

## Keep it Safe:

There are many ways to be injured in the home.

Injury is the leading cause of death and disability among children and young adults.

The most common causes of home injury deaths are falls and poisoning.

### Which age groups are most susceptible?

- Falls are leading cause of nonfatal home injury for children from birth through 14 and for older population.
- The highest rate of injury death for infants is from choking and suffocation.
- Highest rate of injury death for 1-14 year olds is fires and burns.
- Adults 80+ years of age are at 20 times higher risk for death from injury than younger individuals.

### Poisoning

- 82% of households keep medicines in unlocked drawers or cabinets.
- 69% of homes with young children store household chemicals in unlocked areas.



## Keep it Contaminate Free:

### Intentionally Bring In:

- Tobacco Smoke
- Pesticides
  - sprays, baits, & powders
- Volatile Organic Compound
  - Air Fresheners & Cleaning products
  - Glues, sprays & coatings
  - Building materials
- Mercury
  - Thermostats & Fluorescent Lamps
- Asbestos
  - Building materials

### Reduce Potential Sources

- Don't use it if you don't have to.
- Substitute with a product that has:
  - low VOC and particle emission
  - low toxicity and irritancy characteristics
  - low risk of chemical reactivity
  - low risk of fungal contamination
  - low maintenance requirements

What are the health & safety hazards?

- Explosive
  - Lithium metal, sodium, ether
- Flammable
  - Acetone, ethyl alcohol, solvents of all kinds
- Toxic
  - Iodine, red phosphorous, phosphine gas, anhydrous ammonia, methamphetamine
- Caustic
  - Sodium hydroxide, hydrochloric acid, muriatic Acid

**It is easier to prevent exposure to contaminants then it is to remove them and treat their effects.**

## Keep it Maintained:

Systems should be inspected regularly to ensure proper function. Some maintenance activities require the use of trained professionals.



## Healthy Homes Training

Trainings are offered for public health, housing practitioners and concerned homeowners in the assessment and treatment of housing related health hazards, with a focus on practical and cost-effective methods.

The training complements hazard-specific training in lead-based paint, radon, mold, pests, and asbestos. It identifies root causes of health problems in a home and links them to seven principles of healthy housing: keep it dry; keep it clean; keep it pest-free; keep it ventilated; keep it safe; keep it contaminate free; and maintain the house.



National Center for  
Healthy Housing

# Help Yourself to a HEALTHY HOME



**Look at your home  
and how you live in  
it. Hidden dangers  
may harm your  
children's health.**



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## Ask yourself these questions:

1. Is the air clean and healthy?
2. Do family members have breathing problems?
3. Is there lead in your home?
4. Is someone in your home allergic to mold?
5. What are the signs of carbon monoxide poisoning?
6. Do you have household products with chemicals that can make you sick?
7. Do you use bug spray or other products to keep pests away?
8. Are poisons kept where children can reach them?

## Why do we care?

Housing affects health both directly and indirectly:

- Physical, chemical, biological exposures
- Psychological

Young children spend about 70% of the time in their home.

Asthma contributes to 3% of total health care cost.

## What is Healthy Housing?

Healthy Housing is designed, constructed, maintained, and rehabilitated in a manner that is beneficial to good occupant health. The "Healthy Homes" movement is a holistic approach to promote health through better housing.

### Healthy Homes Principles

## Keep It:

1. Dry
2. Clean
3. Ventilated
4. Pest-Free
5. Safe
6. Contaminant-Free
7. Maintained



## Keep it Dry:

Prevent moisture by checking for water leaks and make sure home is well ventilated. Excess moisture creates conditions that can affect health. It is the perfect condition for mold to grow, which affects your health. Mold is one of the causes of respiratory problems such as asthma and allergies.



## Keep it Clean:

Why do we want homes that are clean and easily cleanable?

- Reduced exposure to:
  - Chemical contaminants
  - Allergens
  - Pest droppings and urine
  - Pesticides and consumer chemicals
  - Heavy metals such as lead and arsenic
- Reduced harborage for pests

Environmental Allergens:

- Animals
- Dust Mites
- Molds
- Tree Pollen
- Weed Pollen
- Latex
- Foods
- Stinging Insects
- Medications

## Keep it Ventilated:

Pollutants can be found in concentrations 2-5 times higher indoors than outdoors.

With proper ventilation in your home can reduce hazards of:

- Volatile organic compounds (VOC)
- Moisture
- Environmental tobacco smoke
- Particulate matter
- Allergens
- Mold
- Carbon monoxide
- Formaldehyde

During the winter, many people use heaters that are sources of combustion contaminants.

These combustion contaminants can be serious health effects.

- Carbon monoxide poisoning, is commonly called the "silent killer", which causes fatigue, headaches, dizziness, confusion, and death.

Carbon monoxide alarms should be placed near sleeping area and put on every level of a home to provide extra protection. Do not install directly above or beside fuel-burning appliances.

Approximately 500 carbon monoxide deaths plus more than 15,000 non-fire related healthcare visits per year.

By having a well ventilated home, you are preventing high rates of respiratory irritation such as common colds, influenza, pneumonia, bronchitis, and increased rates of absence from school or work.

## Keep it Pest-Free:



Not only are pests associated with asthma or asthma symptoms, but also associated with histoplasmosis, hantavirus, plague, salmonellosis (carriers), and leptospirosis.

Many people use pesticides to get rid of pests, but there are health effects associated with it. It can cause eye, nose, throat irritation, skin rashes, stomach cramps, nausea, central nervous system damage kidney damage, and increased risk of cancers



Pest proof your home by changing storage practices:

- Food materials: Store in pest-resistant or pest-proof containers
- Essential non-food materials & goods: Store in an organized fashion so that any pest activities can be readily observed.
- Clutter: Reduce or eliminate non-essential stored items.