

Good Health Begins at Home

Make your home a healthy home!

People in the United States spend about half of every day inside their homes. Many actions we take at home can affect our health.

Health and Safety Tips for the Attic:

- ❖ Seal gaps to keep out pests.
- ❖ Clean up clutter.
- ❖ Ventilate the attic.

Health and Safety Tips for the Bedroom:

- ❖ Maintain smoke alarms and carbon monoxide detectors.
- ❖ Make your home smoke-free.
- ❖ Use mattress and pillow covers.
- ❖ Use medicines only as directed.
- ❖ Vacuum often.
- ❖ Wash sheets weekly in hot water.

Health and Safety Tips for the Kitchen:

- ❖ Keep flammable objects away from the stove.
- ❖ Keep cleaning products out of reach of children.
- ❖ Keep medications out of reach of children.
- ❖ Stock healthy foods.
- ❖ Properly store and prepare foods.
- ❖ Wash your hands frequently.
- ❖ Test your water well for contaminants.
- ❖ Maintain smoke alarms and carbon monoxide detectors.
- ❖ Watch small children while they're eating.

Health and Safety Tips for the Basement/Laundry Room:

- ❖ Test your home for radon.
- ❖ Inspect gas appliances annually and vent outside.
- ❖ Maintain smoke alarms on every floor.
- ❖ Keep chemicals & cleaning supplies out of children's reach.
- ❖ Seal holes and gaps in floors and walls.
- ❖ Clean up clutter.
- ❖ Set water heater temperature at 120°F.
- ❖ Install stair rails.
- ❖ Vent the dryer outside.
- ❖ Wash sheets weekly in hot water.

Health and Safety Tips for a Child's Bedroom:

- ❖ Beware of lead paint.
- ❖ Move blind cords out of reach.
- ❖ Maintain smoke alarms and carbon monoxide detectors.
- ❖ Vacuum often.
- ❖ Wash sheets weekly in hot water to remove allergens.

Health and Safety Tips for the Bathroom:

- ❖ Keep medicines out of reach of children.
- ❖ Dispose of expired medicines properly.
- ❖ Use medicines only as directed.
- ❖ Install grab bars in showers, tubs, and next to toilets.
- ❖ Use nonslip mats in bathtubs, showers, and on floors.
- ❖ Keep cleaning products out of reach of children.
- ❖ Check temperature of children's bathwater.
- ❖ Supervise young children in bathtubs.
- ❖ Wash hands frequently.
- ❖ Ventilate the room.
- ❖ Test your water well for contaminants.

Health and Safety Tips for the Garage:

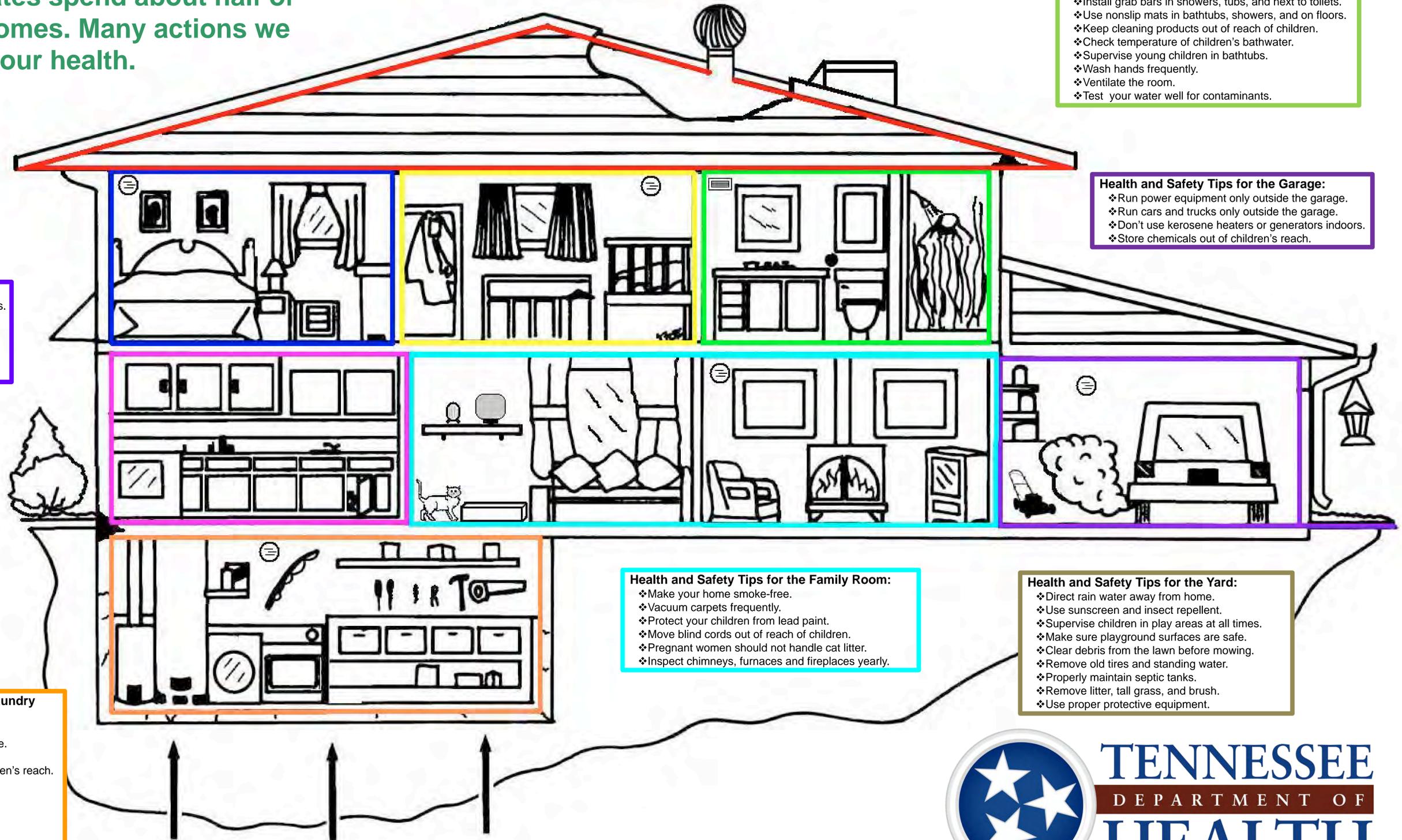
- ❖ Run power equipment only outside the garage.
- ❖ Run cars and trucks only outside the garage.
- ❖ Don't use kerosene heaters or generators indoors.
- ❖ Store chemicals out of children's reach.

Health and Safety Tips for the Family Room:

- ❖ Make your home smoke-free.
- ❖ Vacuum carpets frequently.
- ❖ Protect your children from lead paint.
- ❖ Move blind cords out of reach of children.
- ❖ Pregnant women should not handle cat litter.
- ❖ Inspect chimneys, furnaces and fireplaces yearly.

Health and Safety Tips for the Yard:

- ❖ Direct rain water away from home.
- ❖ Use sunscreen and insect repellent.
- ❖ Supervise children in play areas at all times.
- ❖ Make sure playground surfaces are safe.
- ❖ Clear debris from the lawn before mowing.
- ❖ Remove old tires and standing water.
- ❖ Properly maintain septic tanks.
- ❖ Remove litter, tall grass, and brush.
- ❖ Use proper protective equipment.



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