

MAKE YOUR HOME A

healthy home



Ohio Department of Health
Ohio Healthy Homes
and Lead Poisoning Prevention Program
246 North High Street
Columbus, Ohio 43215
877-LEAD-SAFE
www.odh.ohio.gov



HOW CAN I HAVE A healthy home?

- Keep it dry
- Keep it clean
- Keep it safe
- Keep it in good condition
- Keep bugs and pests out
- Keep harmful substances out



Why Should I Want a Healthy Home?

- Much of your family's time is spent in the home
- Environmental hazards may harm children in the home because children:
 - Crawl and play on the floor
 - Put things in their mouths
 - Don't know what is dangerous
 - Are still growing and developing

KEEP YOUR home dry

❑ Too much moisture in your home can lead to:

- Peeling paint
- Pests
- Structure problems
- Mold
 - Asthma attacks
 - Problems for people allergic to mold



❑ To keep your home dry:

- Check and clean your gutters regularly
- Fix any leaks as soon as possible
- Make sure your basement stays dry
- Make sure your dryer is vented to the outside
- Open windows for ventilation



KEEP YOUR home dry

□ If you find mold:

- Clean with a mix of laundry detergent and water
- Wear gloves and a mask and leave a window open for fresh air
- Identify source of moisture and make changes to prevent future problems



Remember! Do not mix chlorine bleach with any product that contains ammonia. It can produce dangerous fumes.

KEEP YOUR home clean

□ Clean homes have fewer:

- Harmful substances
- Heavy metals
- Allergens
- Pests



□ To keep your home clean:

- Take shoes off at the door
- Reduce clutter
- Use wet cleaning methods
- Use a high-efficiency vacuum (HEPA) if possible

KEEP YOUR home safe

□ Injuries are preventable



□ To keep your home safe:

- Have working smoke alarms on each floor
- Keep windows locked
- Keep medicines/cleaning supplies out of the reach of children
- Always watch children when they are near water
- Make sure children can't get to electrical outlets
- Keep children away from stairs, sharp objects, stoves and heaters
- Keep window-blind cords out of the reach of children
- Set hot water heaters at 120°F or lower to prevent scalding
- Keep any firearms locked and use trigger locks

KEEP YOUR HOME

in good condition

- Inspect your home regularly and check:
 - Heating and cooling systems
 - Washer and dryer
 - Draining systems
 - Oven/stove
 - Overall building structure



KEEP

bugs and pests out

- Dust mites, cockroaches, mice and other bugs and pests can cause asthma and make allergies worse
- Using pesticides can lead to poisonings and other health problems
- Instead of pesticides:
 - Store food in air-tight containers
 - Clean up spills right away
 - Keep trash in closed containers
 - Use sticky-traps and baits
 - Caulk or cover any holes in your home with mesh



- Wash bedding every week in hot water to control dust mites

KEEP HARMFUL

substances out

☐ Lead

- Homes built before 1978 may have lead in them
- Childhood lead poisoning can result in:
 - Learning problems
 - Lowered attention span
 - Hyperactivity
 - Hearing loss



- To prevent lead poisoning:
 - Watch out for peeling and chipping paint
 - Keep children and pregnant women away from renovations in pre-1978 homes
 - Children and pregnant women should eat a diet rich in calcium and iron
 - Wash hands before eating
 - Wash toys often
 - Use wet cleaning methods
 - Let water run for at least one to two minutes before using for drinking and cooking

KEEP HARMFUL substances out

☐ Carbon monoxide:

- Cannot be seen, smelled or tasted
- Can be detected using detectors near sleeping areas and on every level of your home
- To prevent carbon monoxide poisoning:
 - Don't use ovens to heat homes
 - Ventilate gas appliances and wood stoves to the outdoors



☐ Mercury

- Can damage the brain, kidneys and developing fetus; cause nausea and skin and eye irritation
- Fish and shellfish contain traces of mercury
 - Pregnant women and young children are at the greatest risk
 - Don't eat shark, swordfish, king mackerel or tilefish
 - Eat a maximum of 12 ounces of other fish and shellfish (shrimp, canned light tuna, salmon, pollock and catfish) per week

KEEP HARMFUL substances out

- Thermometers and compact fluorescent light bulbs can contain mercury
 - Carefully handle and properly dispose of products that contain mercury
 - If a light bulb or thermometer breaks:
 - Have everyone leave the room
 - Open window and ventilate area
 - Never use a vacuum cleaner or broom to clean up mercury spills
 - If on a hard floor, carefully scoop up mercury and place in a plastic bag
 - If spilled on rugs or curtains, throw away material if possible
 - Contact Ohio EPA's 24-hour spill hotline at 1-800-282-9378 for more detailed information
 - If large amount of mercury is spilled, contact your local health department



KEEP HARMFUL substances out

☐ Cadmium

- Is found in
 - Cigarettes
 - Children's jewelry and toys
 - Nickel-cadmium batteries
 - Shellfish, liver and kidney meats
- Damages the lungs, can cause kidney disease and may irritate the digestive tract
- Reduce absorption with a balanced diet



☐ Radon

- Enters your house through soil, dirt floors and cracks in the foundation
- Is the second-leading cause of lung cancer in the United States
- Cannot be seen, smelled or tasted
- To protect your family from radon:
 - Buy a kit or hire someone to test for radon in your home
 - Seal floors and cracks in the basement

KEEP HARMFUL substances out

☐ Tobacco smoke

- Raises the risk for ear infections and breathing problems and can cause and trigger asthma
- To avoid secondhand smoke:
 - Keep your home and car smoke free
 - Do not smoke around children

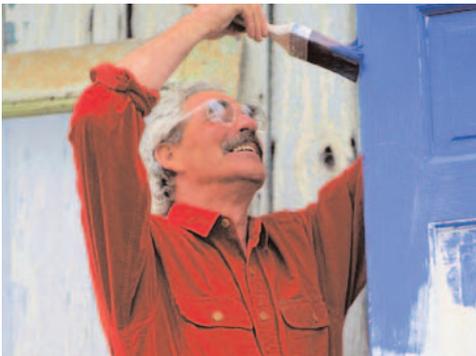


☐ Arsenic

- Is found in drinking water and food
 - If you live in an area with high levels of arsenic in water or soil, use cleaner sources of water and limit contact with soil
 - If your water source is a well, private testing of the water is necessary
- Used to preserve wood (pressure-treated) for outdoor structures such as decks, fences, playground equipment and residential construction

KEEP HARMFUL substances out

- To avoid arsenic poisoning:
 - Avoid sanding or finishing treated wood
 - Wash hands after playing on wooden structures
 - Keep children from chewing on treated wood
 - Apply wood sealants annually
 - Discourage children and animals from playing under decks
 - Cover surfaces such as picnic tables to prevent food from contacting wood
 - Do not burn treated wood
 - Use non-wood materials if possible (recycled plastic lumber, metal and concrete)



FOR MORE INFORMATION ON
healthy homes

Contact your local health department

Ohio Department of Health (ODH)
1-877-LEAD-SAFE
www.odh.ohio.gov

U.S. Environmental Protection Agency (EPA)
www.epa.gov

Centers for Disease Control and Prevention (CDC)
www.cdc.gov/environmental/

**U.S. Department of Housing and
Urban Development (HUD)**
www.hud.gov/offices/lead/healthyhomes/

National Center for Healthy Housing
www.nchh.org

Poison Control Center
1-800-222-1222
www.aapcc.org

