

## SMALL ACTIONS = BIG DIFFERENCES

**Keep pests out!** Window screens need to be installed and maintained.

**Smoke and carbon monoxide** detectors will warn you when certain gases become dangerous.

**Test your home for radon** with a simple radon testing kit.

**Plug an idle electric outlet** with a snug fitting safety plug.

**Handrails and good lighting** in stair wells are essential to preventing falls.

**Exhaust fans in kitchens and bathrooms** let fresh air in and help moisture to get out.

**Vacuum & mop to clean.** Sweeping with a broom may allow dust in the air and trigger allergic reactions or asthma attacks.

**Store all medications and cleaning products** out of the reach of children.

**Use a non-slip bathmat** in your tub to prevent falls.

**Clean up clutter** to prevent rodent infestations and fire risk.

**Do not smoke in the home.**

## Healthy Homes Resources

Connecticut Dept. of Public Health  
[www.ct.gov/dph/healthyhomes](http://www.ct.gov/dph/healthyhomes)

Healthy Homes Checklist  
<http://www.surgeongeneral.gov/library/Collateral/checklist.pdf>

Tips for every room in the house  
[www.cdc.gov/HealthyHomes/ByRoom](http://www.cdc.gov/HealthyHomes/ByRoom)



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*A Regional Health Department Serving Bethany,  
Hamden, North Haven, and Woodbridge, CT.*

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# HEALTH BEGINS AT HOME



**FREE Healthy Homes  
assessments offered  
by**

**Quinnipiack Valley Health District**  
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## Why Focus on the Home Surroundings?

Health and Well-Being Start at Home! The CT Department of Public Health (CT DPH) Healthy Homes Initiative reports that the association between health and housing has been known for hundreds of years. People spend a lot of time indoors, especially during cold weather months. Whether you own or rent, most of us like to think of our home as a healthy and safe place. However, there are scientific studies that demonstrate that small, perhaps unnoticeable issues can create health problems down the road. Early intervention to correct these issues can prevent future health complications. The quality of housing can affect the quality of life.



(Picture courtesy of the CDC)

## What is the QVHD Healthy Homes Program?

The "Healthy Homes" program provides an assessment of your home performed by an environmental specialist. The goal of the program is for district residents to have the knowledge and information to live comfortably and to prevent injuries and illnesses. Participating in the program allows families to take the first steps to maintain safer environments in the home.

The program is funded through a grant from the CT State Department of Public Health. The home assessment is provided at no cost to residents of Bethany, Hamden, North Haven, and Woodbridge.

## What can I expect from the program?

The Healthy Homes program provides

- A free home assessment by an environmental health specialist.
- Information about potential health risks in the home.
- Recommendations for District homeowners, tenants, and landlords on how to keep your home safer and hazard-free.

## How can I request a Healthy Homes Assessment?

**You can request a Healthy Homes Assessment\* by calling Quinnipiack Valley Health District 203-248-4528.**

\*Assessments may not be appropriate where a child less than 6 years old resides in a house built prior to 1978 that has defective paint; or for a house that has violations of any laws.

**The National Center for Healthy Housing created seven tips for creating a healthy home. They include:**

**Keep it dry!**

**Keep it well-ventilated!**

**Keep it clean!**

**Keep it contaminant free!**

**Keep it safe!**

**Keep it well-maintained!**

**Keep it pest-free!**