



Healthy Housing Toolkit for Housing Counselors

Originally Published February 2018 | Revised June 2024



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SECTION 1

INTRODUCTION TO HEALTHY HOMES

INTRODUCTION TO HEALTHY HOMES

Housing counselors are in a unique position to help clients ensure their homes are healthy and free of hazards. While healthy housing is not a required topic for housing counseling or for group education, it can be easily integrated into those settings. This toolkit includes information and checklists for educating clients—homeowners, homebuyers, and renters—about the rules that protect them and the recommended actions they can take to maintain healthy homes. The toolkit also contains a healthy home room-by-room checklist and references additional resources for those who want to know more.

What can housing counselors do to promote healthy homes?

Housing counselors can play an important role in educating clients about how to purchase, rent, and maintain safe and healthy homes when they:

- Educate clients about lead-based paint, mold, radon, and other potential hazards in the home.
- Make clients aware of the laws and regulations that are in place to protect them from these hazards.
- Recommend steps, actions, and resources for preventing and addressing hazards.
- Provide information about community-based programs, grants and resources available to mitigate and/or prevent hazards in the home.

What do housing counselors need to know about healthy homes?

To advise clients on health concerns in the home, housing counselors need to have a working knowledge of common household concerns and the recommended practices for maintaining a safe and healthy home. Knowing about key resources, common hazards, and the principles of healthy homes described below can enhance housing counselor's work and provide valuable support for their clients.

Use these helpful resources to get educated about healthy homes

Counselors can rely on several resources for most of the information necessary to help clients understand the most common household hazards and ways to mitigate them. Counselors are encouraged to become familiar with the content in these resources:

- For a quick but thorough overview of healthy homes, [Everyone Deserves a Safe and Healthy Home: A Consumer Action Guide](#) is a 12-page booklet written for the public and explains the eight principles of healthy housing. It covers important topics like lead-based paint, asthma and allergies, mold and moisture, radon, household chemicals, pests, carbon monoxide, home safety, asbestos, thermal control, and indoor air quality. For each issue, it offers action steps and a room-by-room checklist. Housing counselors can use this guide to educate themselves and their clients, providing valuable knowledge that helps residents create safer and healthier living environments.

- For a more in-depth view, [Everyone Deserves a Safe and Healthy Home: A Stakeholder Guide](#) is a 40-page guide that provides additional detail on each of the hazards described in the Consumer Action Guide. It is written for stakeholders, such as housing counseling agencies, which assist people in maintaining and improving their safety and health.
- The [Protect Yourself from Lead in Your Home](#) pamphlet was created specifically to educate homebuyers and renters about the risks of lead-based paint and the protections provided by federal law. It is available in several languages, and it walks through the key things a homebuyer or renter must know about lead-based paint, the rules that protect consumers from lead-based paint, and the measures people can take to protect themselves from lead poisoning.



The Healthy Homes Checklists provided in this toolkit link to other short educational resources developed by U.S. Department of Housing and Urban Development (HUD) and the U.S. Environmental Protection Agency (EPA). They include short pamphlets on mold, radon, and other concerns. Counselors can download these resources, use them during counseling sessions, and provide clients with copies or links. Many of these are available in other languages. See the list of [resources in other languages](#) at the end of this toolkit.

Review this short overview of healthy housing concerns

A healthy home is a home that is maintained to avoid illness and injury. Health hazards in the home can affect anyone, and children and the elderly are particularly vulnerable. Concerns include air quality, mold and moisture, thermally controlled, lead hazard control, pest management, and injury prevention. The following is a brief overview of major topics to cover with clients to educate them about healthy housing. These descriptions include links to short resources that can be used to educate clients, but for a fuller discussion, see the primary resources reference above:

- [Lead-based paint and lead hazards](#):
 - Lead-based paint hazards are especially dangerous for children under six years of age because exposure can lead to severe health issues and developmental delays.
 - Lead-based paint was banned in 1978; if purchasing or renting a house that was built before 1978, certain rules about disclosure apply:
 - Property owners are required by the [Lead Disclosure Rule](#) to provide potential buyers or renters about any known lead in the home.
 - Property owners are also required to provide buyers and renters the [Protect Your Family from Lead in Your Home](#) (PYF) pamphlet before purchase or lease.

