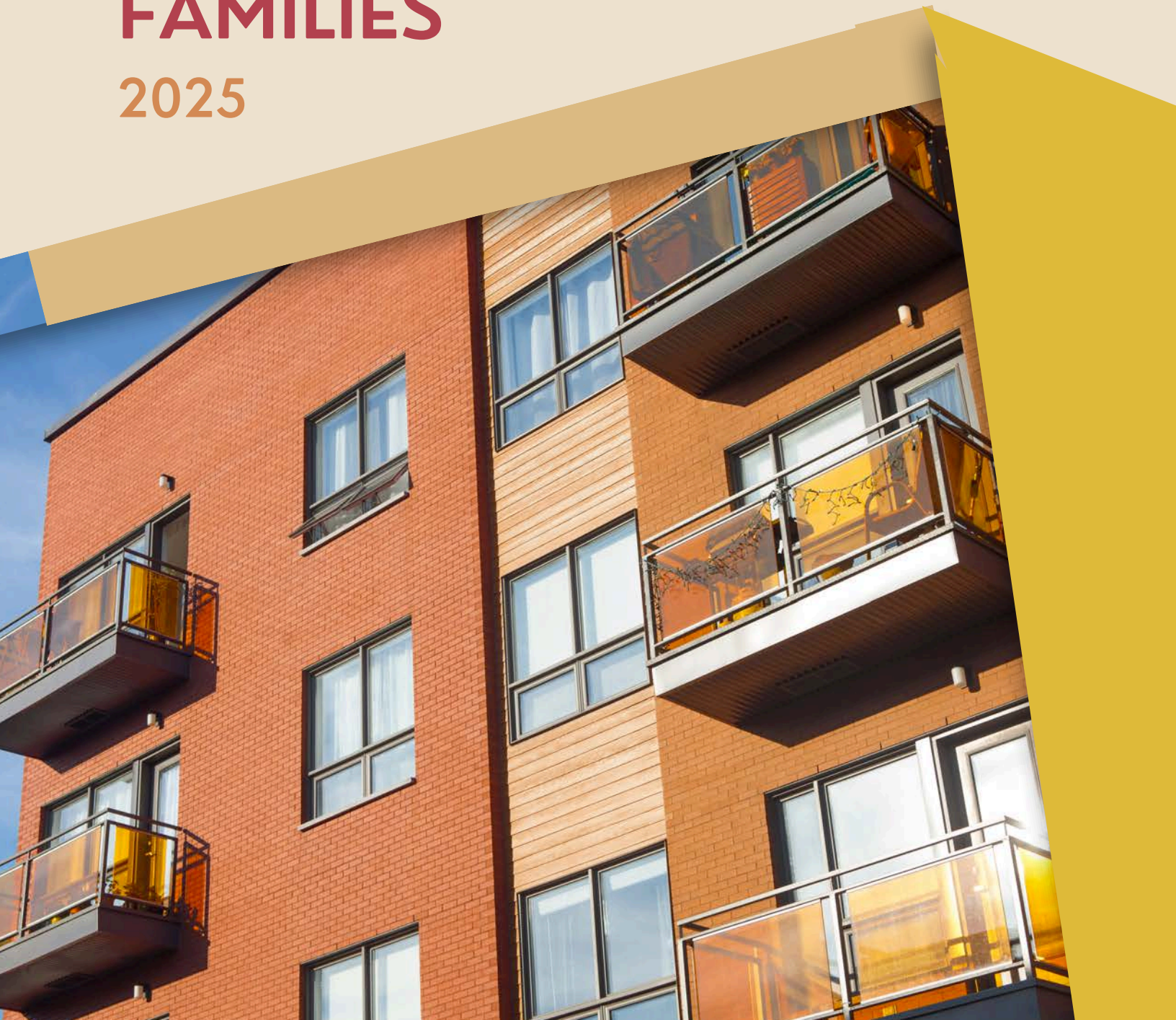




KEEPING A HEALTHY HOME FOR HEALTHY FAMILIES

2025



- Most Americans spend half their lives inside their home. A home provides much more than just shelter. It is a place we expect to feel safe.
 - But some things that may not look serious can cause serious health problems. Many deadly dangers cannot be seen, such as carbon monoxide.
 - When buying or renting a home, it is important to think about your health and the health of your family.
 - The U.S. Department of Housing and Urban Development (HUD) lists **Eight (8) Principles of a Healthy Home**.
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8 Principles of a Healthy Home

