



## ***“Take a Closer Look: Be a Junior Health Inspector” Parents’ Guide***

### ***\*What makes a home unhealthy?***

✓ **Mold, mildew and bacteria:**

▪ **Can hide in damp places:**



- **Open windows to ventilate**
- **Use fans that vent air to the outside when bathing, showering or cooking**
- **Fix leaks right away**

✓ **Cockroach waste or vermin waste:**

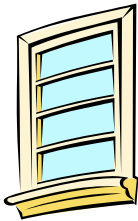
- **Small black specks that can be hard to see**

✓ **Tobacco smoke:**

- **Don’t smoke and don’t let others smoke in your home or car**
- **Smoke outside and away from children**
- **Indoor smoke makes the air unhealthy**



✓ **Lead:**



- **Old houses may contain lead paint. Keep young children away from windowsills and troughs which may contain lead dust.**
- **Can be found in many places in the home, such as: paint, dust and dirt.**
  - **Check for cracking, chipping, or peeling paint**
  - **Old paint may contain lead. Peeling or chipping paint should be left alone.**
  - **Wipe your feet before entering your home. It helps eliminate dust in the home. Taking shoes off is even better.**

### ***\*Keeping your home free of pests:***



- ✓ **Store food in sealed containers**
- ✓ **Clean surfaces by wiping off crumbs and other traces of food from counters, tables, stovetops and floors**
- ✓ **Take out the trash daily, and make sure lids to trash cans or dumpsters are kept closed**
- ✓ **Wash dishes soon after eating. Use soap and hot water.**
- ✓ **Make sure laundry is not piled on floor**





- ✓ **Check to make sure all screens on windows are intact**
- ✓ **Don't pour grease down the drain:**
  - **Pour and wipe grease into a separate container before throwing it into the trash**
  - **Accumulated grease can attract roaches and/or rodents and cause plumbing problems**
- ✓ **Standing water, inside or outside, can breed mosquitoes and other insects too**

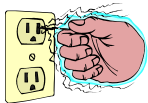


***\*Keeping your home clean:***



- ✓ **Remove Dust – with a wet cloth, wipe off window sills, vents, walls, shelves**
- ✓ **Clean Floors – wet mop hard surfaces**
  - **Keep children and adults out of the room when vacuuming or sweeping, especially if they have respiratory illnesses**
- ✓ **Use germ-killing cleaner to clean areas that get wet such as counters, sinks, bathtub and showers**
- ✓ **Prevent odors and germs by cleaning trash cans, inside the refrigerator and toilet often**

***\*Keeping your home safe:***



- ✓ **Wash hands with soap and water often**
- ✓ **Toys, backpacks, skateboards and other clutter can be trip hazards**
- ✓ **Don't get shocked! Overloaded sockets and outlets without covers can cause electrical shock.**
- ✓ **Each bedroom and hallway should have a working smoke alarm**
- ✓ **All medicine containers should be securely sealed and stored away from children**
- ✓ **Use and store hazardous household products correctly:**
  - **A locked and secure place out of the reach of children is best**
  - **Store them in the package, can, or bottle they came in. Never put them in another container!**
  - **Do not store near or with food**