- Buyers have a right, under the Disclosure Rule, to a 10-day period to conduct a lead-based paint inspection or risk assessment before being obligated under contract to buy the house.
 - The pamphlet is a good resource for housing counselors to use when educating clients about the risks and rules regarding lead-based paint.
- When pre-1978 properties are renovated, the work must be done using lead safe work practices, as required by the [Renovation Repair and Painting Rule](#).
- **Mold and moisture:**
 - Molds are living organisms that grow in damp places in your home, which can cause allergic reactions, trigger asthma, and in some cases produce toxins that can cause severe health problems.
 - Mold can be prevented by keeping the house dry—fixing water problems and leaks, maintaining good ventilation, keeping humidity low, and avoiding carpets in moisture-prone areas like bathrooms and basements.
 - When mold is growing in the home, clean the surface if possible or remove the item (carpet, upholstery) from the home. Use protection when cleaning. Engage a mold removal specialist for extensive mold.
 - Currently, there are no EPA regulations or standards for airborne mold contaminants.
 - The EPA [Mold Cleanup in Your Home website https://www.epa.gov/mold/mold-cleanup-your-home](https://www.epa.gov/mold/mold-cleanup-your-home) provides guidance for mold cleanup, including tips and techniques, and guidance for hiring a contractor.
- **Radon:**
 - Radon is a radioactive gas that cannot be seen or smelled. It is the second leading cause of lung cancer after smoking.
 - Radon is found in the dirt and rocks beneath houses. About 1 out of 15 homes has a radon problem.
 - You can test for radon with a kit from a hardware store or purchased by mail, or you can hire a professional tester as described in the checklist below.
 - There are two types of tests: short-term tests take 2 to 90 days, while long-term tests take more than 90 days but provide a better estimate of your annual average radon level.
- There is no known “safe” level of radon exposure. If your home has a radon level of 4 pCi/L or more, you should take action to lower this level. If a test reveals a radon problem, there are professional testing and repair solutions HUD’s OLHCHH recommends to re-test following repairs (link [here](#))
- **Pests:**
 - The presence of mice, roaches, bedbugs, and other pests can trigger asthma attacks and other health problems.
 - Integrated pest management (IPM) is a way to remove pests without using toxic pesticides, by denying them food, water, and shelter.

- [Home safety and injury prevention](#):
 - Home accidents such as fires, drownings, and poisoning are the reason for thousands of preventable deaths and injuries every year. Household chemicals and window coverings with cords are of particular concern to households with young children.
 - Simple steps, such as securing cleaning products, installing carbon monoxide and smoke detectors, using appropriate fencing, and implementing other basic safety practices can improve household safety.
 - Make sure emergency telephone numbers are next to all phones to make it as easy as possible to get help if someone gets hurt.
- [Carbon monoxide](#):
 - Carbon monoxide is an odorless, tasteless, and invisible gas produced by common household appliances.
 - When not properly ventilated, carbon monoxide emitted by these appliances can build up and poison residents. Carbon monoxide poisoning can cause brain damage and death.
 - To protect against carbon monoxide poisoning, install carbon monoxide detectors in the home, preferably near sleeping areas, and on every floor of a home.
 - Tips for preventing carbon monoxide poisoning can be found on the Office of Lead Hazard Control and Healthy Homes [website](#).
- Thermal Control
 - Homes without controlled temperatures can put residents at risk from extreme heat or cold.
 - Thermal control reduces heat or cold related deaths, hypertension/heart disease, and asthma, respiratory, and COPD risks.
 - Older adults and children have a higher risk of dying or becoming ill due to extreme heat
 - People working outdoors, the socially isolated and economically disadvantaged, those with chronic illnesses, as well as some communities of color, are also especially vulnerable to death or illness.

Extreme heat kills more people than any other weather-related hazard. It is the deadliest climate-related hazard and has widespread effects, including impacts to community safety, the economy, social activities, critical infrastructure, and utilities. Over 700 people die due to heat related events every year, on average.

Know these simple principles for maintaining a healthy home

HUD's Office of Lead Hazard Control and Healthy Homes provides clients with [tips of a healthy home](#). Briefly, they are:

- **Keep it dry:** Prevent water from entering your home through leaks in roofing systems, prevent rainwater from entering the home due to poor drainage, and check your interior plumbing for any leaking.

