

THE ELEMENTS OF A



GREEN & HEALTHY HOME

A green and healthy home supports the well-being of the people living there in many different ways. Ensure your home is clean, healthy and safe home by following GHHI's 8 Elements of a green and healthy home.

A green and healthy home is:



DRY

- Always clean spills and floods within one day
- Check the plumbing in your home for leaks
- Prevent rain water from entering your home by making sure drainage around the outside is flowing away from the house
- Prevent water from entering your home by repairing roof leaks before they get too big



SAFE

- Always wipe spills away quickly
- Install smoke and carbon monoxide detectors and keep fire extinguishers on hand, especially in the kitchen
- Keep children away from windows, as a screen is not strong enough to prevent a fall
- Secure loose rugs and keep children's play areas free from hard or sharp surfaces
- Store and properly label food



CLEAN

- Empty trash regularly
- Make sure you have a place to keep dirty laundry, so it's not on the floor
- Reduce clutter
- Use wet-cleaning instead of dry dusting



ENERGY EFFICIENT

- Caulk windows and door frames to ensure that they are airtight
- Change the filter on your furnace regularly
- Install a programmable thermostat or turn your heat down (and air conditioning up) when you are not at home
- Seal your heating and cooling ducts
- Use compact florescent bulbs (CFL) in all of your lamps and light fixtures



CONTAMINANT-FREE

- Keep floors and window areas clean using a wet-cleaning approach
- Have your home tested for radon, a naturally occurring dangerous gas that enters homes through soil, crawlspaces, and foundation cracks
- Reduce lead-related hazards in homes built before 1978 by having deteriorated paint removed or made safe



WELL-MAINTAINED

- Inspect, clean and repair your home routinely
- Take care of minor repairs and problems before they become large



PEST-FREE

- If needed, use sticky-traps and baits in closed containers
- Seal cracks and openings throughout the home so pests can't get in
- Store food in pest-resistant containers



WELL-VENTILATED

- Try to keep air moving in your home with fans or by opening windows
- Ventilate bathrooms and kitchens

For more information, please visit www.greenandhealthyhomes.org.