

Healthy Home Checklist

Keep It Dry of _____			
Item	✓	Possible Location	N/A
No leaks or standing water How to fix a leaking sink	<input type="checkbox"/>	Entire house but especially rooms with water	<input type="checkbox"/>
No mold and mildew How to clean mold How to use Vinegar to clean mildew How to remove mildew from windowsills	<input type="checkbox"/>	Entire house but especially rooms with water	<input type="checkbox"/>
Clothing dryer vents outside How to install a dryer vent	<input type="checkbox"/>	Laundry Room	<input type="checkbox"/>
Exhaust fans installed and they vent outside How to test your exhaust fan How to replace/repair exhaust fan	<input type="checkbox"/> <input type="checkbox"/>	Kitchen Bathroom	<input type="checkbox"/> <input type="checkbox"/>
Water from gutters drains away from house How to install downspout drains	<input type="checkbox"/>	Exterior	<input type="checkbox"/>
Washing machine hose is less than 10 years old How to replace washing machine hose	<input type="checkbox"/>	Laundry room	<input type="checkbox"/>
Sump pump installed if home is in a flood prone area How to install Sump Pump	<input type="checkbox"/>	Basement	<input type="checkbox"/>
Dehumidifier used Dehumidifiers buyers guide	<input type="checkbox"/>	Areas with persistent high humidity	<input type="checkbox"/>
Total		Total	

Keep It Clean of			
Item	✓	Location	N/A
Reduce Clutter Tips to reduce clutter	<input type="checkbox"/>	Whole house	<input type="checkbox"/>
Manage dust by cleaning with a damp cloth or micro-fiber cloth Tips on dusting	<input type="checkbox"/>	Whole house	<input type="checkbox"/>
Shoes are not worn in the house Shoe storage ideas	<input type="checkbox"/>	Whole house	<input type="checkbox"/>
Trash is picked up and put in trashcan	<input type="checkbox"/>	Whole house	<input type="checkbox"/>
Carpets are cleaned with HEPA filter vacuum weekly Homemade Carpet Shampoo	<input type="checkbox"/>	Carpeted areas	<input type="checkbox"/>
Bed linens washed at least twice a month How often should you wash your sheets? How to watch bedsheets	<input type="checkbox"/>	Bedroom	<input type="checkbox"/>
Vacuum upholstered furniture monthly DIY furniture cleaning	<input type="checkbox"/>	Areas with carpet or rugs	<input type="checkbox"/>
Total		Total	

Keep it Pest Free of _____			
Item	✓	Location	N/A
Trashcans where food waste is placed have a lid	<input type="checkbox"/> <input type="checkbox"/>	Inside the home Outside the home	<input type="checkbox"/> <input type="checkbox"/>
Remove trash from house when trash bag is full	<input type="checkbox"/>	Inside	<input type="checkbox"/>
Keep food stored in the original container until opened, then transfer to re-sealable containers	<input type="checkbox"/>	Kitchen	<input type="checkbox"/>
Dishes are washed promptly after use 10 tips to wash dishes	<input type="checkbox"/>	Kitchen	<input type="checkbox"/>
Limit areas where food is consumed	<input type="checkbox"/>		<input type="checkbox"/>
Food and beverage spills are promptly cleaned up Asthma Trigger-Pests	<input type="checkbox"/>		<input type="checkbox"/>
Fill any cracks or openings in and around your home. Caulking Tips	<input type="checkbox"/>	Pay special attention around foundation, window and doors.	<input type="checkbox"/>
Learn about and implement an Integrated Pest Management program in your home What is IPM?	<input type="checkbox"/>	Interior and exterior of home	<input type="checkbox"/>
Use dust mite covers on: pillows mattresses box springs How to put a dust mite cover	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Bedroom	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
No standing or pooled water	<input type="checkbox"/>	Lawn and landscape	<input type="checkbox"/>
Used furniture is checked for bed bugs before being brought into the home How to inspect for bed bugs	<input type="checkbox"/>		<input type="checkbox"/>
Total		Total	