- **Keep it clean:** Control the source of dust and contaminants, creating smooth and cleanable surfaces, reducing clutter, and using effective wet-cleaning methods.
- **Keep it safe:** Store poisons out of the reach of children and properly label. Secure loose rugs and keep children's play areas free from hard or sharp surfaces to prevent injuries. Install smoke and carbon monoxide detectors and keep fire extinguishers on hand.
- **Keep it well ventilated:** Ventilate bathrooms and kitchens and use whole-house ventilation for supplying fresh air to reduce the concentration of contaminants in the home.
- **Keep it pest-free:** All pests look for food, water, and shelter. Seal cracks and openings throughout the home; store food in pest-resistant containers. If needed, use sticky-traps and baits in closed containers, along with least-toxic pesticides such as boric acid powder.
- **Keep it contaminant-free:** Reduce lead-related hazards in pre-1978 homes by fixing deteriorated paint and keeping floors and window areas clean using a wet-cleaning approach. Test your home for radon, a naturally occurring dangerous gas that enters homes through soil, crawlspaces, and foundation cracks. Install a radon removal system if levels above the EPA action level are detected.
- **Keep it well maintained:** Inspect, clean, and repair your home routinely. Take care of minor repairs and problems before they become large repairs and problems.
- **Keep it thermally controlled:** Houses that do not maintain adequate temperatures may place the safety of residents at increased risk from exposure to extreme cold or heat.
 - Learn more about the actions to help clients prepare for, and respond to, Extreme Heat events at www.hud.gov/ExtremeHeat
 - Heat.gov contains tools, resources, news, and events for housing counselors to reference in their work with clients, including:
 - i. Information on Low Income Home Energy Assistance Program (LIHEAP) program. LIHEAP helps keep families safe and healthy through initiatives that assist families with energy costs. Depending upon where clients live, they could get help with energy bill assistance, weatherization support, crisis assistance, equipment repair and replacement, energy education, and disaster assistance.
 - ii. The HeatRisk Tool, which is a color-numeric-based index that provides a forecast risk of heat-related impacts to occur over a 24-hour period.




Keep in mind that hazards vary by region due to differences in climate, weather events, types of homes, and home construction. Be aware of your local issues, such as local water quality and allergens. More information, including technical materials and scientific research results, is available to housing counselors on HUD's Healthy Homes website.

Educating Clients About Healthy Homes

When educating clients about healthy homes, consider their needs and risks:

- **Homebuyers** need to understand their rights as purchasers and their ongoing responsibilities as property owners. They can refer to the [Homebuyer Health Homes Checklist](#) for more details:
 - If they are buying a home built before 1978:
 - They need specific information about lead-based paint hazards and their rights under the Lead Disclosure Rule. This includes the right to a 10-day period for a lead-based paint inspection or risk assessment before committing to the purchase.
 - Homebuyers should also learn about maintenance practices to prevent lead-based paint hazards in the home and know what precautions to take when doing home improvement projects or hiring a contractor that disturbs paint.
 - Regardless of the home's age, homebuyers should learn good maintenance practices to ensure a healthy living environment, protecting themselves and other vulnerable residents in their home.
- **Homeowners.** Homeowners need information on how to keep their homes healthy. This includes tips on maintaining a clean, dry, and well-ventilated home to avoid mold, pests, and air quality issues. Owners of homes built before 1978 also need to learn how to avoid creating lead hazards and their responsibilities under the Lead Disclosure Rule if they rent or sell their property. See the [Homeowner Healthy Homes Checklist](#).
- **Renters.** Renters need to know the rights they have concerning healthy housing. These include the Lead-Safe Disclosure Rule and recognizing hazards and reporting them to their landlords. See the [Renter Healthy Homes Checklist](#):
 - If they rent a pre-1978 unit, they need to know what their rights under the Lead Disclosure Rule are and what to do if a child in the home is poisoned by lead.
 - If they receive rental assistance through a HUD program, they should be educated of their rights to a decent, safe, and sanitary unit and protections afforded by federal law.
- **Post-disaster.** Housing counselors can play a significant role post-disaster helping clients navigate disaster recovery programs and addressing the hazards that typically arise post-disaster. For example, people may need support addressing mold in their homes, hiring appropriate contractors, and using safe work practices for reconstruction. See the [Disaster Recovery Toolkit](#) for guidance on counseling post-disaster.



