

Meeker - McLeod - Sibley Healthy Homes

*At Healthy Homes we will help reduce hazards
Inside/outside your home, to help prevent health issues.*

Seven Principles of Healthy Homes

- 1) **Dry** – damp houses are associated with asthma & allergies.
- 2) **Clean** – clean homes help reduce pest infestations and exposure to contaminants.
- 3) **Pest-Free** – exposure to mice and cockroaches increase asthma episodes in children; inappropriate treatment for pest infestations can increase risks for neurological damage and cancer.
- 4) **Safety** – Falls are the most frequent cause of residential injuries to children, followed by burns, and poisonings.
- 5) **Contaminant-Free** – Exposures to asbestos particles, radon gas, carbon monoxide, and second-hand tobacco smoke are far higher indoors than outside.
- 6) **Ventilated** – fresh air supply in a home improves respiratory health.
- 7) **Maintained** – poorly-maintained homes are at risk for moisture and pest problems. Deteriorated lead-based paint in older housing is the primary cause of lead poisoning.

A **FREE** healthy home assessment is available to you.
During the assessment, we'll look at the
SEVEN PRINCIPLES OF HEALTHY HOMES
and help you develop a safe and healthy living environment.
Everyone doing an assessment may be eligible to receive
supplies and/or resources.

