



## **Do You Have What You Need for a Healthy Home?** Get started using the 8 Principles of a Healthy Home!

### **1) Keep it Dry**

- Downspouts, splash block and gutter extender** to direct water away from the foundation
- Plumbing pipes and/or fixtures** to replace ones that leak
- Dehumidifier** for damp areas to prevent mold growth
- Sump pump** for a basement that is prone to flooding

### **2) Keep it Clean**

- Micro-fiber cloths** for cleaning and dusting
- Vacuum with a HEPA filter**
- Plastic containers** to replace cardboard boxes to organize and store items
- Trashcan with a lid and trash bags**
- Non-skid floor mats** for each entryway to trap dirt and dust

### **3) Keep it Pest-Free**

- Clear, airtight containers** to store food
- Caulk, patching, and/or drywall** to seal holes in walls and around windows and doors
- Pest control products** in a safe delivery form (i.e. baits, traps and gels)

### **4) Keep it Safe**

- Smoke and carbon monoxide detectors**
- Batteries** to operate detectors
- Light fixtures and bulbs** for all entry ways or above staircase
- Wall anchors** to secure items to prevent tip-overs
- Carpet tape** to secure rugs
- Cabinet that locks or child-proof locks for cabinets** for chemicals and hazardous product storage
- Fire extinguisher**
- Hand rail for stairs and spindles for balcony railings** to replace those missing or damaged
- No-slip nosing** for hard surface stair treads

## **5) Keep it Contaminant-Free**

- Test kits for lead** on painted surfaces
- Radon test kit**
- Test kit for drinking water**
- Water filter or replacement filters**
- Materials and products that are low emitting of VOCs** (i.e. flooring, paint, cabinets)
- 3<sup>rd</sup> Party certified** (Ecologo, Green Seal and Safer Choice) green cleaning products



## **6) Keep it Ventilated**

- Appropriate air filters** for your HVAC system (replace as recommended by manufacturer, usually every 1-3 months)
- Ceiling fan and/or portable fans**
- Range hood and bathroom fan**
- Window screens**

## **7) Keep it Maintained**

- New shingles, siding or flashings** to replace those missing or damaged
- New glass** for any broken windows/doors
- Window repair screen patch** to fix holes in screens
- Gutter covers** to help keep them free of debris
- Low/No VOC paint**

## **8) Keep it Temperature Controlled**

- New doors and windows** to replace drafty or damaged ones
- Programmable thermostat**
- Weather seal** for around doors/windows

For more resources on Healthy Homes, please visit the Indiana Healthy Homes Alliance at [www.indianahealthyhomesalliance.org](http://www.indianahealthyhomesalliance.org), the US Department of Housing and Urban Development at [www.hud.gov/healthyhomes](http://www.hud.gov/healthyhomes) and the National Center for Healthy Housing at [www.nchh.org](http://www.nchh.org).

This information is brought to you by the **Indiana Healthy Homes Alliance** and **Improving Kids' Environment**.