SECTION 2

HOMEBUYER CHECKLIST: EDUCATING HOMEBUYERS ABOUT HEALTHY HOMES

<p>Lead-Based Paint</p> <p>If the client is purchasing a pre-1978 home, take the following actions to ensure that the client receives the information they are entitled to by law. This is especially important if children under the age of six reside in the home.</p>	✓
<p>1. Pamphlet. Review the Protect Your Family from Lead in Your Home (PYF) pamphlet.</p> <ul style="list-style-type: none"> • Confirm the client received this pamphlet from the seller. The seller is required by law to provide it. • Read the whole pamphlet to confirm that the client understands: <ul style="list-style-type: none"> ○ How lead gets in the body ○ How lead affects health ○ What they can do to protect their family ○ Where to get more information • Walk through the simple steps to protect the family from lead hazards. (See page 1 of the PYF pamphlet.) 	
<p>2. Disclosure. Review the Lead-Based Paint Disclosure Notice received from the seller:</p> <ul style="list-style-type: none"> • Confirm that the client received the disclosure form. The seller is required by law to provide it. • If the disclosure form indicates the presence of lead-based paint in the home, review those areas with the client and the precautions to take in those areas. (See page 10 of the PYF pamphlet.) • If the disclosure form says that no testing has been done or that no hazards have been identified, explain to the client that this does not mean that hazards cannot develop. 	
<p>3. Lead Evaluation. Discuss whether the client wishes to check the home for lead:</p> <ul style="list-style-type: none"> • Review their right to a 10-day period for a lead-based paint inspection or risk assessment before they are bound by the purchase contract. Parties may mutually agree, in writing, to lengthen or shorten the time period for inspection. Homebuyers may waive this inspection opportunity. • Review pages 6–8 of the PYF pamphlet for information on how to evaluate for lead hazards. • Explain the difference between a paint inspection and a risk assessment. • The Inspection Highlights video and Risk Assessment Highlights video cover the basics of how to complete a LBP inspection and risk assessment. Tell them how to get a certified professional to do the evaluation. 	
<p>4. Renovation, Repair, and Painting. If the client is planning to do work in the home after purchase that will disturb painted surfaces:</p> <ul style="list-style-type: none"> • Review page 12 of the PYF pamphlet. • If they will hire someone to do the work, tell them how to find a certified firm to do the work. (See EPA’s Locate Certified Renovation Firms web page.) • If they want to do the work themselves, tell them to use lead safe work practices and direct them to the EPA Renovation, Repair, and Painting for Do-It-Yourselfers web page for guidance. 	

<p>5. For More Information. Tell the client where they can get more information:</p> <ul style="list-style-type: none"> • The National Lead Information Center Hotline: 1-800-424-LEAD. • The HUD website: https://www.hud.gov/program_offices/healthy_homes. • The EPA website: www.epa.gov/lead. • Their state or local health or environmental agency (which they can find through the National Lead Information Center hotline). 	
Maintaining a Healthy Home	
<p>Principles of a Healthy Home. Review the Eight Principles of a Healthy Home and then use the Everyone Deserves a Safe and Healthy Home: A Consumer Action Guide or the pamphlets highlighted below to walk through critical actions. The Healthy Homes Maintenance Checklist provides an at a glance chart providing guidance for homeowners to inspect the home for healthy home trouble spots. Section 6 of this toolkit also provides a detailed room by room checklist for new homebuyers to reference.</p>	
<p>Mold: Use the Mold Pamphlet to:</p> <ul style="list-style-type: none"> • Discuss the potential health effects of mold. • Review the practices for preventing, identifying, and addressing mold. • Identify additional resources and find mold-removal professionals. 	
<p>Radon: Use the Radon Pamphlet to:</p> <ul style="list-style-type: none"> • Discuss the importance of testing for radon in the home. • Explain the difference between short-term and long-term tests. • Provide guidance on how to test or hire a professional tester You can contact your state's radon office for a list of qualified testers to connect with a qualified tester by visiting this EPA website. • Discuss what to do if the home has unsafe levels of radon. • Refer them to other resources including the Radon Hotlines. 	
<p>Pests: Use the Safe Pest Control Pamphlet to:</p> <ul style="list-style-type: none"> • Discuss the health hazards of pests and dangers of using pesticides to respond. • Discuss the benefits of integrated pest management (IPM). • Review IPM procedures for preventing and addressing pests in the home. • Locate resources to support IPM. 	
<p>Home Safety: Use the Home Safety Pamphlet to:</p> <ul style="list-style-type: none"> • Review common hazards in the home such as poison, fires, drownings, and other accidents. • Discuss common practices for avoiding these hazards. • Identify resources for more information. 	
<p>Carbon Monoxide: Use the Carbon Monoxide Pamphlet to:</p> <ul style="list-style-type: none"> • Explain the danger of carbon monoxide. • Share ideas for preventing carbon monoxide poisoning • Discuss the importance and ease of installing carbon monoxide detectors. 	

