Room by Room Checklist for a Healthy Home

Take the first step! This checklist is a great way to start learning more about the conditions in your home that could be impacting your health and safety. You don’t have to be an expert or a professional to complete this list. For more information on this material and recommended actions please visit: www.hud.gov/healthyhomes or download the Healthy Homes Basics App to have a resource at your fingertips whenever you are ready.

1. Living, Dining, and Family Rooms
   - If your home was built before 1978, check painted doors, windows, trim, and walls for lead
   - Vacuum carpets regularly to reduce asthma triggers
   - Move blind cords out of reach of children to prevent strangulation
   - Check lighting and extension cords for fraying or bare wires
   - Avoid having lighting and extension cords in floor pathways
   - Purchase children’s toys that do not have small parts for choking and do not contain lead
   - Secure heavy items (televisions, bookcases) to walls to prevent tip overs

2. Kitchen
   - If your home was built before 1978, check painted doors, windows, trim, and walls for lead
   - Use a range hood exhausted to the outside (or open window) to ventilate while cooking
   - Clean up liquids and foods right after spills
   - Keep matches, glassware, knives, and cleaning supplies out of reach of children
   - Avoid leaving food and water out overnight
   - Mop floors weekly
   - Place Poison Control Hotline number (800) 222 – 1222 on the refrigerator and in every room
   - Do not allow children to be in kitchen unsupervised when the range or oven is on

3. Bedroom(s)
   - If your home was built before 1978, check painted doors, windows, trim, and walls for lead
   - Move blind cords out of reach to prevent strangulation
   - Make sure room has a working smoke detector
   - Make sure the hall outside of bedrooms has a working carbon monoxide detector
   - Use mattress and pillow covers, and vacuum carpets regularly to reduce asthma triggers

4. Entry
   - Use floor mats by entry doors to reduce bringing in lead dust and other toxins into the home
   - Remove shoes at entry if lead is present in the soil or paint
   - Repair or install weather seals around the perimeter of doors

5. Bathrooms
   - If your home was built before 1978, check painted doors, windows, trim, and walls for lead
   - Use an exhaust fan to ventilate after shower or bath use
   - Use slip resistant mats in showers and tubs
   - Clean up water from floors right after spills
   - Keep medicines and cleaning supplies locked away and out of reach of children
   - If an older adult or someone with mobility or balance concerns is present in the home, install grab bars at toilets, showers, and tubs

6. Laundry
   - Vent clothes dryer to the outside (through roof or wall, not into the attic)
   - Keep laundry soaps and detergents out of reach of children
   - Wash sheets and blankets weekly to reduce asthma triggers
   - Regularly remove lint from dryer screen

7. Attic
   - Clean up clutter to prevent rodents and insects from finding places to nest
   - Check exposed attic insulation for asbestos and consult with an asbestos professional for removal
   - Make sure eave and roof vents are not blocked with insulation
8. Basement (or Crawlspace)
- If your home was built before 1978, check painted doors, windows, trim, and walls for lead
- Check if the pipe that connects your home to the water main (the service line) is made from lead
- Seal holes in walls and around windows and doors to keep rodents and pests out of living spaces
- Clean up clutter to prevent rodents and insects from finding places to nest
- Test the home for radon. If test shows radon above EPA recommended levels, seal slab and foundation wall cracks, and if the problem persists, consider installing a radon mitigation system
- Keep pesticides and cleaning supplies locked away and out of reach of children
- Seal all cracks in slabs and foundation walls for moisture, radon, and pest protection

9. Garage
- Never run lawnmowers, cars, or combustion equipment inside the garage with garage door closed
- Keep gasoline, pesticides, and cleaning supplies out of reach of children.
- Clean up oil, gasoline, and other spills immediately
- If a floor drain is present, make sure it drains to well beyond the outside of the home

10. Outside
- If your home was built before 1978, check painted doors, windows, trim, and walls for lead
- If painted walls, doors, windows, or trim contain lead, keep children away from peeling or damaged paint and prevent children from playing around the ground next to the walls
- Remove leaves and debris from gutters regularly and extend downspouts to drain away from the house
- Replace missing or broken shingles or flashings
- Clean window wells of trash and debris
- Install and maintain fences completely around pools with openings less than 1/4 inch
- If your home was built before 1978, check hardboard siding for asbestos
- Consider testing your well for pesticides, organic chemicals, and heavy metals before you use it for the first time.
- Test private water supplies annually for nitrate and coliform bacteria to detect contaminations problems early
- Do not leave open garbage containers near the home
- Repair broken glass in windows and doors.
- Seal holes in walls and around windows and doors to keep rodents and pests out of living spaces

11. General
- If your home was built before 1978, use lead-safe work practices for all renovation and repairs and test children in the home for lead exposure
- Check piping connecting your home to the water main and the piping in your home for lead (lead pipes are dull and can be scratched easily with a penny). Lead pipes are more likely to be found in homes built before 1986
- No smoking inside the home, especially with children in the same home
- Have a professional maintain yearly all gas appliances and check for carbon monoxide leaks and proper venting
- Do not use candles or incense in the home when adult supervision is not present
- Secure balcony and stair railings, and install no-slip nosings
- Replace burned-out bulbs in lights over stairs and landings
- Run a dehumidifier if indoor humidity is above 50 percent or you see condensation on windows
- Make sure all gas burning appliances, furnaces, heaters, and fireplaces ventilate to the outside
- Replace the furnace filter with a MERV 8 or better every three months
- If mold is visible in any room, refer to mold removal guidelines from the EPA, CDC, or HUD
- Install child-proof locks on cabinets and child-proof covers on electrical outlets
- Keep water temperature at less than 120 degrees
- Keep firearms in locked safes
- Use pest management recommendations or safer alternative products before applying pesticides
- Keep all cleaning products in original containers and do not mix two products together
Room by Room Checklist for a Healthy Home

To help you connect the room, steps, and hazards please look for the following icons:

- Lead
- Indoor Air Quality (IAQ)
- Asthma and Allergies (AA)
- Radon (R)
- Mold and Moisture (MM)
- Pests (P)
- Carbon Monoxide (CM)
- Home Safety (HS)
- Household Chemicals (HC)
- Home Temperature Control (TC)

1. L MM HS IAQ AA
2. and 6. L MM P HS HC
3. L MM HS IAQ AA CM
4. L MM IAQ AA
5. L MM HS IAQ AA HC
6. L MM P IAQ TC
7. L MM P IAQ TC
8. L MM P R CM
9., 10., and 11. L MM HS IAQ AA CM HC P