

STAY HOME, STAY HEALTHY

Marion County Public Health Department

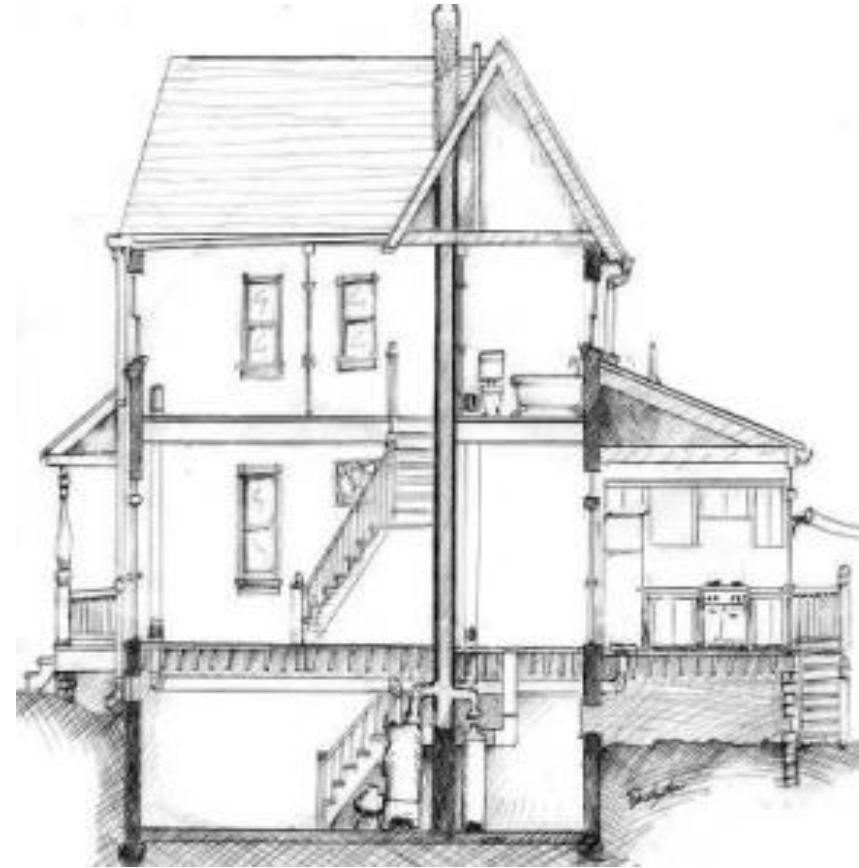
What is a Healthy Home?

- A Healthy Home is a home designed, constructed, maintained, or rehabilitated in a manner that supports the health of residents.



Essentials of a Healthy Home

- Core Healthy Homes Principles
 - Start with People
 - Keep it:
 - Dry
 - Clean
 - Pest-Free
 - Ventilated
 - Safe
 - Contaminant-Free
 - Maintained