Additional Resources	
<p>For clients who want more information, refer them to the following resources and the resource list in this toolkit. Key resources include:</p> <ul style="list-style-type: none">• The Everyone Deserves a Healthy Home Consumer Action Guide• HUD's Healthy Homes Program• CDC's National Center for Environmental Health• EPA's Office of Children's Health Protection• EPA's Indoor Air Quality• HUD's Extreme Heat• Heat.gov	



SECTION 3

HOMEOWNER CHECKLIST: EDUCATING HOMEOWNERS ABOUT HEALTHY HOMES

HOMEOWNER CHECKLIST: EDUCATING HOMEOWNERS ABOUT HEALTHY HOMES

Lead-Based Paint If the client lives in a pre-1978 home, review information on lead-based paint to make sure they are informed about potential hazards. This is especially important if children reside in the home.	✓
1. General information. Review the Protect Your Family from Lead in Your Home (PYF) pamphlet to provide the key information they need to protect their family from lead poisoning: <ul style="list-style-type: none"> • Read the whole pamphlet to confirm that the client understands: <ul style="list-style-type: none"> ○ How lead gets in the body ○ How lead affects health ○ What they can do to protect their family ○ Where to get more information • Walk through the simple steps to protect the family from lead hazards. (See page 1 of the PYF pamphlet.) 	
2. Renovation, Repair, and Painting. If the client is planning to do work in the home that will disturb painted surfaces, review information on how such work can be done safely: <ul style="list-style-type: none"> • Review page 12 of the PYF pamphlet. • If they will hire someone to do the work, tell them how to find a certified firm to do the work. (See EPA's Locate Certified Renovation Firms web page.) • If they want to do the work themselves, tell them to use lead safe work practices and direct them to the EPA Renovation, Repair, and Painting for Do-It-Yourselfers web page for guidance. 	
3. Additional Actions. The homeowner may want to take additional steps to address hazards in their home: <ul style="list-style-type: none"> • Lead Evaluation. Homeowners who want to know more about lead in their homes may want to have their homes evaluated by a certified professional. This can be especially useful if they are planning to do renovation, repair, or repainting work: <ul style="list-style-type: none"> ○ Review pages 6–8 of the PYF pamphlet for information on how to evaluate for lead hazards. ○ Explain the difference between a paint inspection and a risk assessment. ○ The Inspection Highlights video and Risk Assessment Highlights video cover the highlights of a LBP inspection and risk assessment. ○ Tell them how to get a certified professional to do the evaluation. • Disclosure. If a homeowner is thinking about selling the home, they need to know about disclosure: <ul style="list-style-type: none"> ○ Review EPA's web page on disclosure. ○ Discuss how to comply with the disclosure requirement. 	

<p>4. For More Information. Tell the client where they can get more information:</p> <ul style="list-style-type: none"> • The National Lead Information Center Hotline: 1-800-424-LEAD. • The HUD website: https://www.hud.gov/program_offices/healthy_homes. • The EPA website: www.epa.gov/lead. • Their state or local health or environmental agency (which they can find through the National Lead Information Center hotline). 	
Maintaining a Healthy Home	
<p>Principles of a Healthy Home. Review the Eight Principles of a Healthy Home and then use the Everyone Deserves a Safe and Healthy Home: A Consumer Action Guide or the pamphlets highlighted below to walk through critical actions. The Healthy Homes Maintenance Checklist provides an at a glance chart providing guidance for homeowners to inspect the home for healthy home trouble spots. Section 6 of this toolkit also provides a detailed room by room checklist for homeowners to reference</p>	
<p>Mold. Use the Mold Pamphlet to:</p> <ul style="list-style-type: none"> • Discuss the potential health effects of mold • Review the practices for preventing, identifying, and addressing mold • Identify additional resources and find mold-removal professionals 	
<p>Radon. Use the Radon Pamphlet to:</p> <ul style="list-style-type: none"> • Discuss the importance of testing for radon in the home. • Explain the difference between short-term and long-term tests. • Provide guidance on how to test or hire a professional tester. You can contact your state's radon office for a list of qualified testers to connect with a qualified tester by visiting this EPA website • Discuss what to do if the home has unsafe levels of radon. • Refer them to other resources including the Radon Hotlines. 	
<p>Pests. Use the Safe Pest Control Pamphlet to:</p> <ul style="list-style-type: none"> • Discuss the health hazards of pests and dangers of using pesticides to respond. • Discuss the benefits of integrated pest management (IPM). • Review IPM procedures for preventing and addressing pests in the home. • Locate resources to support IPM. 	
<p>Home Safety. Use the Home Safety Pamphlet to:</p> <ul style="list-style-type: none"> • Review common hazards in the home such as poison, fires, drownings, and other accidents. • Discuss common practices for avoiding these hazards. • Identify resources for more information. 	
<p>Carbon Monoxide: Use the Carbon Monoxide Pamphlet to:</p> <ul style="list-style-type: none"> • Explain the danger of carbon monoxide. • Share ideas for preventing carbon monoxide poisoning • Discuss the importance and ease of installing carbon monoxide detectors. 	

