

Home Hazards May Lead To Serious Health Problems For Children.

Lead

Lead may be found in pre-1978 housing paint, water pipes, vinyl mini-blinds, soil and toys. Childhood lead poisoning can cause problems with learning, growth and behavior that last a lifetime.

Mold

Leaky roofs, water pipes, windows, air conditioners and basements can spur mold growth. Mold is an allergen and asthma trigger.

Pesticides

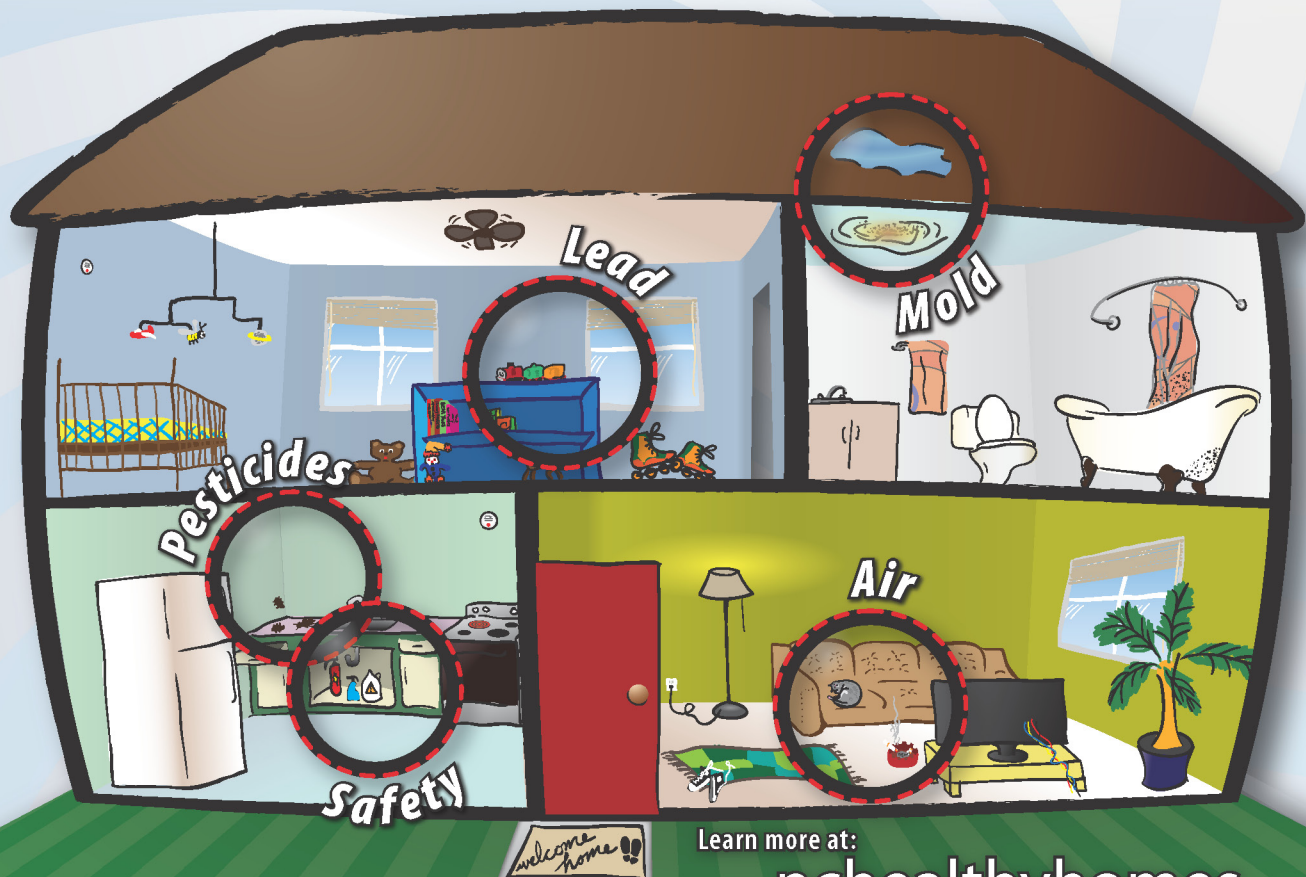
Used unsafely, some pesticides may cause poisoning, birth defects, nerve damage and even cancer.

Indoor Air Quality

Pollutants from tobacco smoke, fragrant candles, new furniture, carpets and some cleaning products can make air unsafe to breath.

Home Safety

Young children and older adults are most likely to get hurt at home by falls, drowning, fires, poisoning, suffocation, choking and guns.



Learn more at:

www.nchealthyhomes.com

5 steps TO A healthy home



1 Get the Lead Out.

Have your child and home tested for lead if you live in a pre-1978 house. Wash your child's hands often. Don't try to remove lead on your own. Hire a lead-safe trained contractor. Never sweep, vacuum or dry-dust in a room with lead paint. Use wet cleaning methods. **N.C. Lead:** www.deh.enr.state.nc.us/ehs/Children_Health/index.html and www.epi.state.nc.us/epi/lead.html



2 Eliminate Sources of Moisture and Remove Visible Mold.

Repair leaking roofs, walls, doors or windows. Keep surfaces dry and clean. Don't leave standing water in drip pans, basements and air conditioners. Use a fan or open a window in the bathroom during showers. Vent your clothes dryer outside. Increase air flow in problem areas. **N.C. Public Health:** www.epi.state.nc.us/epi/oii/mold/

3 Manage Pests Safely.

Seal cracks and crevices in home. Clean up kitchen area and dirty dishes right away. Keep a tight lid on trash cans. If needed, use baits and pest traps and avoid using spray pesticides. Keep pesticides out of reach of children. Read labels and follow instructions. Protect your skin, eyes and lungs, and wash hands after each use.

N.C. Public Health Pest Management: www.deh.enr.state.nc.us/phpm/index.htm



4 Clean Up Indoor Air.

Do not smoke in your home. Open windows or use fans to let in fresh air when using chemicals. Air out new carpet and furniture before bringing them into the home. Use candles and air fresheners sparingly. Control pests and dust. Test your home for radon. Use carbon monoxide and smoke detectors.

U.S. Environmental Protection Agency: www.epa.gov/iaq/



5 Use a Home Safety Plan.

Develop a home safety plan in case of evacuation. Take action to prevent slips, trips and falls by quickly cleaning up spills and using no-skid rugs. Properly store poisonous materials away from children.

U.S. Department of Housing and Urban Development: www.hud.gov/offices/lead/healthyhomes/homesafety.cfm



Learn more at:
www.nchealthyhomes.com

Citations:

U.S. Surgeon General's Call to Action to Promote Healthy Homes
U.S. Department of Housing and Urban Development
U.S. Environmental Protection Agency

