

We know there is a link between lung health and indoor air. Keeping your home healthy is one of the most important things you can do for the health of your family. Think about it! You probably spend more time at home than anywhere else. Here are seven simple steps for making your home healthy and safe.



Breathe New Hampshire has served the people of New Hampshire for over 90 years. Through education, advocacy, research, and partnerships, we are working to eliminate lung disease and improve the quality of life for those living with lung disease in New Hampshire.

We invite you to join us as a volunteer, partner, or donor, so that we can continue to strengthen our efforts.



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Healthy Home



SEVEN STEPS TO A HEALTHIER HOME



Step 1: Keep it smoke-free

Choose not to smoke in your home and do not allow others to do so. *There is no safe level of secondhand smoke.* If you smoke, only smoke outside.

Step 2. Keep it dry

Water and too much humidity make it easy for mold to grow in your home.

- Fix any leaks
- Dry water-damaged areas within one to two days
- Vent your bathroom and kitchen with exhaust fans
- Vent your dryer to the outside
- Use air conditioners and dehumidifiers

Step 3. Keep it clean

Dust provides food for mold, insects, rodents, and dust mites.

- Keep clutter down
- Dust often with a damp cloth
- Change the filters on your furnace and air conditioners regularly
- Cover your mattress and pillows with allergen-proof covers
- Wash linens in hot water
- Vacuum carpets, upholstered furniture, and wood floors weekly

Step 4. Keep it safe

Carbon monoxide is a colorless, odorless gas that is released when fuels do not burn completely.

- Never use your kitchen stove or oven to heat your home
- Get a carbon monoxide (CO) alarm and check the batteries regularly
- Never warm up a car or lawnmower in an attached garage
- Have a trained professional inspect your heating system each year

Step 5. Keep it pest-free

Food and water attract pests, so keep your home as clean and dry as possible.

- Store food in containers
- Do not leave out dirty dishes or food
- Take out garbage regularly
- Close areas where pests can enter the home
- If you must use pesticides, use the least toxic ones

Step 6. Keep it chemical-free

No environment can be totally free of chemicals, but you can control your exposure by making healthy choices.

- Choose environmentally safe or “green” products
- Store products safely in their original packaging
- Always read labels
- Dispose of products as directed
- Use products in well-ventilated areas



Step 7. Keep it radon-free

Radon is an odorless gas that can seep into your home through cracks in the basement walls and floor, and openings around floor drains, pipes, and sump holes. Testing is the only way to find out if you have a radon problem.

- One in three New Hampshire homes has high radon levels
- Test your home for radon
- If the level exceeds the standard, contact a professional who will help you vent the gas to the outside

Go to the New Hampshire Department of Environmental Services Radon Program to learn more: www.epa.gov/radon.

For more information, visit our website at www.breathenh.org or call 1.800.835.8647.