Additional Resources	
<p>For clients who want more information, refer them to the following resources and the resource list in this toolkit. Key resources include:</p> <ul style="list-style-type: none">• The Everyone Deserves a Healthy Home Consumer Action Guide• HUD's Healthy Homes Program• CDC's National Center for Environmental Health• EPA's Office of Children's Health Protection• EPA's Indoor Air Quality• HUD's Extreme Heat• HEAT.GOV	



SECTION 4

RENTER CHECKLIST: EDUCATING RENTERS ABOUT HEALTHY HOMES

RENTER CHECKLIST: EDUCATING RENTERS ABOUT HEALTHY HOMES

Lead-Based Paint If the client is moving into a pre-1978 home, review information on lead-based paint to ensure that the client receives the information they are entitled to by law. This is especially important if children reside in the home.	✓
1. Pamphlet. Review the Protect Your Family from Lead in Your Home (PYF) pamphlet . <ul style="list-style-type: none"> • Confirm the client received this pamphlet from the landlord. The landlord is required by law to provide it. • Read the whole pamphlet to confirm that the client understands: <ul style="list-style-type: none"> ○ How lead gets in the body ○ How lead affects health ○ What they can do to protect their family ○ Where to get more information • Walk through the simple steps to protect the family from lead hazards. (See page 1 of the PYF pamphlet.) 	
2. Disclosure. Review the Lead-Based Paint Disclosure Notice received from the landlord. <ul style="list-style-type: none"> • Confirm that the client received the disclosure form. The landlord is required by law to provide it. • If the disclosure form indicates the presence of lead-based paint in the home, review those areas with the client and the precautions to take in those areas. (See page 10 of the PYF pamphlet.) • If the disclosure form says that no testing has been done or that no hazards have been identified, explain to the client that this does not mean that hazards cannot develop. 	
3. Renovation, Repair, and Painting. If the landlord or the renter is planning to do work in the home, review information on how such work can be done safely: <ul style="list-style-type: none"> • Review page 12 of the PYF pamphlet. • If the landlord hires a contractor to do the work, the renter can ask if the contractor is a certified renovation firm. (See the EPA Locate Certified Renovation Firms web page.) • If the renter is planning to hire a contractor, confirm that they have discussed the arrangement with the landlord and advise them to hire a certified renovation firm. (See the EPA Locate Certified Renovation Firms web page.) • If the renter is doing repairs themselves, tell them to discuss their plans with the landlord and use lead safe work practices. Direct them to the EPA Renovation, Repair, and Painting for Do-It-Yourselfers web page. 	
4. Lead Evaluation. Discuss whether the client wants to request a lead evaluation before moving into the unit: <ul style="list-style-type: none"> • Renters have no legal right to an evaluation, but they can request one. • Review pages 6–8 of the PYF pamphlet on lead hazard evaluation. • Explain the difference between a paint inspection and a risk assessment. • Explain that a certified professional must do the evaluation. 	

