



# HEALTHY HOMES RESOURCE

## HOW TO MAINTAIN A HEALTHY HOME



### Keep it **TEMPERATURE CONTROLLED**

Homes that do not have balanced and consistent temperatures may place families at increased risk from exposure to extreme cold, heat, and humidity.



### Keep it **PEST FREE**

Exposure to pests such as roaches and rodents can trigger an asthma attack or cause other illnesses.



### Keep it **SAFE**

Injuries such as falls, burns and poisonings occur most often in the home, especially with children and seniors.



### Keep it **VENTILATED**

Having a good fresh air supply in homes is important to reduce exposure to indoor air pollutants and to increase respiratory health.



### Keep it **DRY**

Damp homes provide an environment for dust mites, roaches, rodents and molds.



### Keep it **CONTAMINANT FREE**

Levels of contaminants such as lead, radon, carbon monoxide, asbestos, secondhand smoke and other chemicals are often much higher indoors.



### Keep it **WELL MAINTAINED**

Poorly maintained homes are at risk for moisture, pest problems, and injury hazards.



### Keep it **CLEAN**

Clean homes reduce pest infestation and exposures to contaminants.

## RESOURCES FOR HOMEOWNERS

The Indiana Housing & Community Development Authority's Healthy Homes Program offers free radon testing, lead paint testing, and a healthy homes assessment to income eligible applicants. Repair work may include radon mitigation, lead hazard control, electrical, structural, moisture intrusion, and more.

### Eligibility Criteria and Priorities:

- Rental or Owner-Occupied Housing
- Household income at or below 80% of the Area Median Income
- Home or unit built before 1978
- Households on the Weatherization Deferral List
- Households with:
  - Adults 62 years of age or older
  - Families with at least one household member with a disability
  - Children 19 or younger

### Healthy homes hazards include:

- Radon
- Moisture and mold
- Electrical hazards including missing receptacle and junction box plates, exposed wiring, ungrounded receptacles, etc.
- Access issues including steps, sidewalks, and handrails
- Structural issues including the threat of collapse or an element being displaced
- Lead-based paint hazards in units built prior to 1978 in which a child under the age of six resides or frequently visits

### Healthy Homes Basics App

The Healthy Homes Basics App can provide how-to guidance to have a safe and healthy home. Download through Apple or Google.

[Click here to download the application for more information.](#)