

Healthy Homes Room by Room Checklist

Room by Room Checklist for a Healthy Home

Take the first step! This checklist is a great way to start learning more about the conditions in your home that could be impacting your health and safety. You don't have to be an expert or a professional to complete this list. For more information on this material and recommended actions please visit: www.hud.gov/healthyhomes or download the Healthy Homes Basics App to have a resource at your fingertips whenever you are ready.

1. Living, Dining, and Family Rooms

- ☐ If the home was built before 1978, check painted doors, windows, trim, and walls for lead
- ☐ Vacuum carpets regularly to reduce asthma triggers
- ☐ Move window blind cords out of reach of children to prevent strangulation
- ☐ Check lighting and extension cords for fraying or bare wires
- ☐ Avoid having lighting and extension cords in floor pathways
- ☐ Purchase children's toys that do not have small parts for choking and do not contain lead
- ☐ Secure heavy items (televisions, bookcases) to walls to prevent tip overs

2. Kitchen

- ☐ If the home was built before 1978, check painted doors, windows, trim, and walls for lead
- ☐ Use a range hood exhausted to the outside (or open window) to ventilate while cooking
- ☐ Clean up liquids and foods right after spills
- ☐ Keep matches, glassware, knives, and cleaning supplies out of reach of children
- ☐ Avoid leaving food and water, whether for people or pets, out overnight
- ☐ Mop floors at least weekly
- ☐ Place Poison Control Hotline number (800) 222-1222 on the refrigerator and in every room
- ☐ Do not allow children to be in kitchen unsupervised when the range or oven is on

3. Bedroom(s)

- ☐ If the home was built before 1978, check painted doors, windows, trim, and walls for lead
- ☐ Move window blind cords out of reach of children to prevent strangulation
- ☐ Make sure room has a working smoke detector
- ☐ Make sure the hall outside of bedrooms has a working carbon monoxide detector
- ☐ Use mattress and pillow covers, and vacuum carpets regularly to reduce asthma triggers

4. Entry

- ☐ Use floor mats by entry doors to reduce bringing in lead dust and other toxins into the home
- ☐ Remove shoes at entry if lead is present in the soil or paint
- ☐ Repair or install weather seals around the perimeter of doors

5. Bathrooms

- ☐ If the home was built before 1978, check painted doors, windows, trim, and walls for lead
- ☐ Use an exhaust fan to ventilate after shower or bath use
- ☐ Use slip resistant mats in showers and tubs
- ☐ Clean up water from floors right after spills
- ☐ Move window blind cords out of reach of children to prevent strangulation
- ☐ Keep medicines and cleaning supplies locked away and out of reach of children
- ☐ If an older adult or someone with mobility or balance concerns is present in the home, install grab bars at toilets, showers, and tubs

6. Laundry

- ☐ Vent clothes dryer to the outside (through roof or wall, not into the attic)
- ☐ Keep laundry soaps and detergents out of reach of children
- ☐ Wash sheets and blankets weekly to reduce asthma triggers
- ☐ Regularly remove lint from dryer screen

7. Attic

- ☐ Clean up clutter to prevent rodents and insects from finding places to nest
- ☐ Check exposed attic insulation for asbestos and consult with an asbestos professional for removal
- ☐ Make sure eave and roof vents are not blocked with insulation

8. Basement (or Crawlpace)

- ☐ If the home was built before 1978, check painted doors, windows, trim, and walls for lead
- ☐ Seal holes in walls and around windows and doors to keep rodents and pests out of living spaces
- ☐ Clean up clutter to prevent rodents and insects from finding places to nest
- ☐ Test the home for radon. If test shows radon above EPA action levels, seal slab and foundation wall cracks, and if the problem persists, consider installing a radon mitigation system
- ☐ Keep pesticides and cleaning supplies locked away and out of reach of children
- ☐ Seal all cracks in slabs and foundation walls for moisture, radon, and pest protection

9. Garage

- ☐ Never run lawnmowers, cars, or combustion equipment inside the garage with garage door closed
- ☐ Keep gasoline, pesticides, and cleaning supplies out of reach of children
- ☐ Clean up oil, gasoline, and other spills immediately
- ☐ If a floor drain is present, make sure it drains to well beyond the outside of the home

10. Outside

- ☐ If the home was built before 1978, check painted doors, windows, trim, and walls for lead
- ☐ If painted walls, doors, windows, or trim may contain lead, keep children away from peeling or damaged paint and prevent children from playing around the ground next to the walls
- ☐ Remove leaves and debris from gutters regularly and extend downspouts to drain away from the house
- ☐ Replace missing or broken shingles or flashings
- ☐ Clean window wells of trash and debris
- ☐ Install and maintain fences completely around pools with openings less than 1/4 inch
- ☐ If the home was built before 1978, check hardboard siding for asbestos
- ☐ Make sure private wells are sealed and capped
- ☐ Consider testing well for pesticides, organic chemicals, and heavy metals before you use it for the first time
- ☐ Test private water supplies annually for nitrate and coliform bacteria
- ☐ Do not leave open garbage containers near the home
- ☐ Repair broken glass in windows and doors
- ☐ Seal holes in walls and around windows and doors to keep rodents and pests out of living spaces

11. General

- ☐ If the home was built before 1978, use lead-safe work practices for all renovation and repairs and test children in the home for lead exposure
- ☐ Check piping connecting the home to the water main and the piping in the home for lead (lead pipes are dull and can be scratched easily with a penny). Lead pipes are more likely to be found in homes built before 1986
- ☐ No smoking inside the home, especially with children in the same home
- ☐ Have a professional maintain yearly all gas appliances and check for carbon monoxide leaks and proper venting
- ☐ Do not use candles or incense in the home when adult supervision is not present
- ☐ Secure balcony and stair railings, and install no-slip nosing's
- ☐ Replace burned-out bulbs in lights over stairs and landings
- ☐ Run a dehumidifier if indoor humidity is above 50 percent or there is condensation on windows
- ☐ Make sure all gas burning appliances, furnaces, heaters, and fireplaces ventilate to the outside
- ☐ Replace the furnace filter with a MERV 8 or higher every three months
- ☐ If mold is visible in any room, refer to mold removal guidelines from the EPA, CDC, or HUD
- ☐ Install child-proof locks on cabinets and child-proof covers on electrical outlets
- ☐ Keep water temperature at less than 120 degrees
- ☐ Keep firearms in locked safes
- ☐ Use pest management recommendations or safer alternative products before applying pesticides
- ☐ Keep all cleaning products in original containers and do not mix two products together
- ☐ Keep all hazardous products and chemicals in locked cabinets away from children.

Room by Room Checklist for a Healthy Home

To help you connect the room, steps, and hazards please look for the following icons:

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|--|----------------------|--|--------------------------|
| | Lead | | Pests |
| | Indoor Air Quality | | Carbon Monoxide |
| | Asthma and Allergies | | Home Safety |
| | Radon | | Household Chemicals |
| | Mold and Moisture | | Home Temperature Control |