<p>5. For More Information. Tell the client where they can get more information:</p> <ul style="list-style-type: none"> • The National Lead Information Center Hotline: 1-800-424-LEAD. • The HUD website: https://www.hud.gov/healthyhomes • The EPA website: www.epa.gov/lead. • Their state or local health or environmental agency (which they can find through the National Lead Information Center hotline). 	
Maintaining a Healthy Home	
<p>Principles of a Healthy Home. Review the Eight Principles of a Healthy Home and then use the Everyone Deserves a Safe and Healthy Home: A Consumer Action Guide or the pamphlets highlighted below to walk through critical actions.</p>	
<p>Mold. Use the Mold Pamphlet to:</p> <ul style="list-style-type: none"> • Discuss the potential health effects of mold. • Review the practices for preventing, identifying, and addressing mold. • Identify additional resources. • Discuss when to talk to the landlord about mold issues in the home. 	
<p>Radon. Use the Radon Guide for Tenants to:</p> <ul style="list-style-type: none"> • Discuss the importance of testing for radon in the home. • Review what they can request of their landlord. • Explain how to test and what to do if the home has unsafe levels of radon. • Refer them to other resources including the Radon Hotlines. 	
<p>Pests. Use the Safe Pest Control Pamphlet to:</p> <ul style="list-style-type: none"> • Discuss the health hazards of pests and dangers of using pesticides. • Discuss the benefits of integrated pest management (IPM) • Review when they should talk to their landlord and request IPM. • Locate resources to support IPM. 	
<p>Home Safety. Use the Home Safety Pamphlet to:</p> <ul style="list-style-type: none"> • Review common hazards in the home such as poison, fires, drownings, and other accidents. • Discuss common practices for avoiding these hazards. • Identify resources for more information. 	
<p>Carbon Monoxide: Use the Carbon Monoxide Pamphlet to:</p> <ul style="list-style-type: none"> • Explain the danger of carbon monoxide. • Share ideas for preventing carbon monoxide poisoning. • Discuss the importance and ease of installing carbon monoxide detectors. 	
Additional Resources	
<p>For clients who want more information, refer them to the following resources and the resource list in this toolkit. Key resources include:</p> <ul style="list-style-type: none"> • The Everyone Deserves a Healthy Home Consumer Action Guide • HUD's Healthy Homes Program • CDC's National Center for Environmental Health • EPA's Office of Children's Health Protection • EPA's Indoor Air Quality • HUD's Extreme Heat and https://www.heat.gov/ 	



SECTION 5

LIST OF KEY HEALTHY HOUSING RESOURCES AVAILABLE IN OTHER LANGUAGES



LIST OF KEY HEALTHY HOUSING RESOURCES AVAILABLE IN OTHER LANGUAGES

Many materials are available in Spanish, and some are available in other languages as well.

- [Protect Your Family from Lead in Your Home](#) Pamphlet in several languages
- [Allergy](#) Flyer in Spanish
- [Asthma](#) Flyer in Spanish
- [Carbon Monoxide](#) Flyer in Spanish
- [Lead](#) Flyer in Spanish
- [Mold](#) Flyer in Spanish
- [Radon](#) Flyer in Spanish
- HUD's [Healthy Homes page](#) in Spanish

Other HUD resources are available from www.hud.gov/espanol and HUD's [Limited English Proficiency](#) page.



SECTION 6

CHECKLIST FOR SAFE AND HEALTHY HOMES

This room-by-room checklist is based on one developed by the Healthy Homes Partnership at www.healthyhomespartnership.net and www.extensionhealthyhomes.org. It is useful for establishing a healthy home assessment protocol with the families you serve.

1. *Living, Dining, and Family Rooms*

- ☐ If the home was built before 1978, check painted doors, windows, trim, and walls for lead
- ☐ Vacuum carpets regularly to reduce asthma triggers
- ☐ Move window blind cords out of reach of children to prevent strangulation
- ☐ Check lighting and extension cords for fraying or bare wires
- ☐ Avoid having lighting and extension cords in floor pathways
- ☐ Purchase children's toys that do not have small parts for choking and do not contain lead
- ☐ Secure heavy items (televisions, bookcases) to walls to prevent tip overs

2. *Kitchen*

- ☐ If the home was built before 1978, check painted doors, windows, trim, and walls for lead
- ☐ Use a range hood exhausted to the outside (or open window) to ventilate while cooking
- ☐ Clean up liquids and foods right after spills
- ☐ Keep matches, glassware, knives, and cleaning supplies out of reach of children
- ☐ Avoid leaving food and water, whether for people or pets, out overnight
- ☐ Mop floors at least weekly
- ☐ Place Poison Control Hotline number **(800) 222 – 1222** on the refrigerator and in every room
- ☐ Do not allow children to be in kitchen unsupervised when the range or oven is on

3. *Bedroom(s)*

- ☐ If the home was built before 1978, check painted doors, windows, trim, and walls for lead
- ☐ Move window blind cords out of reach of children to prevent strangulation
- ☐ Make sure room has a working smoke detector
- ☐ Make sure the hall outside of bedrooms has a working carbon monoxide detector
- ☐ Use mattress and pillow covers, and vacuum carpets regularly to reduce asthma triggers

4. *Entry*

- ☐ Use floor mats by entry doors to reduce bringing in lead dust and other toxins into the home
- ☐ Remove shoes at entry if lead is present in the soil or paint
- ☐ Repair or install weather seals around the perimeter of doors

