

# Healthy Home

## DIY ROOM BY ROOM CHECKLIST



You don't need to be an expert to make your home healthier. Use this quick checklist to spot simple safety and air-quality issues around the house.

### HEALTHY HOME BASIC

1.  Keep rooms well-ventilated (fans or open windows).  
 Fix leaks and clean moisture right away  
 If you see mold, follow EPA/CDC removal guidance.  
 Test smoke and CO detectors regularly.  
 Vacuum and clean floors often.  
 Wash bedding weekly.  
 Seal gaps around floors, doors, and windows.  
 Check older paint (pre-1978) for peeling.  
 Have gas appliances checked yearly.  
 Keep water heater under 120°F.  
 No smoking Indoors

### LIVING, DINING & FAMILY ROOM

2.  Vacuum and dust regularly.  
 Keep cords out of walkways and replace damaged ones.  
 Secure TVs and bookcases to prevent tip-overs.  
 Choose toys without small choking hazards.



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## KITCHEN

- 3.**
- Use range hood or open windows when cooking.
  - Clean spills immediately.
  - Keep sharp items and cleaners out of reach.
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  - Clean spills immediately.
  - Keep sharp items and cleaners out of reach.
  - Don't leave food or pet bowls out overnight.

## BEDROOMS

- 4.**
- Check older painted surfaces for peeling.
  - Keep blind cords out of reach.
  - Use mattress and pillow covers.
  - Ensure smoke detectors function.

## ENTRY/HALLWAYS

- 5.**
- Use entry mats to reduce dirt and toxins.
  - Remove shoes if soil/paint may contain lead.
  - Maintain weather seals around doors.



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## BATHROOM

3.  Use exhaust fan after showers.  
 Place slip-resistant mats in tubs/showers.  
 Clean water spills immediately.  
 Store medicines and cleaners out of reach.  
 Install grab bars if needed.

## LAUNDRY ROOM

4.  Vent dryer outdoors.  
 Keep detergents out of reach.  
 Clean lint filter regularly.  
 Wash bedding weekly.

## ATTIC

5.  Reduce clutter to prevent pests.  
 Check insulation (consult pros for suspected asbestos).  
 Keep roof/eave vents unblocked.



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## BASEMENT / CRAWLSPACE

6.  Check older painted surfaces for peeling.
- Seal cracks to block pests, moisture, and radon.
- Test for radon and mitigate if high.
- Store chemicals safely.
- Reduce clutter.

## GARAGE

7.  Never run gas engines with door closed.
- Store chemicals out of reach.
- Clean spills immediately.
- Ensure floor drains work properly.

## OUTSIDE

8.  Clean gutters; extend downspouts away from home.
- Clear window wells.
- Keep garbage containers closed.
- Test private wells annually.
- Maintain pool fencing.

### Learn More

Visit [HUD.gov/HealthyHomes](https://www.hud.gov/HealthyHomes) or download the Healthy Homes App.

[alialasady.com](https://www.alialasady.com)

