

# Protecting Children at home

## Happy Home

Make your home safer and healthier for your family.

### How hazards in your home affect your children



Children are most at risk to hazards in the home because their growing bodies need more air and water for their size compared to adults. Children also spend more time on the floor and put more things into their mouths than adults. **Keep floors cleaner by dusting, wet mopping, and vacuuming regularly. Also, remember to leave your shoes at the door.**



Cosmetics and personal care products are some of the most common substances found in poisonings among children under 6 years old. **Help prevent poisoning by moving cleaning products, personal care products, and pesticides to locked cabinets out of the reach of children.**



The air and dust inside your home can have a big impact on your health. In Washington, about 129,300 children younger than 18 have asthma. Mold, pollen, some chemicals, and other small particles in indoor air can trigger asthma attacks. **To improve your indoor air quality, open windows when weather and safety allow.**



Chemicals in household products like cleaners, furniture, and building materials can get into the air and dust in your home. These chemicals may harm your children's growth and development. **Choose safer cleaning products with the EPA Safer Choice product label.**



Pregnant people, people who may become pregnant, and nursing parents should also be careful around chemicals that can harm the health and brain development of babies. **For example, switching from plastic to glass, ceramic, or stainless steel food storage containers can reduce the release of chemicals into your food.**

Luckily, you can make your home a safer place for your little ones to explore and your whole family to enjoy.

### To learn more about how to make your home safer and healthier, call or visit:

- ▶ **Washington Department of Health:** 1-877-485-7316 (**language access**) or [doh.wa.gov/healthyhomes](https://doh.wa.gov/healthyhomes)
- ▶ **Washington Poison Center:** 1-800-222-1222
- ▶ **Green and Healthy Homes Initiative:** [greenandhealthyhomes.org](https://greenandhealthyhomes.org)
- ▶ **Northwest Justice Project** for landlord-tenant issues: 1-877-211-9274
- ▶ **Safer Choice** certified products: [epa.gov/saferchoice](https://epa.gov/saferchoice)
- ▶ **SafeKids.org** for tips on keeping children safe

To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email [civil.rights@doh.wa.gov](mailto:civil.rights@doh.wa.gov).

## Healthy House,

keep

# Your Home:

## Well-Maintained

To take care of minor problems before they become larger problems:

- ▶ Learn how to stay safe during home repairs.
- ▶ Fix peeling and chipping paint to reduce your exposure to lead in paint and dust.
- ▶ Ask your health care provider about having your child tested for lead.
- ▶ Test your home for radon, a naturally occurring, dangerous gas. Find a kit at your local hardware store.
- ▶ If you have a private well, test it every year for chemicals like arsenic and nitrates.