Keep it Dry



Air conditioner
condensate drains
into building



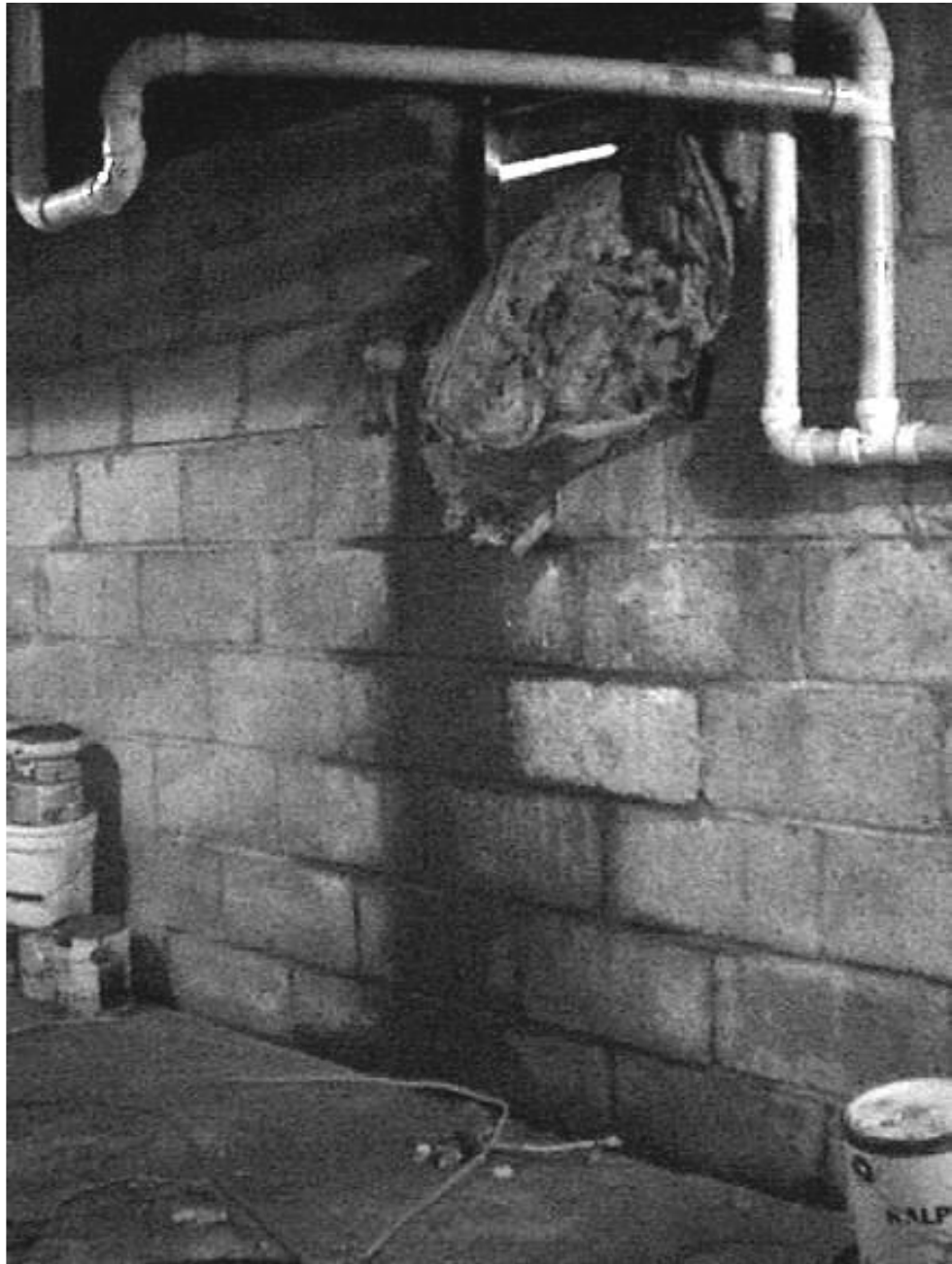
Condensation when cold outside



Mold around window
where there is no
insulation.

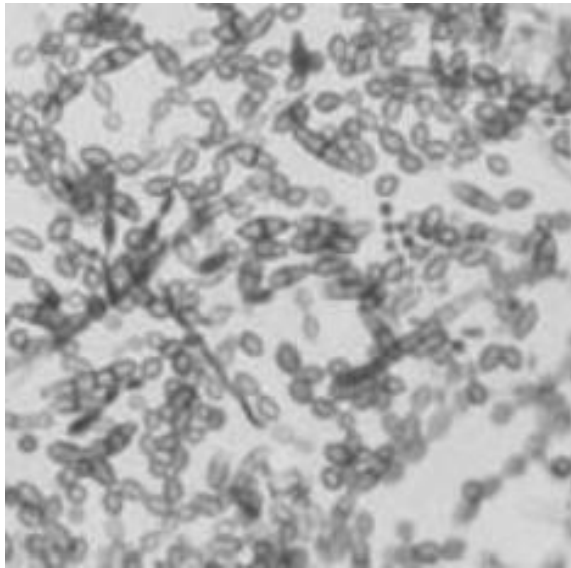
Mold due to poor
insulation or wind
blowing through
insulation.