Keep it Safe of			
Item	✓	Location	N/A
No loose, torn carpet	<input type="checkbox"/>		<input type="checkbox"/>
All Stairs have: handrails	<input type="checkbox"/>		<input type="checkbox"/>
no uneven steps	<input type="checkbox"/>		<input type="checkbox"/>
no clutter	<input type="checkbox"/>		<input type="checkbox"/>
overhead lights	<input type="checkbox"/>		<input type="checkbox"/>
How to Install Stair Handrail			
Hot water heater temperature set below 120°F	<input type="checkbox"/>		<input type="checkbox"/>
How to adjust your water heater			
Non-skids rugs are used	<input type="checkbox"/>		<input type="checkbox"/>
About non-slip rugs			
Working Smoke Detectors	<input type="checkbox"/>	Basement	<input type="checkbox"/>
How to change batteries in smoke detectors	<input type="checkbox"/>	First Floor	<input type="checkbox"/>
	<input type="checkbox"/>	Second Floor	<input type="checkbox"/>
Working CO Detector	<input type="checkbox"/>	Basement	<input type="checkbox"/>
How to install CO detectors	<input type="checkbox"/>	First Floor	<input type="checkbox"/>
	<input type="checkbox"/>	Second Floor	<input type="checkbox"/>
No exposed wiring	<input type="checkbox"/>		<input type="checkbox"/>
Non-slip surface in bathtub	<input type="checkbox"/>		<input type="checkbox"/>
Lights at each entrance to house	<input type="checkbox"/>	Exterior	<input type="checkbox"/>
Lights within reach of entryway in each room	<input type="checkbox"/>		<input type="checkbox"/>
Dryer vents and hose cleaned annually	<input type="checkbox"/>		<input type="checkbox"/>
How to clean a dryer vent			
Weapons stored in locked cabinet	<input type="checkbox"/>		<input type="checkbox"/>
Chimney inspected annually	<input type="checkbox"/>		<input type="checkbox"/>
Chimney home inspection tips			
Chemicals and medicines stored in locked cabinet or otherwise inaccessible locations for children	<input type="checkbox"/>		<input type="checkbox"/>
Exterior doors have working locks	<input type="checkbox"/>		<input type="checkbox"/>
How to fix an outside door lock			
All windows have working locks	<input type="checkbox"/>		<input type="checkbox"/>
How to install window locks			
Total		Total	

Keep it Contaminant Free			
of			
Item	✓	Location	N/A
No Smoking or use of e-cigarettes permitted in home	<input type="checkbox"/>	Everywhere	<input type="checkbox"/>
No artificial air fresheners used How to make an all-natural Air Freshners	<input type="checkbox"/>	Interior	<input type="checkbox"/>
Paint tested for lead if your home was built before 1978 Lead testing	<input type="checkbox"/>		<input type="checkbox"/>
Water tested for lead How to test your home's water for lead	<input type="checkbox"/>		<input type="checkbox"/>
Soil tested for lead	<input type="checkbox"/>		<input type="checkbox"/>
Test for radon and install mitigation system if needed How to install radon mitigation system	<input type="checkbox"/>	Basement	<input type="checkbox"/>
Materials with asbestos are properly contained or removed Building an abatement enclosure for asbestos, lead, mold, and dust control	<input type="checkbox"/>	Vinyl floor tiles, pipe wrap, insulation, roof material and siding	<input type="checkbox"/>
No devices containing mercury are used in the home	<input type="checkbox"/>	Thermometers, thermostats	<input type="checkbox"/>
Test home for Formaldehyde How to test for Formaldehyde	<input type="checkbox"/>	Where Pressed wood products and laminate flooring are found	<input type="checkbox"/>
Choose low or Volatile Organic Compounds (VOC) free products for use in your home	<input type="checkbox"/>	Air fresheners, cleaning products, paint, vinyl floors	<input type="checkbox"/>
Choose flame retardant – free products	<input type="checkbox"/>	Mattresses, furniture, drapery	<input type="checkbox"/>
Water is tested for contaminants (other than lead) and a filter is used if a problem is found	<input type="checkbox"/>		<input type="checkbox"/>
Fragrance free cleaning products are used 15 cleaning hacks	<input type="checkbox"/>		<input type="checkbox"/>
No pesticides sprays or foggers are used inside the home	<input type="checkbox"/>		<input type="checkbox"/>
Harsh cleaners like bleach and ammonia are not used			
Total		Total	