1. Contaminant-free

2. Clean

3. Safe

4. Ventilated

5. Dry

6. Pest-free

7. Maintained

8. Thermally Controlled

1. CONTAMINANT-FREE HOME

- Do not move any materials that may have asbestos in older homes (flooring, insulation, popcorn ceiling, and roofing).
- Do not allow smoking in your home.
- Rent in a community that does not allow smoking.
- Fix peeling or chipped lead-based paint in homes built before 1978 by hiring a certified lead professional who follows lead-safe work practices.



2. CLEAN HOME

- Remove shoes if possible before entering the home.
- Use wet cleaning methods often.
- Control where dust comes from by creating smooth surfaces that are easy to clean.
- Get rid of clutter and tripping hazards.



3. SAFE HOME

- Label chemicals.
- Put chemicals where children cannot reach them or keep them in a locked cabinet.
- Always supervise children at bath time, around pools and near water.
- Keep a correct fire clearance of 5 feet around the home and 100 feet around the property.
- Put smoke and carbon monoxide detectors in the home and replace the batteries/units as needed.



4. VENTILATED HOME

- Turn on vents in bathrooms and kitchens when in use.
- Open screened windows.
- Use a whole house fan to bring in fresh air.



5. DRY HOME

- Check your inside plumbing for leaks.
- Prevent water from coming into the home by fixing broken windows and roof leaks.
- Put in good drainage systems around the outside walls of your home.



6. PEST-FREE HOME

- Seal cracks and openings, fix vent screens, and cut hedges and trees back from home.
- Store food, including your pet's food, in containers pests cannot get into.
- Use sticky traps, clean regularly, and hire certified pest control to use pesticides.
- Remove standing water outside the home where mosquitos live.



7. MAINTAINED HOME

- Run showers and water fixtures that are not often used to flush plumbing lines.
- Fix walls, ceilings, and surfaces that contain mold.
- Clean exhaust fans, dryer vents, and replace air filters to improve indoor air quality.



8. THERMALLY CONTROLLED

- Put in window coverings to keep the temperature inside the home warmer or cooler.
- Put in more insulation in the attic or walls to keep the home temperature more comfortable.
- When it gets very hot, stay cool by visiting air-conditioned public spaces near you.



Hazard Checklist

Secondhand Smoke

What you breathe in when you are near tobacco smoke. This smoke causes asthma, breathing problems, and lung cancer.

Signs

- ☐ The smell of cigarette smoke drifting from vents, windows, doors, or balconies
- ☐ Cigarette butts

What You Can Do

- If you rent, ask for a smoke-free apartment. Be sure it is in the lease.
- If you own a home and smoke drifts from neighbors, talk with your neighbors.
- Refer people who smoke to Orange County's quit smoking line for free help at **1-866-NEW-LUNG (1-866-639-5864)** or visit <https://www.1866newlung.com/>.
- Contact the **Tobacco Use Prevention Program** at **(714) 541-1444** or visit www.ocalthinfo.com/tupp

Thirdhand Smoke

Leftover tobacco smoke that remains after the cigarette is put out.

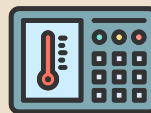
Signs

- ☐ The smell of cigarette smoke in carpets, draperies, etc.

What You Can Do

- Do not allow anyone to smoke in your home.
- Request a smoke-free apartment.
- Find a home that has not been smoked in.
- Visit the **Thirdhand Smoke Resource Center** at <https://thirdhandsmoke.org>.

Thermally Controlled



Heat waves are more than uncomfortable. They can cause medical problems, including heat exhaustion and stroke, especially for older adults and people with existing health problems.

Signs

- ☐ Prepare window coverings.
- ☐ Check that A/C units are working each year or install a window A/C unit as tightly as possible.
- ☐ Identify holes under doors and door sills; put in weather-strip to keep cool air in.

What You Can Do

- Find more tips on how to prepare your family for extreme weather and disasters by visiting **ReadyOC** at www.readyoc.com.

