



Education for a Healthy Future

## 7 KEYS TO A HEALTHY HOME

You spend a lot of time in your home, so it makes sense to keep it safe and healthy.

If you adopt some easy, everyday practices, you'll be on the path to a healthy living environment!

### 1 KEEP YOUR HOME CLEAN

- ✓ Sweep floors daily to keep the dust away.
- ✓ Mop floors weekly and use the 2 bucket method.
- ✓ Wash dishes after each meal and deep clean the kitchen sink at least once a week.
- ✓ Don't leave pet food out overnight.
- ✓ Vacuum the house weekly, preferably with a HEPA filter.
- ✓ Adopt a shoes-off policy for your home.

### 2 KEEP YOUR HOME CONTAMINANT-FREE

- ✓ Purchase and install carbon monoxide detectors for each level of your home and within 15 feet of each sleeping area.
- ✓ Don't use foggers or aerosol sprays to eliminate pests.
- ✓ Leave asbestos-containing materials undisturbed.
- ✓ Perform a radon test of your home.
- ✓ Limit use of products that contain Volatile Organic Compounds (VOCs).

### 3 KEEP YOUR HOME DRY

- ✓ Run an exhaust fan while showering & cooking.
- ✓ Clean the bathroom regularly and make sure water is not pooling anywhere.
- ✓ Fix leaky pipes immediately.
- ✓ Seal cracks in your home with caulk.
- ✓ Purchase a hygrometer to measure the humidity in your home. It should be between 30-60%.

### 4 KEEP YOUR HOME WELL MAINTAINED

- ✓ Check flues and vents of heating system.
- ✓ Make sure that the dryer and exhaust vents are clean and connected correctly.
- ✓ Clean and unblock your dryer vent twice a year.
- ✓ Check the caulking around door and window frames.
- ✓ Clean gutters and downspouts.

### 5 KEEP YOUR HOME PEST-FREE

- ✓ Look for signs of rodents in your home: gnawed wood, dropping, nests or scampering noises.
- ✓ Seal exterior gaps with mortar and install weather stripping on doors and windows.

- ✓ Eliminate all food and water sources that could attract pests.
- ✓ Clean and dust bedding, furniture and carpets regularly.
- ✓ Use organic or non-toxic pesticides minimally and keep out of reach of children.

### 6 KEEP YOUR HOME SAFE

- ✓ Install smoke detectors on every floor and plan two escape routes for each room.
- ✓ Have your furnace checked regularly.
- ✓ Check electrical cords. They shouldn't be warm or frayed when used.
- ✓ Keep your home well lit.
- ✓ Dispose of all unused household chemicals at the household hazardous waste sites in Spokane.

### 7 KEEP YOUR HOME WELL VENTILATED

- ✓ When weather permits, open windows to allow fresh air to enter your home.
- ✓ If you install new carpet or furniture, ventilate the room thoroughly before moving back in.
- ✓ Exhaust fans and ventilation systems should vent air to the outside, not another location in the house.
- ✓ While cooking, run an exhaust fan to dispel steam and cooking fumes.
- ✓ Test all of the exhaust fans to make sure they are operating efficiently.

#### FURTHER RESOURCES:

**Centers for Disease Control**  
[www.cdc.gov/healthyhomes](http://www.cdc.gov/healthyhomes)

**Healthy Homes Partnership**  
[www.healthyhomespartnership.net](http://www.healthyhomespartnership.net)

**National Center for Healthy Housing** [www.nchh.org](http://www.nchh.org)

#### Want to Learn More?

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