Healthy Home Actions

Make your home safer for you and your family!

**Install Smoke & Carbon Monoxide Detectors**
- Carbon monoxide is a toxic gas that can enter the house through gas-burning appliances or an attached garage.

**Use Nontoxic Paints & Cleaners**
- This will help you avoid VOCs (Volatile Organic Compounds), which are toxic and are part of the “fresh paint smell”. Look to use low or no VOC paints, which are comparably priced.

**Use Less Carpeting**
- Carpet is a haven for toxins, allergens and biological contaminants. A “new-carpet smell” is actually toxins being released into the air and your lungs.
- Vacuum existing carpet at least once per week with a vacuum equipped with a HEPA filter especially if you have young children.

**Install Double-paned Windows**
- They are heat resistant and may protect against fires.

A healthy home is a healthy you!

**Improve Ventilation by Changing Your Furnace Filter**
- Improper ventilation increases the amount of toxic gases in the air. Children living in healthy, properly ventilated homes experience fewer sick days from school and are less likely to develop asthma. Change your filter every three months, or if someone in your house has asthma, every month.

**Open Windows for Fresh Air**
- Natural ventilation saves money, and it’s been shown that people in buildings that are at least partially exposed to fresh air are more comfortable than those in fully air-conditioned spaces.

**Use Curtains & Blinds to Reduce Electricity Use**
- Natural light in the home has been shown improve your mood and increase productivity. Natural light also reduces eyestrain and headaches.
- Open curtains and blinds in south and west facing windows to provide natural heat, and close them to keep things cooler.

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**Smart Facts**

Besides the reduced cost of energy bills, there are other benefits of investing in improved energy efficiency to homeowners and to society.

- **A healthier home is a more valuable home.** Property values tend to rise when a home is energy efficient.
- **A healthier home is a longer lasting home.** Energy efficient upgrades save property owners $1065 on average due to reduced maintenance costs.
- **A healthier home means less mold and less asthma.** Building dampness and mold exposure are associated with a 30-50% increase in respiratory and asthma related health problems, totaling 4.6 million cases of asthma annually in the U.S.