A Healthy Home Checklist

Bedrooms, Living Rooms, and Family Rooms
[ ] Install smoke and carbon monoxide alarms
[ ] Do not smoke or allow anyone else to smoke in the home.
[ ] If your home was built before 1978:
   [ ] Test your home for lead paint.
   [ ] Fix peeling or chipping paint using lead-safe work practices.
   [ ] Use safe work practices when painting, remodeling, and renovating to prevent spreading lead dust.
[ ] Keep floors clear of electrical cords and clutter.

Kitchens
[ ] Never use the stove or oven to heat the house.
[ ] Use a range hood fan or other kitchen exhaust fan that vents outside.
[ ] Install smoke and carbon monoxide alarms.
[ ] Use safe cleaning and pest control products.
[ ] Stop cockroaches, ants, and mice without pesticides:
   [ ] Keep them out – seal openings to the outside and between rooms.
   [ ] Starve them – put away food, clean up, cover the trash and garbage.
   [ ] Deny them water – fix leaks and wipe up spilled water.
   [ ] When necessary, use closed baits, traps, and gels.
[ ] Never use bug bombs.

Bathrooms
[ ] Install grab bars next to the bathtub and shower.
[ ] Use mats with nonslip rubber backs on bathroom floors.
[ ] Clean up moisture and mold safely.
[ ] Use a bathroom exhaust fan that vents outside.

Attics
[ ] Check for water leaks from the roof.
[ ] Ensure proper ventilation to prevent moisture that can promote mold growth.
[ ] Seal gaps around roofing and attic openings to keep rodents and insects out.
[ ] Clean up clutter to deny rodents and insects places to nest.

Stairways and Halls
[ ] Fix loose or uneven steps and rails.
[ ] Attach stairway carpet firmly to every step—or remove carpet and attach nonslip rubber stair treads.
[ ] Keep stairs free of clutter.
[ ] Install handrails on both sides of the stairs.
[ ] Keep a working light bulb in overhead lights in the hall and the stairs.

Basement, Crawl Space, Utility and Laundry Areas
[ ] Set hot water heater at 120°F to prevent burns.
[ ] Change furnace/AC filter regularly.
[ ] Have gas appliances and furnaces checked yearly to make sure they don't release extra carbon monoxide.
[ ] Make sure the clothes dryer vents outside.
[ ] Test for radon. If there's a high level, hire a specialist to eliminate the hazard.

Special steps to protect children:
[ ] Make sure cribs, playpens, and play equipment are safe.
[ ] Keep cribs free of soft objects or loose bedding.
[ ] Use cordless blinds and shades, or tie the cords out of reach of children.
[ ] Place infants on their back to sleep.
[ ] Place safety covers on electrical outlets.
[ ] Lock prescription and over-the-counter medications away from children and use childproof caps.
[ ] Use stair gates at the top and bottom of stairs.
[ ] Lock up products used for cleaning, car maintenance, gardening, and pest control.
[ ] If you have a swimming pool, make sure you have proper fencing and gates around the pool.
[ ] Complete a playground safety checklist if you have playground equipment in your yard.
[ ] If a firearm is kept in the home, it should be stored unloaded and locked in a secure container—inaccessible to children.

Everyone can have a healthy home. This checklist and accompanying illustration show some key action steps to take in each room and area of the home.
Keep a working light bulb in overhead lights in the hall and the stairs.

Maintain gutters, downspouts, and roof to prevent moisture from entering the home.

Lock prescription and over-the-counter medications away from children and use childproof caps.

Seal gaps around roofing and attic openings to keep rodents and insects out.

Lock up products used for cleaning, car maintenance, gardening, and pest control.

Install smoke alarms on every floor.

Place safety covers on electrical outlets.

Use mats with nonslip rubber backs on bathroom floors.

Use a range hood fan or other kitchen exhaust fan that vents outside.

Install carbon monoxide detectors near bedrooms.

Keep floors clear of electrical cords and clutter.

Install handrails on both sides of the stairs.

Set hot water heater at 120°F to prevent burns.

Test for radon.

Fix holes, cracks, and leaks on exterior of the house.

Keep trash can covered with a lid.

Be ready in case of disaster: have a kit for shelter in place and plan fire escape routes.

For more information, visit http://www.cdc.gov/healthyhomes or http://www.surgeongeneral.gov.