Keep it Clean

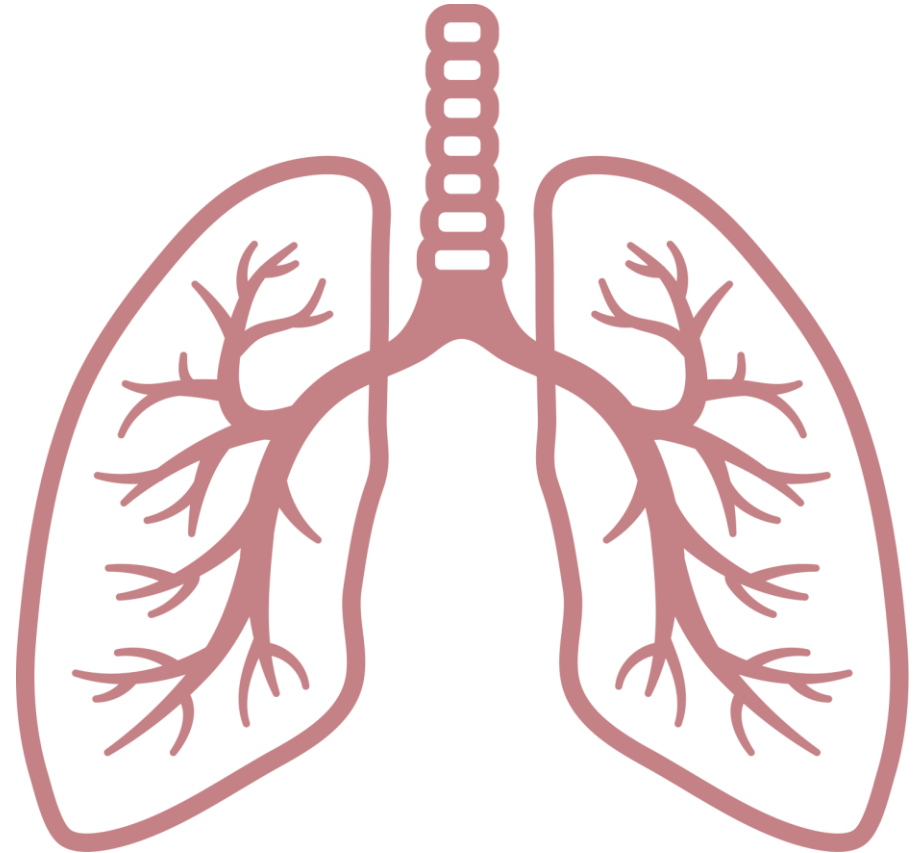


Humid buildings may be colonized by dust mites. In dry climates dust mites are limited to porous materials that get humidified.



Asthma Triggers

- Tobacco smoke
- Dust mites
- Outdoor air pollution
- Pests (e.g., cockroaches, mice)
- Pets
- Mold
- Cleaning and disinfection



Dust





Healthy Cleaning

- Don't dry dust or dry sweep
- Vacuuming:
 - Low-emission vacuum with beater bar
 - Very slowly (or use vacuum with dirt finder)
- Wet cleaning:
 - Use "elbow grease"
 - Frequently change water

Green Cleaning

- Using Green Cleaning products can help to reduce the human health and environmental concerns that comes along with cleaning.
- Basic Ingredients for Green Cleaning
 - Distilled White Vinegar
 - Baking Soda
 - Water
 - Salt
 - Cornstarch
 - Dishwashing Liquid
- Tip: When cleaning with a spray bottle, turn the nozzle to spray a “stream” instead of a “mist.” By doing this, you reduce the risk of inhaling or absorbing chemicals into the body.



Green Cleaning Recipes

TOILET BOWL CLEANER

Baking soda
Vinegar

- Pour equal parts baking soda and vinegar in the toilet bowl.
- Wait several minutes for fizzing to stop, then scrub and flush.



FLOOR CLEANER

½ cup white vinegar
1 gallon warm water

- Mix ingredients.
- Avoid over wetting the floor by using a spray bottle.
 - Mop as usual.
- Rinse with clean water.



TUB AND TILE CLEANER

White vinegar
Baking soda or non-iodized salt

- To remove film, build-up on bathtubs, apply vinegar full-strength to a sponge and wipe.
- Next, use baking soda or salt as you would scouring powder.
- Rub with a damp sponge and rinse thoroughly with clean water.



