

Your checklist to help you stay Healthy at Home.

A healthy home helps prevent disease and injury—and even supports your mental health and well-being.

Keep this list handy. And keep your home healthy.

Household Chemicals

Check labels of cleaning products and pesticides for words like “caution,” “warning,” “danger,” or “poison.” Do not flush these products down the toilet, or pour them into sinks, drains, storm drains or onto the ground.



Potentially Harmful Substances

Place alcohol, tobacco, and other drugs—including cannabis and prescription medications—in locked medicine cabinets or on high shelves out of sight and reach.



Lead Dust

When cleaning, use a vacuum with a HEPA filter, a three-bucket mopping system, and disposable towels to wet-clean windowsills and other hard surfaces. Repair chipping or peeling paint using lead-safe work practices.



Safe Drinking Water

If you have a private well, have it tested every year for coliform bacteria and every 5 years for inorganic chemicals and gross alpha radiation.



Indoor Air Quality

Order a free home testing kit to check your home for radon. Install CO alarms to alert you to dangerous levels of carbon monoxide (CO). Be on the lookout for mold in areas of your home with water or moisture intrusion, such as leaks in roofs, windows, or pipes—or where there has been flooding.