## Dry

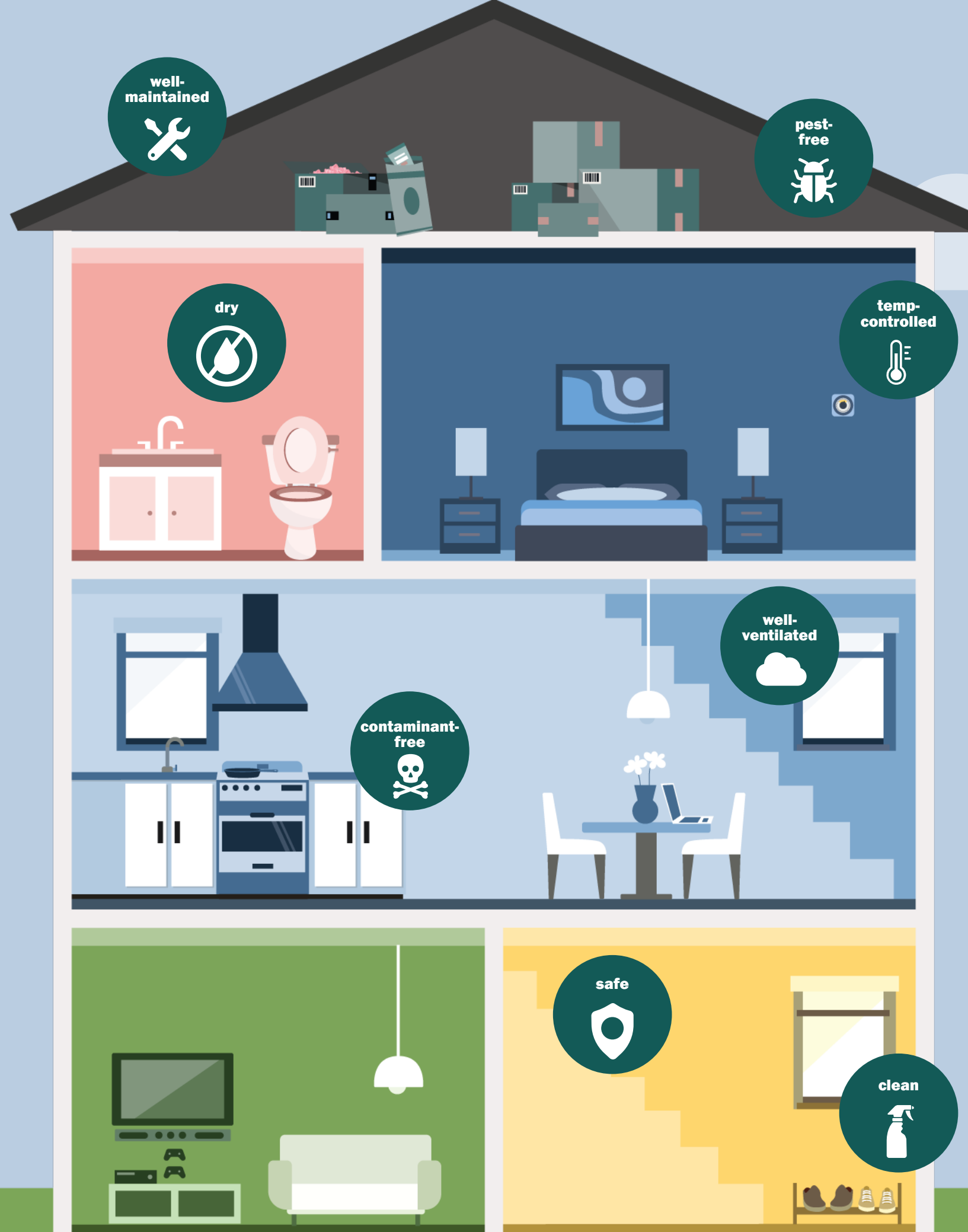
To prevent mold, wood rot, and pests:

- ▶ Fix water leaks.
- ▶ Clean up and dry water-damaged areas.
- ▶ Use exhaust fans in your kitchen and bathrooms.
- ▶ Use a dehumidifier or HEPA air cleaner in the rooms where you spend most of your time.

## Contaminant-Free

To reduce chemicals that can harm health, growth, and development:

- ▶ Move cleaning products and pesticides to a locked cabinet out of the reach of children.
- ▶ Choose safer cleaning products with the EPA Safer Choice product label.
- ▶ Check tags on furniture and children's products to ensure they're made without flame retardants.
- ▶ Call your city's solid waste authority to learn how to get rid of household hazardous waste like cleaners, paint, and batteries.
- ▶ Switch to glass, ceramic, or stainless steel food storage containers. Plastics can release chemicals into your food.



Whether you live in a single family home, an apartment, a mobile home or any other type of housing, follow these tips to make your home safer and healthier for your family.

## Pest-Free

To get rid of cockroaches and mice that can trigger allergic reactions and carry diseases:

- ▶ Seal cracks and holes.
- ▶ Store food in sealed containers.

## Temperature-Controlled

To regulate temperature and humidity and reduce your exposure to extreme heat and cold:

- ▶ Inspect heating and cooling systems regularly.
- ▶ Check your city's utility providers for resources and ways to save energy.

## Well-Ventilated

To reduce chemicals that may pollute the air inside your home (which may be even more polluted than the air outside):

- ▶ Open windows when weather and safety allow.
- ▶ Make your home and car smoke-free spaces.
- ▶ Replace older wood stoves with cleaner gas, pellet, or EPA-certified stoves.

## Safe

To reduce the risk of injuries:

- ▶ Install safety gates at the top and bottom of stairs, and put guards on windows to prevent falls.
- ▶ Install a carbon monoxide detector and smoke alarm on every floor of your home.

## Clean

To get rid of chemicals trapped in indoor dust:

- ▶ Leave your shoes by the door.
- ▶ Dust, wet mop, and vacuum regularly. Use a vacuum with a HEPA filter.
- ▶ Wash hands before eating and after playing outside.