

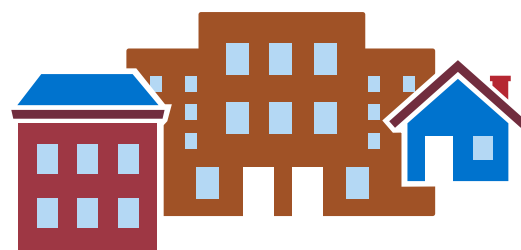
HEALTHY HOME CHECKLIST



Everyone should have a safe and healthy home environment. The checklist below is a tool for creating and maintaining a healthy home environment. It shows some key action steps to take in each room of the home.

Family Room

- Dust furniture and appliances regularly.
- Keep floors vacuumed.
- Install smoke and carbon monoxide alarms with working batteries.
- Keep floors clear of electrical cords and clutter.
- Do not smoke or allow smoking in the home.
- Keep plug protectors inserted in unused electrical outlets.



Kitchen

- Have water taps tested for lead. If your home has lead service lines, have them replaced.
- Run your faucet at least 5 seconds before using, and use cold water for drinking, cooking, and preparing baby formula.
- Use a water filter that is certified to remove lead.
- Check for water leaks under sink.
- Keep pot handles on the stove turned inward facing the back burner to protect small children.
- Keep cleaning supplies stored separately from food and out of children's reach.
- Keep appliance cords away from the sink and stove.
- Keep sharp objects out of reach of children or in a cabinet with a safety latch.
- Use baits and traps for pest control instead of pesticides.



Adult Bedroom

- Keep medication stored in locked drawers or cabinets.
- Install smoke and carbon monoxide detectors with working batteries in the hallway outside the bedroom.
- Wash bed coverings and sheets regularly in hot water.
- Keep rooms free of chipped paint and dust.
- Keep fire sources, such as portable heaters, away from the bed and other flammable materials.

Nursery/Child Bedroom

- Use a safety-approved crib and mattress covered by a fitted sheet.
- Place the baby on his or her back to sleep.
- Make sure the crib, playpen, or bed is not near the window.
- Keep toys, soft objects, and loose bedding out of the baby's sleep area.
- Keep rooms free of chipped paint and dust.
- Keep plug protectors inserted in unused electrical outlets.
- Keep cords from blinds and shades out of reach of children, or use cordless blinds and shades.
- Keep floors vacuumed.

Bathroom

- Bathtubs and showers should have a nonskid bathmat on the tub/shower floor.
- Use mats with nonslip rubber backs on bathroom floors.
- Install grab bars next to the bathtub and shower.
- Clean up moisture and mold safely.
- Keep prescriptions and over-the-counter medications locked away from children, and use childproof caps.
- Keep small electrical appliances, such as hair dryers, curling irons, or shavers, away from water in sinks or tubs.
- Supervise infants and children while bathing.

Laundry Room

- Set your hot water heater at 120 degrees to prevent burns.
- Change your furnace filter regularly.
- Have gas appliances and furnaces checked yearly to make sure they do not release extra carbon monoxide.
- Make sure the clothes dryer vents outside.
- Test for radon.

Outside

- Fix holes, cracks, and leaks on exterior of the house.
- Keep trash cans covered with lids.
- Keep pools of water from accumulating outside to prevent mosquitos.
- Keep paint and tools stored safely in a garage or storage room.
- Keep all products in their original containers; never place kerosene, antifreeze, paints, or solvents in containers usually used for food or drinks.
- Install handrails on both sides of the stairs.
- Attach nonslip rubber stair treads on stairs to reduce falls.
- Maintain gutters, downspouts, and roof to prevent moisture from entering the home.
- Seal gaps around roofing and attic opening to keep rodents and insects out.
- Be prepared for an emergency: Have a first-aid kit and 3-day supply of food.
- Plan a fire escape route.



Information in this publication was adapted from material developed by Mississippi State Department of Health. This project is funded by the Water Infrastructure Improvements for the Nation Act 2107: Lead Testing in School and Child Care Program Drinking Water Grant.

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Publication 3571 (02-21)

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Produced by Agricultural Communications.

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Extension Service of Mississippi State University, cooperating with U.S. Department of Agriculture. Published in furtherance of Acts of Congress, May 8 and June 30, 1914. GARY B. JACKSON, Director