

# LET'S TREND!

Join us in tweeting and posting to social media all the details about NHHM

Day of the Month	Recommended Tweet or Facebook Post
June 1	First Annual National Healthy Homes Month! Follow the action! @HUDHealthyHomes #HealthyHomesMonth #NHHM2016
June 2	What is a Healthy Home?? Test your knowledge-download the Help Yourself to a Healthy Home app! #HealthyHomesMonth #NHHM2016
June 3	Learn about Healthy Homes, asthma, lead and more, <a href="#">here!</a> #HealthyHomesMonth
June 4	Did you know that your indoor home environment is closely linked to your health?@HUDHealthyHomes #HealthyHomesMonth #NHHM2016
June 5	Teach your family about a Healthy Home! @HUDHealthyHomes #HealthyHomesMonth #NHHM2016
June 6	Studies show that increasing the fresh air supply in a home improves respiratory health. @HUDHealthyHomes #HealthyHomesMonth #NHHM2016
June 7	You can create a healthy home just by changing some of your everyday habits!@HUDHealthyHomes #HealthyHomesMonth #NHHM2016
June 8	The majority of injuries among children occur in the home. Keep your home safe! #HealthyHomesMonth #HealthyHomes #NHHM2016
June 9	Radon is the second main 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: @HUDHealthyHomes #HealthyHomesMonth #NHHM2016
June 10	HUD and NEHA National Healthy Homes Conference-June 13 #HealthyHomesMonth #HealthyHomesConference2016 #NHHM2016
June 11	Lead is very dangerous for anyone, especially children. Ask your pediatrician how to get tested! @HUDHealthyHomes #HealthyHomesMonth #NHHM2016
June 12	A working smoke alarm can cut in half the chance of someone dying in a fire. Make sure to check yours! #HealthyHomesMonth #NHHM2016
June 13	National Healthy Homes Conference! June 13. Follow along! #HealthyHomesMonth #HealthyHomesConference2016 #NHHM2016
June 14	Falls are the leading cause of deadly and non-deadly accidental injuries for people over 65. #HealthyHomesMonth @HUDHealthyHomes #NHHM2016
June 15	Get the Healthy Homes basics! Download the Help Yourself to a Healthy Homes App Now! #HealthyHomesMonth #NHHM2016
June 16	Almost 26 million people in the U.S. are living with asthma today. Learn how to reduce asthma triggers in your home. #HealthyHomesMonth. <a href="#">Click here.</a> #NHHM2016

<b>June 17</b>	Sign up for our free Insider Healthy Homes newsletter at <a href="#">Subscribe here</a>
<b>June 18</b>	@ <b>HUDHealthyHomes</b> Mold grows where it's wet. Figure out where the moisture is coming from, or the mold will grow back <b>#HealthyHomesMonth</b> .
<b>June 19</b>	Almost 26 million people in the U.S. are living with asthma today. Learn how to reduce asthma triggers in your home. <b>#HealthyHomesMonth</b> . <a href="#">Click here</a> .
<b>June 20</b>	Take a stand! Keep your home and car smoke-free. Secondhand smoke is a common indoor trigger for asthma attacks <b>#HealthyHomesMonth</b>
<b>June 21</b>	Keep the humidity in your home less than 50%. Use a dehumidifier if your home is too humid! <b>#HealthyHomesMonth</b>
<b>June 22</b>	Read the latest issue of the Inside Healthy Homes newsletter and <a href="#">subscribe here!</a> <b>#NHHM2016</b>
<b>June 23</b>	If you or someone has to clean up mold after a storm, learn proper techniques <a href="#">here</a> . <b>#HealthyHomesMonth @HUDHealthyHomes</b>
<b>June 24</b>	A clean air filter is essential! You should clean or change your air filter every 90 days. <b>@HUDHealthyHomes #HealthyHomesMonth</b>
<b>June 25</b>	Keep pests outside! Seal openings you find outside your home. <b>#HealthyHomesMonth</b>
<b>June 26</b>	Get kids to help control asthma triggers at home! <b>#HealthyHomesMonth</b> <a href="#">Learn about triggers in the home!</a>
<b>June 27</b>	Make Your Home Healthy! Check out the videos to learn how, <a href="#">click here!</a> <b>#NHHM2016</b>
<b>June 28</b>	Get back into your home SAFELY after a natural disaster! For the Disaster Recovery Toolkit and other resources, <a href="#">Click here</a> . <b>#HealthyHomesMonth</b>
<b>June 29</b>	Does your home have mold? Scrub mold off hard surfaces using a scrub brush and a mixture of soap and water <b>#NHHM2016</b> .
<b>June 30</b>	Find healthy homes resources in your area! <a href="#">Click here</a> . <b>#HealthyHomesMonth</b>

\*More tweets will be made available on the NHHM web page [www.hud.gov/healthyhomes](http://www.hud.gov/healthyhomes) once more specific events, announcements, and programs are finalized. Please feel free to use suggested tweets as guidance, and tweak as you deem necessary.