Keep it Ventilated of			
Item	✓	Location	N/A
HVAC filter replaced as recommended by manufacturer How to Change your home furnace air filter	<input type="checkbox"/>	Furnace	<input type="checkbox"/>
Gas furnace is properly vented Furnace venting	<input type="checkbox"/>		<input type="checkbox"/>
Attic is properly ventilated Attic Ventilation Tips:	<input type="checkbox"/>		<input type="checkbox"/>
Gas fireplace is properly vented and flue works correctly	<input type="checkbox"/>		<input type="checkbox"/>
In wood burning fireplace the flue works properly How to improve wood-burning fire place efficiency	<input type="checkbox"/>		<input type="checkbox"/>
Gas hot water heater is vented properly	<input type="checkbox"/>		<input type="checkbox"/>
Windows can open Video on how to repair windows	<input type="checkbox"/>		<input type="checkbox"/>
No stale odor and odors do not linger	<input type="checkbox"/>		<input type="checkbox"/>
Windows do not fog in cold weather Controlling moisture during winter	<input type="checkbox"/>		<input type="checkbox"/>
No duct work leaks	<input type="checkbox"/>		<input type="checkbox"/>
Change direction of spin on ceiling fan when weather changes Ceiling fan information	<input type="checkbox"/>		<input type="checkbox"/>
Total		Total	

Keep it Maintained _____ of _____			
Item	✓	Location	N/A
Appliances and Equipment are inspected annually, cleaned and repairs made or replaced as needed Water heater repairs Water Heater replacement	<input type="checkbox"/>	Furnace	<input type="checkbox"/>
	<input type="checkbox"/>	Stove/Oven	<input type="checkbox"/>
	<input type="checkbox"/>	Water Heater	<input type="checkbox"/>
	<input type="checkbox"/>	Roof	<input type="checkbox"/>
	<input type="checkbox"/>	Plumbing: pipes and fixtures	<input type="checkbox"/>
Gutters are free of debris and have no holes How to clean gutters	<input type="checkbox"/>	Outside	<input type="checkbox"/>
No chipping, peeling, flaking or chalking paint (especially if it contains lead)	<input type="checkbox"/>	Interior and Exterior	<input type="checkbox"/>
Drains are inspected and cleaned at least annually and floor drains have water in the trap	<input type="checkbox"/>	Sinks	<input type="checkbox"/>
	<input type="checkbox"/>	Bathtubs	<input type="checkbox"/>
	<input type="checkbox"/>	Showers	<input type="checkbox"/>
	<input type="checkbox"/>	Floor	<input type="checkbox"/>
Damper on vents function properly	<input type="checkbox"/>	Dryer	<input type="checkbox"/>
	<input type="checkbox"/>	Exhaust fan in kitchen	<input type="checkbox"/>
	<input type="checkbox"/>	Exhaust fan in bathroom	<input type="checkbox"/>
Total		Total	

Keep it Temperature Controlled _____ of _____			
Item	✓	Location	N/A
No windows and doors that are broken or drafty How to apply weather strip or seal around a window	<input type="checkbox"/>	Interior and Exterior	<input type="checkbox"/>
Programmable thermostat is being used according to the weather	<input type="checkbox"/>	Living room	
Total		Total	

The categories above are based on the "8 principles of a Healthy Home". The items highlighted in blue are specific to asthmatics.

[Indiana Healthy Homes Alliance](#)

[Improving Kids' Environment](#)

