

Environmental Wellness Checklist

What surrounds you each day in your home, work, or neighborhood can affect your health. Here are some tips to make your environments safer:



CLEAR OUT TOXINS IN YOUR HOME

Some hazards in the home are easy to see. Like a loose electrical socket. Or torn carpet on the stairs. But others are harder to spot. And some are invisible, in the very air you breathe. These include lead, mold, and radon. But there are ways you can find and fix these unseen hazards. Learn how to reduce your exposure to these health hazards.

TO REDUCE HEALTH HAZARDS IN YOUR HOME:

- If your home was built before 1978, test exposed paint for lead.** You can buy test kits yourself or hire a professional. Some city health departments provide free test kits.
- Have children tested for lead exposure regularly,** from at least birth through age six.
- Use vent fans in rooms that have lots of moisture,** like the bathroom, to prevent mold growth.
- If you have a leak or flood in your home, quickly dispose of damaged items.**
- Clean small areas of mold on walls or fabric with hot, soapy water.** Wear a mask, gloves, and goggles while cleaning.
- Test your home for radon.** Some local, county, or state programs offer free test kits. Contact the National Radon Program Services at 1-800-SOS-RADON (1-800-767-7236).