What to look for on a bottle

- Products that carry the Safer Choice label must meet requirements for:
 - Safer chemical ingredients
 - Performance
 - Packaging
 - Ingredient disclosure
 - Volatile Organic Compounds (VOCs)

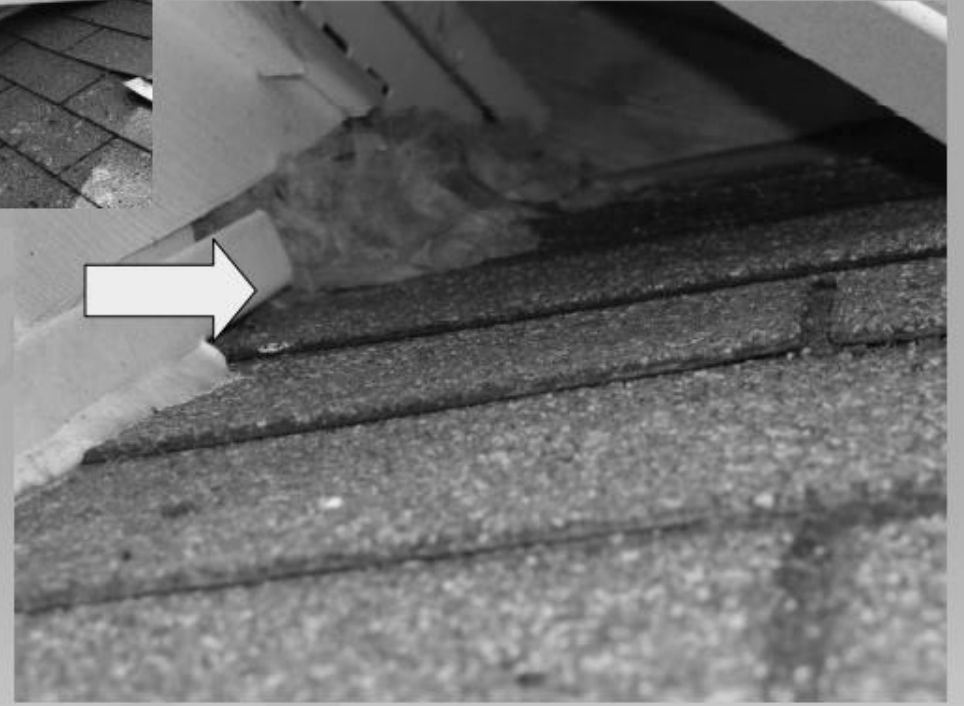


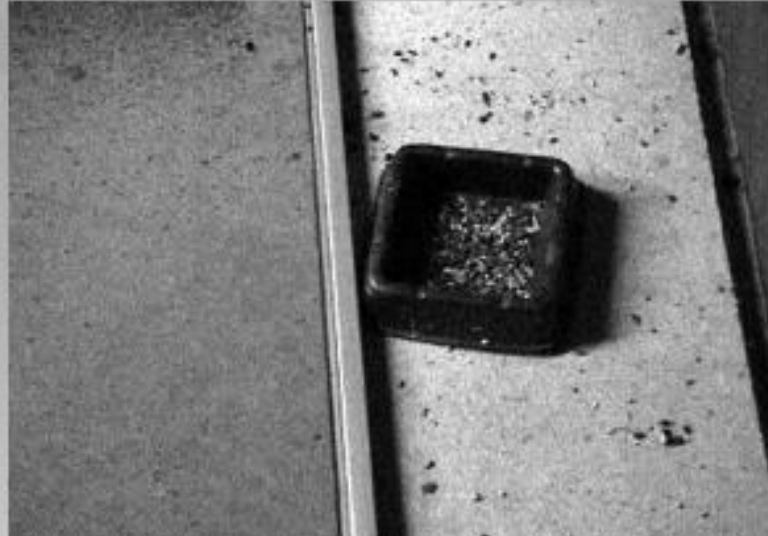
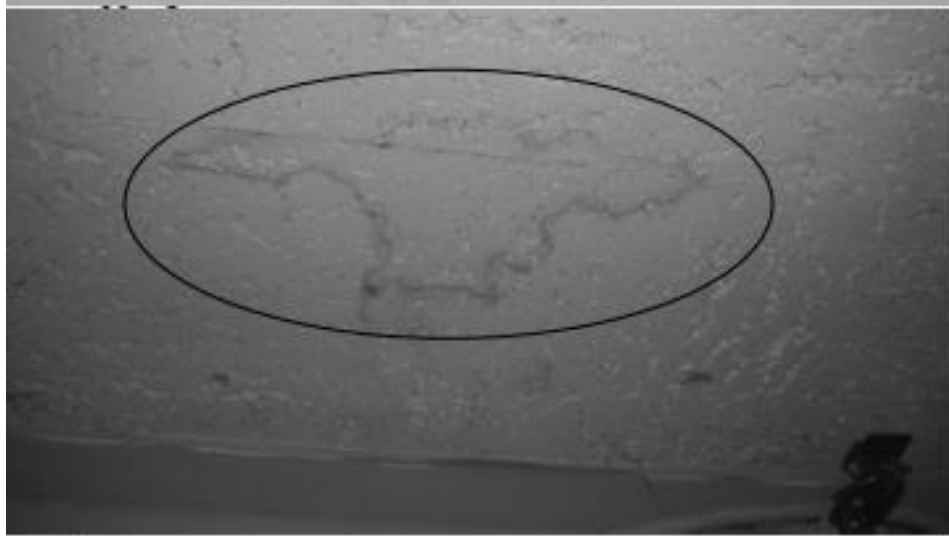
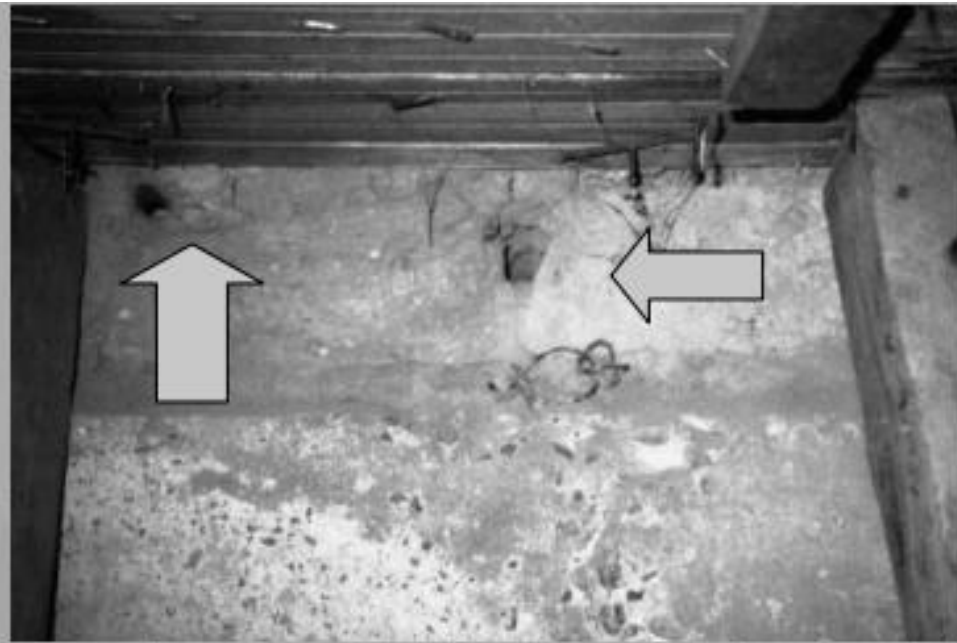
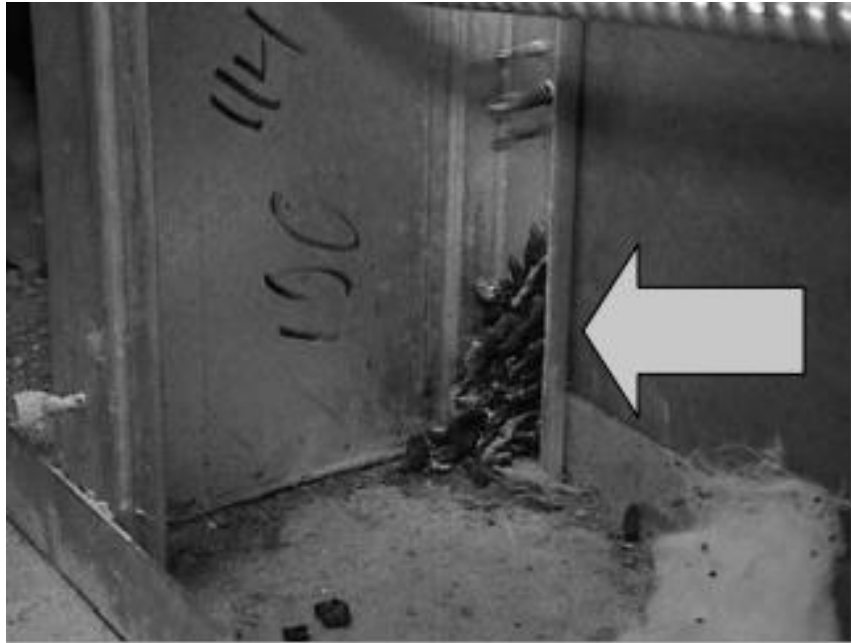
Keep it Pest-Free

