Guiding Goals

*For Safe and Healthy Homes*

##### Keep it DRY

*Damp homes provide an environment for dust mites, roaches, rodents and molds. All of these are related to asthma. In addition, moisture can damage the building materials in homes, including lead-based paints.*

##### Keep it CLEAN

*Clean homes reduce pest infestation and exposures to contaminants.*

##### Keep it PEST FREE

*Exposure to pests such as roaches and rodents can trigger an asthma attack.*

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##### Keep it SAFE

*Injuries such as falls, burns and poisonings occur most often in the home, especially with children and seniors.*

##### Keep it CONTAMINANT FREE

*Levels of contaminants such as lead, radon, carbon monoxide, asbestos, secondhand smoke and other chemicals are often much higher indoors.*

##### Keep it WELL VENTILATED

*Having a good fresh air supply in homes is important to reduce exposure to indoor air pollutants and increase respiratory health.*

##### Keep it WELL MAINTAINED

*Poorly maintained homes are at risk for moisture, pest problems, and injury hazards. Deteriorated lead-based paint is the primary cause of lead poisoning.*

Keep it TEMPERATURE CONTROLLED

*Homes that do not have balanced and consistent temperatures may place families at increased risk from exposure to extreme cold, heat, and humidity.* *Young children, older people and those with chronic medical conditions are at most risk.*

*Adapted from the National Center for Healthy Housing at* [*www.nchh.org*](http://www.nchh.org)