



## Building Strong Families

Life resources for health, wellness, finances, and positive relationships.

**A healthy home** is one that supports the health and safety of the people who live there. Where we live is at the very core of our daily lives. Home represents a place of safety, security and shelter, where families come together. Protecting individuals and families from harmful exposures, can make important contributions to health. In contrast, poor quality and inadequate housing contributes to health problems such as infectious and chronic diseases, injuries and poor childhood development.

### Reduce pests, dangerous chemicals, and asthma triggers

Your home may increase exposure to dangerous chemicals, provide food, water and shelter for pests, and trigger asthma attacks and other breathing problems. Keep your home clean by clearing away clutter. Pick up things that do not belong on the floor, countertops and furniture. Wash bedding once a week using hot water to kill dust mites. Leave shoes at the door to keep dirt out of the home.



### Dry to reduce mold

A home with too much moisture encourages mold to live and grow. Mold can cause various health problems. Reduce moisture by finding the source such as leaks inside and outside the home - and repair them. Use exhaust fans or open windows in bathrooms after showering or bathing, and in the kitchen when cooking and washing dishes. Clean downspouts and gutters. Make sure that water drains away from your home.



### Reduce accidents and injuries

Prevent slips, trips and falls by adding lighting to stairways, doorways and walkways. Clear away tripping hazards such as clutter, loose electrical cords, and slippery throw rugs. Install smoke alarms and carbon monoxide detectors on each level. Put in fresh batteries every autumn and spring. Put fire extinguishers in key places such as kitchen, bedroom and basement. Set the temperature of the water heater to prevent burns - 120 degrees Fahrenheit or lower. Store all dangerous items out of reach of children.



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**Kansas State University Agricultural Experiment Station and Cooperative Extension Service.**

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## Keep the air fresh

Indoor air often contains unhealthy chemicals from household cleaning products, furnaces and other devices. Bringing fresh air into the home helps to remove or dilute these chemicals and makes breathing healthier. Clean heating and air conditioner vents regularly and replace filters regularly.

## Keep your home free of dangerous chemicals

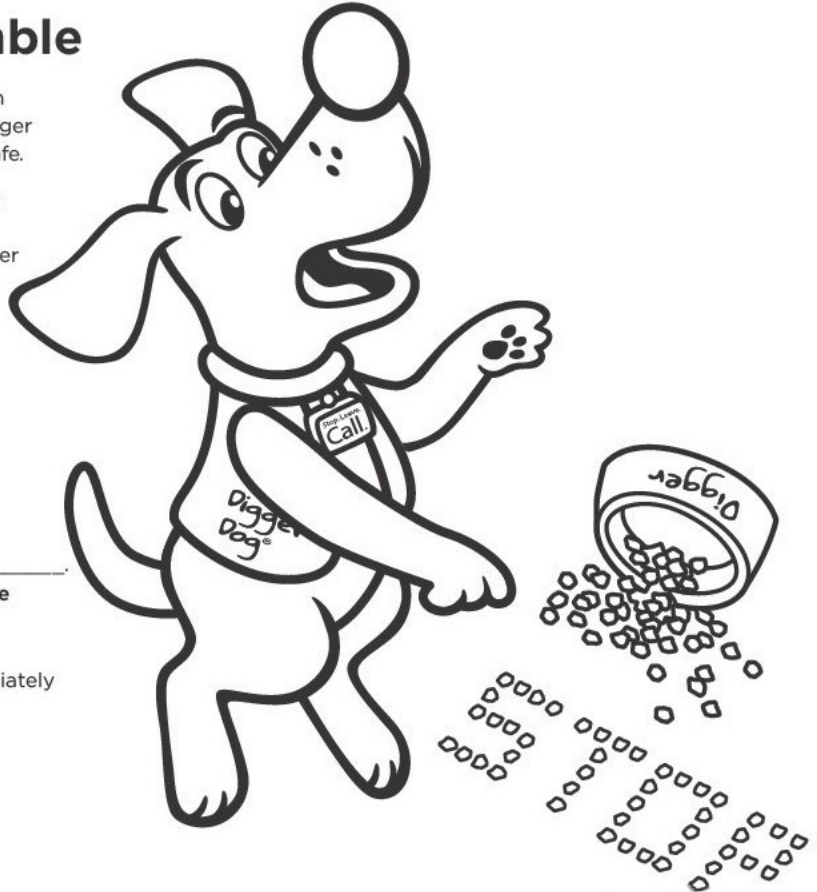
Dangerous chemicals include lead paint, radon, cigarette smoke, and asbestos. Read product labels carefully and keep chemicals in their original containers. Program the phone number for the Poison Control Center (1-800-222-1222) into cell phones. Test for radon and install systems to remove it if necessary. Carbon monoxide (CO) is an odorless, colorless gas that makes thousands of people ill each year. Many household items including gas and oil burning furnaces, portable generators, and charcoal grills produce this poison gas. Install CO detectors near every sleeping area in your home and check CO detectors regularly to be sure they are functioning properly.



## Safety Word Scramble

Digger Dog put together some important carbon monoxide (CO) safety messages below. Help Digger Dog unscramble these messages to keep his family safe.

To complete the CO safety message, unscramble the letters to fill in the missing word. If you need a little help, answers are at the bottom right corner of the page.



1. Install a CO \_\_\_\_\_ on each floor of your home.  
ralma
2. \_\_\_\_\_ your CO alarm and learn the warning noises  
the alarm makes.  
eTst
3. When a CO alarm goes off, you will hear a series of \_\_\_\_\_.  
pbese
4. If your CO alarm goes off, leave your \_\_\_\_\_ immediately  
and call 9-1-1.  
meho
5. Don't forget to hang these important CO \_\_\_\_\_  
messages on your fridge.  
ystefa

Answers: 1. alarm 2. Test 3. beeps 4. home 5. safety



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