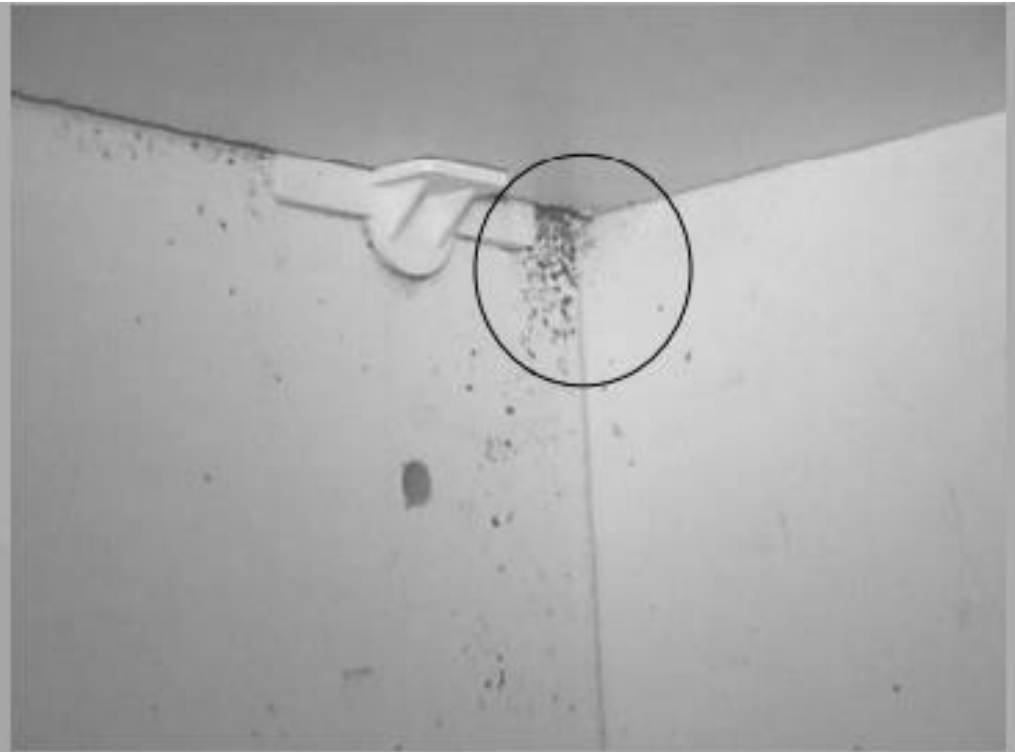


Bat, rodent and raccoon entry

Colonizers -
If you build
it, they will
come.







Habitat Modification and Specialized Cleaning

- Reduce food sources and degrease
- Vacuuming
 - Hard to reach locations and places pests frequent
 - Direction of work: work from top to bottom
- Washing hard surfaces and floors
 - De-grease oven, stove, and counters
 - Two-bucket methods
 - Restrict water distribution
 - Spray-bottle application



