Hints For Homeowners

Make Your Home A Healthier Home

(NAPSA)—Protecting your family from potential health hazards in your home may be easier with a few tips from the U.S. Centers for Disease Control and Prevention (CDC).

Unsafe and unhealthy homes continue to harm the health of millions of Americans. The following suggestions look at some current common problems and offer simple solutions:

Problem: Exposure to dust mites and mold aggravates asthma and results in increased health costs each year.

Unhealthy housing conditions may seem like cosmetic problems. But hazards can lurk where you least expect them: peeling paint can contain lead, too much moisture can result in mold, and clutter can shelter insects and rodents. And some deadly hazards are invisible, such as carbon monoxide and radon.

Solutions:
• Ensure proper ventilation in the attic and bathroom to prevent excessive moisture that can promote mold growth.

• Wash sheets and blankets in hot water weekly and use mattress and pillow covers to reduce asthma triggers and attacks.

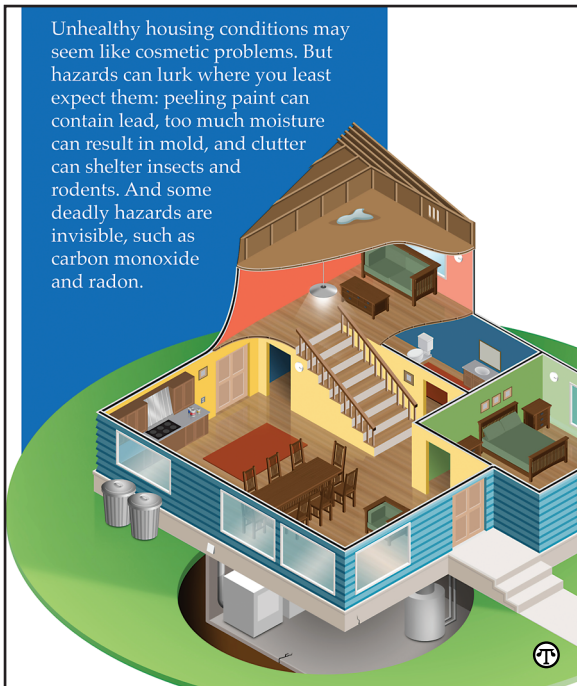• Vent the clothes dryer outside the home to prevent mold and mildew.

• Vacuum carpets to remove allergens that trigger asthma attacks and allergic reactions.

Problem: Falls are the leading cause of home injury deaths. The cost of fall injuries for people 65 and older exceeds $19 billion annually.

Solutions:
• Remove any items that can be tripped over (such as papers, books, clothes and shoes) from stairs and places where you walk.

• Good lighting can make a difference. Keep everything well lit.

• Install grab bars in bathrooms.

Problem: For children, fire, suffocation, firearms, drowning and poisoning are the leading causes of deaths at home.

Solutions:
• Install and maintain smoke and carbon monoxide alarms.

• Make sure that cribs, playpens and play equipment are safe and always keep a crib free of soft objects or loose bedding.

• If you have a swimming pool, install four-sided isolation fencing around the pool with a self-closing, self-latching gate.

• In homes with young children, control or eliminate lead-based paint hazards and lock up products used for cleaning, car maintenance, gardening, and pest control.

For more information, visit www.cdc.gov/healthyhomes.