

SAFE, HEALTHY HOMES

CLEANING

- **NEVER** mix chlorine bleach with any household cleaner that has ammonia – it can create a poisonous gas
- **Wet Mop**, don't sweep up dust
- Clean and disinfect cold air humidifiers frequently – change the water daily
- Wear rubber or plastic gloves when using cleaning supplies
- Avoid using harsh cleaning products – consider making safer home cleaning solutions from household products (see handout)
- Open a window in the bathroom when showering to let the moisture out of the room to avoid mold & mildew. Wipe down the walls & tub



ASTHMA PRECAUTIONS

- Do NOT allow anyone to smoke cigarettes inside your home – make them go outside
- Keep windows closed when allergens are at high levels if you have asthma
- Use plastic pillow covers & mattress covers to cut down on dust mites
- Keep pets out of bedrooms, at least off the beds.
- Clean or replace furnace filters monthly or every other month
- Clean the filters on window air conditioners
- Use inhalers as you doctor prescribed
- Stuffed animals collect dust. Try washing & drying stuffed animals to clean them

HOME SAFETY TIPS

- Make sure your dryer is vented to the outside
- Have a carbon monoxide detector with an alarm in your home. The natural gas we use for our stoves, dryers & furnaces has an odor added so we'll notice a leak. But a defective furnace can leak carbon monoxide gas which is odorless. Carbon monoxide will make you sleepy and you die.
- Never let a car's motor run in a garage (carbon monoxide in the exhaust)
- Don't overload electric outlets or use multiple extension cords
- Check you home for trip hazards, particularly near stairs
- Cover wall outlets with child-proof covers
- Always follow lead safe work practices when disturbing surfaces in a pre-1978 home

SAVE ENERGY

- If every American home replaced just one light bulb with an ENERGY STAR qualified bulb, we would save enough energy to light more than 3 million homes for a1 year.
- "CFLs" – Compact Fluorescent Light Blubs use about 75% less energy than standard incandescent bulbs and last up to 10 times longer. (they don't get as hot either)
- To save the most energy and money, replace your highest use bulbs and fixtures with ENERGY STAR lighting. Start with kitchen ceiling lights, the living or family room table and floor lamps, and outdoor porch or post lamp.
- Caulk around the inside and outside of windows and doors
- Use door sweeps to keep cold air from coming under your door (a rolled up towel will help block the air if you don't have a sweep)

