

# 8 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 by following GHHI's 8 Elements of a green and healthy home.

## A green and healthy home is:



### DRY

- Always clean spills and floods immediately
- 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



### CLEAN

- Empty trash regularly
- Make sure you have a place to keep dirty laundry so it's not on the floor
- Reduce clutter
- Clean surfaces with a wet cloth or sponge instead of dry dusting to avoid suspending dust particles into the air



### CONTAMINANT-FREE

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



### PEST-FREE

- If needed, consult an integrated pest management professional to determine the best way to safely remove pests from your home
- Seal cracks and openings throughout the home so pests can't get in
- Store food in air tight containers



### SAFE

- Install smoke and carbon monoxide detectors and keep fire extinguishers on hand, especially in the kitchen
- Secure loose rugs and repair loose handrails to prevent fall injuries
- Keep children's play areas free from hard or sharp surfaces
- Store and properly label food



### ENERGY-EFFICIENT

- Caulk windows and door frames to ensure that they are airtight
- Change the filter on your furnace when dirty
- Install a programmable thermostat for energy savings
- Seal your heating and cooling ducts
- Switch all light fixtures to LEDs



### WELL-VENTILATED

- Ensure adequate airflow throughout your home to avoid condensation and buildup of pollutants
- Ventilate bathrooms and kitchen



### WELL-MAINTAINED

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