Helpful Hints for Health and Safety inside and outside of the home

**Pest Control**

To prevent pests:

___ Seal outer openings.
___ Put food away, clean up food particles, cover the trash.
___ Fix any leaks and clean up spilled water.
___ Use traps, closed bait traps or gels when necessary to get rid of pests (never use bug bombs as they can be hazardous to health).

Getting rid of pests is a hard process and can also be dangerous. Please use a certified pest management company when trying to get rid of pests.

**Lead Based Paint in Homes**

Built Before 1978

___ Fix and clean peeling/chipping paint using lead-safe practices (http://www.idph.state.ia.us/LPP)
___ Never let your child eat paint chips or dirt.
___ Do not let children play in bare soil.
___ Wash your child’s hands and toys often.
___ Wet wipe floors and windows often.
___ Children should be tested for lead after the age of 1.
___ Talk to your health care provider about concerns you have about lead in your home.

**Pets**

___ Wash hands after petting animals, picking up their stools and after handling their food.
___ Clean up pet stools and urine as soon as possible, especially in areas where children play.
___ Animal dander is caused by loose skin that animals shed. Vacuum often, especially high traffic areas.
___ Pets are required to see a Veterinarian annually and have their shots updated.
___ Contact your City Hall for more information on how many pets you can have at your residence.

**Outdoors**

___ Before heading outside everyone should apply a SPF sunscreen of at least 30.
___ When outside dress children appropriately for the weather.
___ Dress in lightweight, long-sleeve shirts and long pants when in wooded areas or grassy fields and apply insect repellent to clothing.
___ Always supervise children when playing outside and around water.
___ Helmets and other protective gear should be worn while biking and doing other activities.

The Siouxland Healthy Homes Coalition is coordinated by the Siouxland District Health Department.

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www.siouxlanddistricthealth.org

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**Easy tips you can do everyday!**

**Leave your shoes at the door.**
The soles of shoes can have chemicals, allergens and other yucky substances.

**Prevent falls on stairs**
Make sure stairs are clutter free. And have sturdy handrails installed.

**Keep kitchen counters clean**
To help prevent pests clean up food particles and put food away.

**Prevent burns**
Cook with handles facing in and cook with pots/pans on the back burner.

**Prevent drowning**
Young children can drown in as little as 2 inches of water. Always, keep the toilet lid down and completely drain the bath tub after each use. Never leave a child alone near water.

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**Room by Room Health and Safety Checklist**

**Kitchen**

- ___ Locks on cabinets where poisonous products are stored.
- ___ Stove fan or other kitchen exhaust fan that vents outside.
- ___ Smoke and carbon monoxide detectors installed near kitchen.
- ___ Never use the stove or oven to heat the house.
- ___ Ensure the refrigerator is maintained at 41° or below.

**Bedrooms**

- ___ Install smoke and carbon monoxide detectors outside of sleeping areas.
- ___ Dressers and large objects are secure and can not be tipped over.
- ___ Furniture is placed away from windows.

**Crib safety**

- ___ Keep cribs free of soft objects (toys, loose bedding).
- ___ Make sure cribs are safe (crib slats are small enough a pop-can will not fit through them, no re-calls, no corners where children can get caught).
- ___ Put infants on their backs to sleep.

**Bathrooms**

- ___ Ensure the water heater is set at 120° to prevent burns.
- ___ Have mats with non-slip rubber backs on floors.
- ___ Ensure the exhaust fan is working and vents to the outside to prevent mold and moisture issues.
- ___ Fix any leaks and clean up water.
- ___ Grab bars next to the bathtub/shower to help prevent falls.

**All Living Areas**

- ___ Do not smoke or allow anyone to smoke in the home (1-800 QUIT NOW a free service to assist with quitting).
- ___ Keep floors clear of electrical cords.
- ___ Cover all electrical outlets.
- ___ Lock prescriptions and over-the-counter medications in cabinets that children can not have access to.
- ___ Lock up all poisonous/hazardous products.
- ___ Keep firearms locked up, unloaded and inaccessible to children.

**Stairs**

- ___ Place gates at the top and bottom of stairs.
- ___ Fix loose or uneven steps.

**Radon**

Radon is the second leading cause of lung cancer in the US. The only way to know if your home has radon is to test for it. The Siouxland District Health Department has short-term test kits available to purchase for a low cost.

- ___ Test your home for radon.

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**Important Information Posted**

- ___ Ensure important phone numbers are posted in case of an emergency. Include the State of Iowa’s Poison Control Center Phone Number 1-800-222-1222.