

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



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.



### **VENTILATED**

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

### **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.

### **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

REBUILDING TOGETHER'S SAFE & HEALTHY PRINCIPLES, PRIORITIES & COMMON REPAIRS								
PRINCIPLE	Keep it DRY	Keep it CLEAN	Keep it PEST FREE	Keep it SAFE	Keep it CONTAMINANT- FREE	Keep it WELL – VENTILATED	Keep it MAINTAINED	Keep it THERMALLY CONTROLLED
PRIORITIES	No roof leaks     No plumbing leaks     No moisture problems     Rainwater diverted away from home	Durable flooring easy-to clean     Interior paint and wall covering intact     No tripping hazards	No gaps, cracks or holes in exterior     No live infestation of pests: sources of attraction removed	Smoke detectors and fie extinguishers     Safe Egress/ingress     No tripping hazards     Grab bars, handrails, toilet and tub mods as needed     No electric hazards	CO detector for homes with CO risks Kitchen Fan exhausts outside Bathroom fan exhausts outside Windows and doors open, close and seal well.	Clothes dryer vents outside the metal duct Kitchen fan exhausts outside Bathroom fan exhausts outside Windows and doors open, close and seal well	Working range, refrigerator and water heater     Working sink, toilet bathtub and shower     Adequate lighting     House numbers visible from the street	Comfortable indoor temperature range     Windows and doors open, close and seal well
REPAIRS	Repair roof and flashing     Repair gutter and downspout     Grade away from foundation     Repair plumbing leaks	Remove debris in yard Remove clutter from home Repair countertops and cabinets Replace old carpeting with durable flooring Install smooth and cleanable flooring	Seal gaps, cracks and holes in siding and foundation Remove / prune ivy, shrubs and trees away from siding Remove debris that harbor pasts Caulk around kitchen countertips and cabinets Integrated Pest Management by a PRO	Install smoke alarm and fire extinguishers Install grab bars and handrails Repair defective flooring Install flooring transition strips Install GFCI's	Install CO detector Service furnace and water heater by HVAC professional Remove unvented gas heaters Follow lead-safe work practices in pre-1978 homes Use low VOC paints and caulking	Vent dryer outside Repair/install exhause fans Change furname filter and cover slot Weatherstrip doors and windows	Repair/replace furnace, water heater and appliances     Landscaping     Exterior painting     Replace bulb with CFL's / LED's  ililding Together Hu	Weatherstrip doors and windows     Wrap water heater to reduce energy loss     Air seal attic hatch     Change furnace filter and cover slot     Increase insulation to avoid excessive cold or heat.

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