

From The Surgeon General's Call to Action To Promote Healthy Homes

A Healthy Home Checklist

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.

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.

Outer Parts of House and Yard

- Keep pests away:
 - Fix holes, cracks, and leaks on exterior of the house.
 - Eliminate standing water and food sources.
 - Keep trash can covered with a lid.
 - Remove shoes before entering the house to keep dirt containing lead and other toxins outside.
 - Maintain gutters, downspouts, and roof to prevent moisture from entering the home.
 - Use safe work practices when painting, remodeling, or renovating a home built before 1978.
 - If you have a septic tank or private well, properly maintain it to prevent illness.
 - Be ready in case of disaster: have a kit for shelter in place and plan fire escape routes.
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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.



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

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