
Swimming lessons help prevent drowning.
BUDDY SYSTEM
Always swim with a buddy in case there's a mishap.
BARRIERS SAVE LIVES
Barriers prevent people from accidentally entering the pool.
www.hud.gov/healthyhomes