

Did you know that millions of homes across the country experience issues that can affect the health of those living in them?



These issues include moisture and excess humidity problems, heating, plumbing, water leaks and electrical deficiencies. It is crucial that we do our best to keep our homes healthy, so that our families can stay healthy!



## FIVE MINUTES TO A HEALTHIER HOME

- Test your smoke alarm
- Wash your hands in warm, soapy water for at least 20 seconds
- Make your home smoke free – never let anyone smoke anywhere in or near your home
- Program the number for poison control into your phone: **1.800.222.1222**
- Do a 3-minute clean sweep – pick one small area of your home (like a junk drawer) and take 3 minutes to sort the items and get rid of what you don't need

## HEALTHY HOMES SHOULD BE...

### DRY

Mold and moisture increase allergens and asthma triggers and can cause deterioration of your home.

### CLEAN

Clean homes help reduce pest infestations and exposure to contaminants.

### PEST-FREE

Many pest treatments that pose risks for families with health problems or expose young children and pets to poisonous residue. Vermin carry dangerous diseases, and non-pesticide treatments are best for a first line of defense.

### SAFE

A majority of injuries among children occur in the home. Falls are the most frequent cause of residential injuries to children, followed by injuries from objects in the home, burns, and poisonings.

### CONTAMINANT-FREE

Chemical exposures include lead, radon, pesticides, and environmental tobacco smoke. Exposures to radon gas, carbon monoxide, VOC's, and second-hand tobacco smoke are far higher indoors than outside.

### VENTILATED

Studies show that increasing the fresh air supply in a home improves respiratory health. Air filters in HVAC units collect and protect families from many particulates found in the air.

### MAINTAINED

Poorly-maintained homes increase the risk for deteriorated lead-based paint in older houses, which is the primary cause of lead poisoning in children less than 6 years of age. Airborne particulates are a direct result of poor maintenance practices.

### TEMPERATURE CONTROLLED

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

United Way of Long Island is partnering with Long Island Board of Realtors, Inc. to spread awareness about the importance of maintaining a healthy home. United Way is a leader in the sustainable and healthy homes industry, building more than 85 houses across Long Island utilizing materials and technology designed to be durable, low cost and green. Learn more about United Way's Housing and Green Initiatives at [unitedwayli.org](http://unitedwayli.org).