5. *Bathrooms*

- ☐ If the home was built before 1978, check painted doors, windows, trim, and walls for lead
- ☐ Use an exhaust fan to ventilate after shower or bath use
- ☐ Use slip resistant mats in showers and tubs
- ☐ Clean up water from floors right after spills
- ☐ Move window blind cords out of reach of children to prevent strangulation
- ☐ Keep medicines and cleaning supplies locked away and out of reach of children
- ☐ If an older adult or someone with mobility or balance concerns is present in the home, install grab bars at toilets, showers, and tubs

6. Laundry

- ☐ Vent clothes dryer to the outside (through roof or wall, not into the attic)
- ☐ Keep laundry soaps and detergents out of reach of children
- ☐ Wash sheets and blankets weekly to reduce asthma triggers
- ☐ Regularly remove lint from dryer screen

7. Attic

- ☐ Clean up clutter to prevent rodents and insects from finding places to nest
- ☐ Check exposed attic insulation for asbestos and consult with an asbestos professional for removal
- ☐ Make sure eave and roof vents are not blocked with insulation

8. Basement (or Crawl space)

- ☐ If the home was built before 1978, check painted doors, windows, trim, and walls for lead
- ☐ Seal holes in walls and around windows and doors to keep rodents and pests out of living spaces
- ☐ Clean up clutter to prevent rodents and insects from finding places to nest
- ☐ Test the home for radon. If test shows radon above EPA action levels, seal slab and foundation wall cracks, and if the problem persists, consider installing a radon mitigation system
- ☐ Keep pesticides and cleaning supplies locked away and out of reach of children
- ☐ Seal all cracks in slabs and foundation walls for moisture, radon, and pest protection

9. Garage

- ☐ Never run lawnmowers, cars, or combustion equipment inside the garage with garage door closed
- ☐ Keep gasoline, pesticides, and cleaning supplies out of reach of children
- ☐ Clean up oil, gasoline, and other spills immediately
- ☐ If a floor drain is present, make sure it drains to well beyond the outside of the home

10. Outside

- ☐ If the home was built before 1978, check painted doors, windows, trim, and walls for lead
- ☐ If painted walls, doors, windows, or trim may contain lead, keep children away from peeling or damaged paint and prevent children from playing around the ground next to the walls
- ☐ Remove leaves and debris from gutters regularly and extend downspouts to drain away from the house
- ☐ Replace missing or broken shingles or flashings
- ☐ Clean window wells of trash and debris
- ☐ Install and maintain fences completely around pools with openings less than 1/4 inch
- ☐ If the home was built before 1978, check hardboard siding for asbestos
- ☐ Make sure private wells are sealed and capped
- ☐ Consider testing well for pesticides, organic chemicals, and heavy metals before you use it for the first time
- ☐ Test private water supplies annually for nitrate and coliform bacteria
- ☐ Do not leave open garbage containers near the home
- ☐ Repair broken glass in windows and doors
- ☐ Seal holes in walls and around windows and doors to keep rodents and pests out of living spaces

11. General

- ☐ If the home was built before 1978, use lead-safe work practices for all renovation and repairs and test children in the home for lead exposure
- ☐ Check piping connecting the home to the water main and the piping in the home for lead (lead pipes are dull and can be scratched easily with a penny). Lead pipes are more likely to be found in homes built before 1986
- ☐ No smoking inside the home, especially with children in the same home
- ☐ Have a professional maintain yearly all gas appliances and check for carbon monoxide leaks and proper venting
- ☐ Do not use candles or incense in the home when adult supervision is not present
- ☐ Secure balcony and stair railings, and install no-slip nosings
- ☐ Replace burned-out bulbs in lights over stairs and landings
- ☐ Run a dehumidifier if indoor humidity is above 50 percent or there is condensation on windows
- ☐ Make sure all gas burning appliances, furnaces, heaters, and fireplaces ventilate to the outside
- ☐ Replace the furnace filter with a MERV 8 or higher every three months
- ☐ If mold is visible in any room, refer to mold removal guidelines from the EPA, CDC, or HUD
- ☐ Install child-proof locks on cabinets and child-proof covers on electrical outlets
- ☐ Keep water temperature at less than 120 degrees
- ☐ Keep firearms in locked safes
- ☐ Use pest management recommendations or safer alternative products before applying pesticides
- ☐ Keep all cleaning products in original containers and do not mix two products together
- ☐ Keep all hazardous products and chemicals in locked cabinets away from children

Room by Room Checklist for a Heathy HOME

To help connect the room, steps, and hazards please look for the following icons

L Lead	P Pests
IAQ Indoor Air Quality	CM Carbon Monoxide
AA Asthma and Allergies	HS Home Safety
R Radon	HC Household Chemicals
MM Mold and Moisture	TC Home Temperature Control

