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.

**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.

**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.
Clutter can collect dust, mold, and other allergens and gives pests a place to hide. If clutter is left on the floor or stairs, it can cause you to trip and fall.

**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

Attic:
- Lead (L)
- Mold and Moisture (MM)
- Pests (P)
- IAQ (IAQ)
- Touchpoint (TC)

Bathrooms:
- Lead (L)
- Mold and Moisture (MM)
- IAQ (IAQ)
- Asthma and Allergies (AA)
- Home Safety (HC)

Bedroom(s):
- Lead (L)
- Mold and Moisture (MM)
- IAQ (IAQ)
- Asthma and Allergies (AA)
- Carbon Monoxide (CM)

Entry:
- Lead (L)
- Mold and Moisture (MM)
- IAQ (IAQ)
- Asthma and Allergies (AA)

Basement (or Crawlspace):
- Lead (L)
- Mold and Moisture (MM)
- Pests (P)
- IAQ (IAQ)
- Carbon Monoxide (CM)

Living, Dining, Family Rooms:
- Lead (L)
- Mold and Moisture (MM)
- IAQ (IAQ)
- Asthma and Allergies (AA)

Garage, Outside, and General:
- Lead (L)
- Mold and Moisture (MM)
- IAQ (IAQ)
- Asthma and Allergies (AA)
- Carbon Monoxide (CM)
- Home Temperature Control (TC)