

5 Minutes to a Healthier Home

Think you don't have enough time to make your home a healthier and safer place?

Everyone deserves to live in a healthy home.

Leading a healthy lifestyle starts in the home. Helping families stay healthy is part of our core mission at United Way of Long Island – which is why our 'Healthy Homes Long Island' initiative works to educate families on the importance of maintaining a home that is not only energy efficient but fostering the well-being of those living inside.

United Way
United Way of Long Island

Test your smoke alarm.
Using smoke alarms in your home cuts your risk of dying in a fire in half.

Wash your hands with warm, soapy water for at least 20 seconds
Each year, about **48 million Americans** get sick from eating contaminated or improperly prepared foods.

Make your home smoke free. Never let anyone smoke anywhere in or near your home.
Parents are responsible for **90%** of their children's exposure to smoke.

Beep!

1-800-222-1222

Program the number for poison control into your cell phone: 1-800-222-1222
Everyday in the United States, over 300 children ages 0 to 19 are treated in emergency departments for poisonings.

Do a 3-minute "clean sweep."
Pick one small area of your home - like your junk drawer or stairs - and take 3 minutes to sort the items and get rid of what you don't need.

Have 5 more minutes?
Log on to unitedwayli.org/healthyhomes
for more info on lead, mold, radon, asbestos, pests and more visit: hud.gov/healthyhomes

Check your locks.
Make sure locks function correctly and can be operated by a child in an emergency.

www.unitedwayli.org



Room by Room Checklist for a Healthy Home

