

Healthy Homes

Torrington Area
Health District



Homes provide shelter from:

- Sun
- Wind
- Rain (sleet, snow)
- Cold or hot air
- Dust
- Animals and insects

What Else Should I Know?

Some of the most serious health problems of children may start in their home. Children can spend up to 90% of their time indoors. By following these seven steps to a Healthy Home you can protect the health of your entire family.

HELP YOURSELF TO A
HEALTHY HOME!

For more information:
www.hud.gov/healthyhomes



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Health District
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www.tahtd.org

YOUR HEALTH BEGINS AT HOME





1. KEEP IT DRY

- Excess moisture creates conditions that can affect health.
- Moisture in the home comes from the inside and the outside.
- Excess moisture in the home should be prevented through appropriate construction methods and plumbing systems, temperature control, ventilation and proper maintenance.

2. KEEP IT CLEAN


- Pesticides, allergens, and general chemicals in the home can cause allergic reactions, asthma and asthma exacerbation, and toxic exposure effects.
- Potential sources of allergens and contaminants in the home come from outdoor and indoor sources.
- Keeping a home clean includes controlling the source, creating smooth and cleanable surfaces, reducing clutter, and using effective cleaning methods.

3. KEEP IT PEST FREE

- Pests can create allergens and be vectors of disease.

- Control of pests through pesticides can lead to poisonings and other neurological problems.
- Some pesticides found in homes have been banned.
- Make house less hospitable for pests. Prevent entry, control food, water and places for shelter.
- Integrated Pest Management is the recommended strategy.

4. KEEP IT VENTILATED

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- Ventilation plays an important role in maintaining health.
 - Ventilation is necessary to remove humidity and dilute or remove contaminants.
 - Local exhaust ventilation removes contaminants from a point source, while whole house ventilation uses fresh air to dilute contaminants.

5. KEEP IT SAFE

- Injuries are not accidents. They are preventable.
- There are many simple and inexpensive ways to prevent home injuries.

- Children and older adults are more at risk for injuries at home.
- Falls, poisoning, and fires/burns are the most common causes of injury deaths.

6. KEEP IT CONTAMINENT FREE

- It is easier to prevent the exposure to contaminants than it is to remove them and treat the effects.
- Should contamination occur: control, contain and clean-up.
- Contaminants are not always detectable by our senses.

7. KEEP IT MAINTAINED

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