



# Do You Have a Healthy Home?

## 8 Ways to Make Your Indoor Environment Safer Now!

### 1 Is your home dry?

Keep your home dry to avoid mold, mites, roaches, and rodents, which may cause asthma or other respiratory conditions.

### 2 Is your home clean?

Reduce clutter, dust, and contaminants to lower the risk of pest infestations.

### 3 Is your home safe?

Help prevent injuries by labeling poisons and keeping them out of the reach of children. Secure rugs on the floor, and keep play areas free from hard or sharp surfaces. Also, make sure your smoke and carbon monoxide detectors work.

#### **4 Is your home well ventilated?**

Prevent moisture buildup and reduce the concentration of contaminants in your home by ensuring it's well ventilated.

#### **5 Is your home pest-free?**

Seal gaps and cracks in windows and floorboards, and use pest-resistant food containers to limit pest infestation.

#### **6 Is your home contaminant-free?**

Keep your home free of contaminants like smoke, lead, and common household cleaners and pesticides to reduce the risk of short- and long-term health and safety issues.

#### **7 Is your home maintained?**

Inspect, clean, and repair your home routinely to keep small problems from becoming serious health and safety risks.

#### **8 Is your home thermally controlled?**

Houses that do not maintain adequate temperatures may place the safety of residents at increased risk from exposure to extreme cold or heat.

Learn more about the Healthy Homes Initiative delivered by the Mississippi State University Extension Service at [extension.msstate.edu/hhi](https://extension.msstate.edu/hhi).

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