Our homes and our health are closely connected. Everyone deserves a safe and healthy home. A healthy home is:

**CLEAN**
Clean homes reduce pest infestation and exposure to contaminants.

**DRY**
Damp homes provide an environment for molds, dust mites, roaches and rodents. All of these can cause or worsen asthma.

**PEST-FREE**
Exposure to pests such as rodents or roaches can trigger asthma attacks.

**SAFE**
Injuries such as falls, burns and poisonings occur most often in the home, especially for children and older adults.

**THERMALLY CONTROLLED**
Prolonged exposure to excessive heat, cold or humidity may place your family at risk for various health problems.

**MAINTAINED**
Poorly maintained homes are at risk for moisture, pest problems and injury hazards. Deteriorated lead-based paint in older housing is the primary cause of lead poisoning, which affects over a half-million children.

**VENTILATED**
Access to a good, fresh air supply in your home is important for improving respiratory health and reducing exposure to indoor air pollutants.

**CONTAMINANT-FREE**
Exposure to harmful chemicals such as lead, radon gas, asbestos particles, carbon monoxide and secondhand smoke are far higher indoors than outside.

Sources: U.S. Department of Housing & Urban Development
National Center for Healthy Housing