Storage of Pesticides



Keep it Ventilated

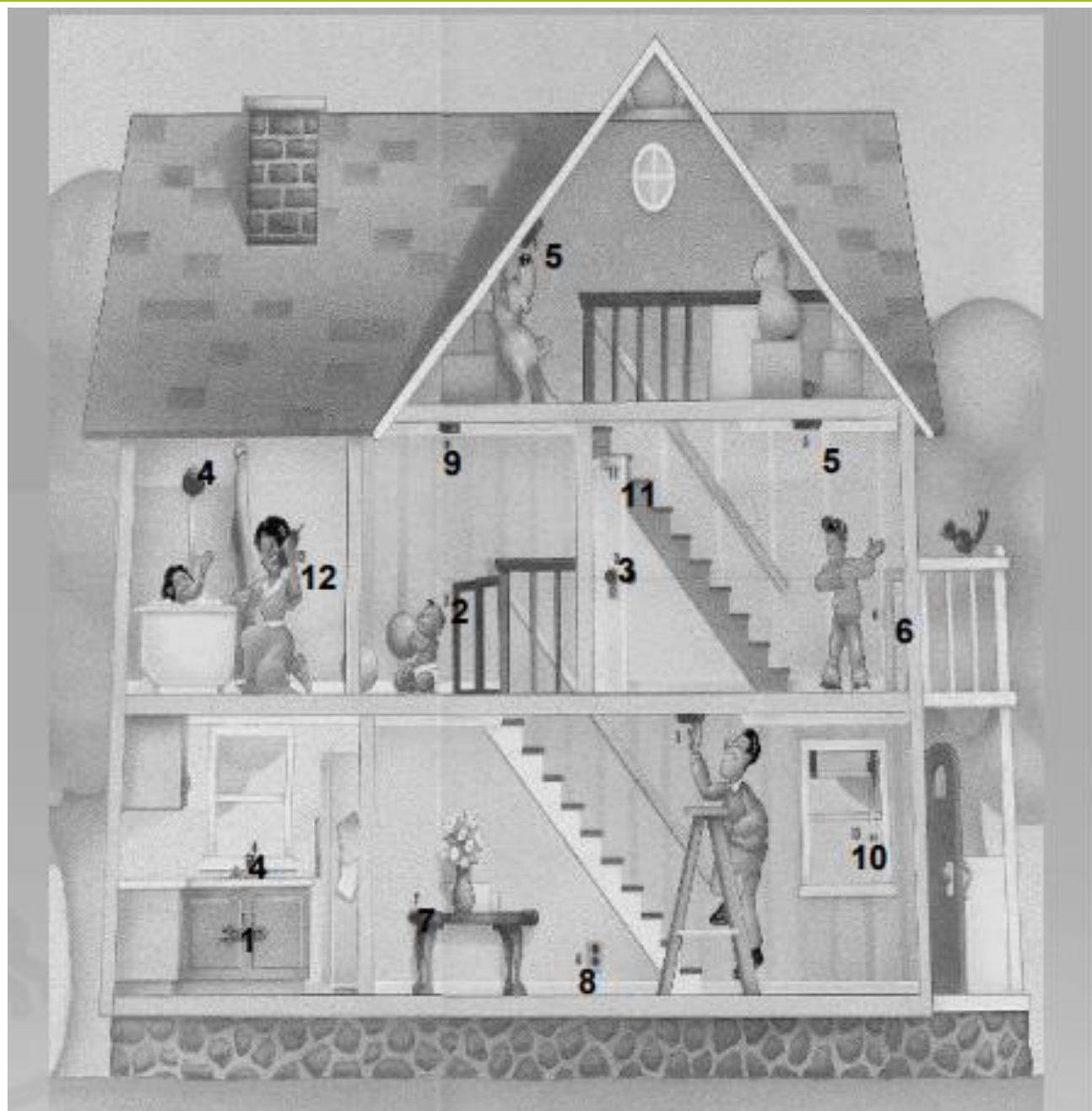
- Bathrooms
- Clothes dryer
- Kitchen ranges
- Boilers, furnaces, hot water heaters
- Fireplaces, wood burning stoves





Keep it Safe

- There are many ways to be injured in the home.
- The most common causes of home injury deaths include:
 - Falls
 - Poisonings
 - Fires and Burns







- Smoke Alarm
- CO Alarm
- Fire Extinguishers





Keep it Contaminant-Free

- Intentionally Bring In
 - Tobacco smoke
 - Pesticides
 - Volatile organic compounds
 - Mercury
 - Asbestos
 - Meth labs
- Along for the ride
 - Bedbugs and mice
 - Cockroaches
 - Formaldehyde
 - lead





Keep it Maintained

- Solid waste
- Heating/cooling/dehumidification/humidification
- Water supply
- Sewer system
- Cooking
- Ventilation
- Rainwater control/drainage
- Structural integrity
- Storage/organization



How's the filter? A clogged low efficiency filter partially sucked out of the frame.