Carbon Monoxide



Gas without color, smell, or taste that can make you sick or kill you.

Signs

- ☐ Gas, oil furnaces, boilers, water heaters, ovens, stoves, or dryers not working properly
- ☐ Blocked chimneys

What You Can Do

- Make sure your carbon monoxide detector is working.
- For more information, contact the **Southern California Gas Company** at **1-877-238-0092** or visit www.socalgas.com.

Fire



Fires can start from many common household things like grease, broken electrical, flammable liquids, candles, smoking, space heaters, and outdoor firepits and grills.

Signs

- ☐ A non-working smoke alarm
- ☐ Curtains, towel racks or paper towel holders that are too close to the stove

What You Can Do

- Make sure the smoke detector is working and test it each month.
- Keep materials 3 feet from the heat.
- Find more tips on fire prevention and safety from **Orange County Fire Authority** at <https://ocfa.org/SafetyPrograms>.

Lead



Toxic heavy metal that can hurt the brain and nervous system. This can cause learning and behavior problems in children.

Signs

- ☐ Peeling paint in old homes built before 1978 (before lead-based paint was banned in the U.S.)
- ☐ Test your drinking water or run your tap water to flush old pipes before use; only use cold water for drinking.
- ☐ Cover bare soil with grass, pavers, or build raised beds with clean soil to grow food.

What You Can Do

- Ask for a lead report from the landlord or real estate agent and have the landlord or seller fix any problems.
- Visit U.S. EPA website for lead safety and legal requirements *Protect Your Family from Lead in Your Home* and *Renovate Right*.
- Contact the **Orange County Childhood Lead Poisoning Prevention (CLPPP)** at (714) 567-6220 or visit <http://ochealthinfo.com/lead>.

Asbestos



Fibers that can cause lung cancer when breathed in. You can breathe in asbestos through repairs, drilling through drywall, or replacing an old pipe.

Signs

- ☐ Home built before 1990
- ☐ Cement asbestos board siding/under sheeting
- ☐ Asbestos insulation around steam pipes
- ☐ Textured paint
- ☐ Some vinyl floor tiles

What You Can Do

- To report a complaint about asbestos, contact South Coast Air Quality Management District at **(800) 288-7664** or file a complaint online at <https://xappp.aqmd.gov/complaints/NewComplaint.aspx>.
- For concerns about asbestos in a work environment, contact California Division of Occupational Safety and Health (Cal/OSHA) Region 3 – Santa Ana District Office at **(714) 558-4451** or email DOSHSA@dir.ca.gov.

Pests



Cockroaches, flies, rats, mice

Signs

- ☐ Holes, cracks, and gaps where pests can creep in
- ☐ Torn screens, broken windows, dirty countertops
- ☐ Rodent droppings

What You Can Do

- If you're a homeowner, review the pest control report.
- For more tips on safe pest control visit Orange County Mosquito and Vector Control District at www.ocvector.org/information-bulletins or call **(800) 734-2421**
(714) 971-2421 North County
(949) 654-2421 South County

Mold

Live fungi that grow on wet or damp surfaces can cause asthma and breathing problems.

Signs

- ☐ Mold or mildew you can see or smell
- ☐ Current/past water damage
- ☐ Plumbing, roof, basement, or other leaks
- ☐ Rotting wood
- ☐ Cracks in plaster
- ☐ Peeled paint
- ☐ No exhaust fans in showers, bathrooms, attic, or crawl space

What You Can Do

- Remove the mold and the source of the moisture.
- Have the landlord or seller fix leaks before you move in.
- Keep the house well ventilated.
- Find more tips on improving indoor air quality by visiting the Orange County Environmental Health website at <https://ochealthinfo.com/about-hca/public-health-services/environmental-health-division/resources/contact-information>.
- Report a housing complaint at **(714) 433-6000**.



**Housing
Program**



**Public Pool
Safety Program**



**Childhood Lead
Poisoning Prevention
Program**

CONTACT US



Tobacco Use Prevention Program (TUPP)

TUPP Main Line:
(714) 541-1444

TUPP Email Address:
TUPP@ochca.com

TUPP Webpage:
[https://ochealthinfo.com/
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