



# National Healthy Homes Month 2019

June is National Healthy Homes Month (NHHM), created by the U.S. Department of Housing and Urban Development's (HUD) Office of Lead Hazard Control and Healthy Homes (OLHCHH). The campaign's aim is to focus national attention on ways to keep people of all ages safe and healthy in their homes, help people connect their health to their homes, and boost awareness and understanding of what federal and local resources are available. This year's theme, *Growing Up Safe and Healthy: 5 Minutes to a Healthy Home*, focuses on the opportunity to protect current and future generations of children from exposure to lead from contaminated paint, dust, and soil through the importance of home assessments and the impact it has on your health.

**PROMOTE HEALTHY HOMES ON SOCIAL MEDIA – USE THE FOLLOWING HASHTAG TO PROMOTE NHHM ACTIVITIES AND NEWS: #NHHM2019**

## UPCOMING EVENTS

Thursday, June 20, 1 p.m. ET:

***Protecting Against the Silent Killer: Legislating Carbon Monoxide Alarms***

(First Alert/National Safe and Healthy Housing Coalition webinar)

Register here: <http://bit.ly/NSHHCreg1906>

Tuesday, June 25, 2 p.m. ET:

***Building Better Health through Improved Housing Codes, Proactive Inspections, and Effective Enforcement*** (NCHH webinar)

Register here: <http://bit.ly/CODESreg1906>

Wednesday, June 26, 2 p.m. ET:

**#NHHMchat – National Healthy Homes Month Twitter chat** (NCHH; more info below)

Register here: <http://bit.ly/NHHMchat19>

Thursday, July 25, 2019, 2 p.m. ET:

**Using a HiAP Approach for Lead Poisoning Prevention** (NACCHO/HUD webinar)

Register here: <http://bit.ly/NACCHOreg1907>

HUD webinars

## TWITTER

- Use the hashtag #NHHM2019 for National Healthy Housing Month in June.
- Tweet about the work that your community is doing to make homes healthy.
- Use the hashtag #NHHMchat for the Twitter chat on June 26 at 2 p.m. ET.

### On June 26, Join Us on Twitter for the #NHHMchat

The National Center for Healthy Housing (NCHH) is hosting a National Healthy Homes Month-themed Twitter chat to exchange ideas, spread awareness, and take action on home hazard prevention and the implementation of effective healthy homes policies. We are hosting the chat at the end of HUD's National Healthy Homes Month to collect and share the great healthy homes learning opportunities and resources that appear throughout the month of June.

NCHH will hold the **#NHHMchat** on **Wednesday, June 26, 2019, from 2:00 p.m. to 3:00 p.m. ET** (11:00 a.m. to 12:00 p.m. PT). The **#NHHMchat** aims to accomplish the following:

- Raise awareness of the importance of home assessments and their impact on health.
- Discuss available resources for local government, communities, property owners, and residents.
- Encourage strategic partnerships, regulatory action, and policies that promote healthy homes and lead poisoning prevention.

Register for the #NHHMchat to get a copy of the chat questions in advance:

<http://bit.ly/NHHMchat19>

To participate, follow along on June 26 when @NCHH posts questions starting at 2:00 p.m. ET. Share your thoughts and ideas on policies, data, practices, and resources for healthy homes.

SHARE THESE INFOGRAPHICS ON TWITTER, FACEBOOK, OR INSTAGRAM

### Is your home a healthy home?

**You can't see it... but it's there**

For the last 10 years, children have been spending as much time as adults at home.

They also drink more water.

When they eat harmful chemicals in their homes, it's a bigger dose compared to adults.

Your home may have more than 100 toxins and they may cause illness.

**What are the health & safety concerns?**

- Lead** - A major health concern, especially for young children. It can cause developmental delays and learning problems.
- Radon** - A colorless, odorless gas that can cause lung cancer.
- Asbestos** - A naturally occurring mineral that can cause lung cancer and other respiratory diseases.
- Mold** - Can cause allergic reactions, asthma, and other respiratory problems.
- Carbon monoxide** - A colorless, odorless gas that can be fatal.
- Flammable vapors** - Can cause fires and explosions.
- Lead-based paint** - Can cause lead poisoning, especially in children.
- Lead-based solder** - Can cause lead poisoning, especially in children.
- Lead-based solder** - Can cause lead poisoning, especially in children.

**Where are the 6 Principles of a healthy Home?**

1. Lead-free
2. Radon-free
3. Mold-free
4. Safe water
5. No lead-based paint
6. No lead-based solder

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Is Your Home a Healthy Home?

### KEEPING YOUR Pet-Friendly Home Healthy

1. **Check for Lead** - Lead-based paint is a common source of lead in homes. It can be found in walls, floors, and furniture. Lead is a neurotoxin that can cause developmental delays and learning problems in children.

2. **Check for Radon** - Radon is a colorless, odorless gas that can cause lung cancer. It is the second leading cause of lung cancer in the United States.

3. **Check for Mold** - Mold is a fungus that can grow in damp areas of your home. It can cause allergic reactions, asthma, and other respiratory problems.

4. **Check for Asbestos** - Asbestos is a naturally occurring mineral that can cause lung cancer and other respiratory diseases. It is commonly found in older homes.

5. **Check for Carbon Monoxide** - Carbon monoxide is a colorless, odorless gas that can be fatal. It is produced by burning fuels like gas, oil, and wood.

6. **Check for Flammable Vapors** - Flammable vapors can cause fires and explosions. They are commonly found in older homes.

All of this can have a major impact on the air quality in your home.

**5 Tips for Keeping your Home Healthy and Safe**

1. Test for lead, radon, mold, asbestos, and carbon monoxide.
2. Fix any problems you find.
3. Use lead-free paint and lead-free solder.
4. Use radon-resistant construction techniques.
5. Use mold-resistant materials.

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Keeping Your Pet-Friendly Home Healthy

### 5 Minutes to a Healthier Home

Do you do these enough often to make your home a healthier safer place?

**Think again! You can do these things in 5 minutes!**

- Test your water** - Test for lead and copper. Call your local health department for more information.
- Check for radon** - Radon is a colorless, odorless gas that can cause lung cancer. It is the second leading cause of lung cancer in the United States.
- Check for mold** - Mold is a fungus that can grow in damp areas of your home. It can cause allergic reactions, asthma, and other respiratory problems.
- Check for asbestos** - Asbestos is a naturally occurring mineral that can cause lung cancer and other respiratory diseases. It is commonly found in older homes.
- Check for Carbon Monoxide** - Carbon monoxide is a colorless, odorless gas that can be fatal. It is produced by burning fuels like gas, oil, and wood.
- Check for Flammable Vapors** - Flammable vapors can cause fires and explosions. They are commonly found in older homes.

**Have 5 more minutes?**

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5 Minutes to a Healthier Home

## SAMPLE SOCIAL MEDIA POSTS

HUD's Office of Lead Hazard Control kicks off National Healthy Homes Month this June! #NHHM2019 #HealthyHomes What Is a Healthy Home? Test your knowledge on the Healthy Homes Basics App. Download [at https://itunes.apple.com/us/app/healthyhomes-basics/id1092367352](https://itunes.apple.com/us/app/healthyhomes-basics/id1092367352) @HUDHealthyHomes #NHHM2019

You don't need a lot of time to make a BIG difference in #HealthyHomes! 5 Minutes to a Healthier Home gives you quick steps to make your home a healthier and safer place. Learn more at <https://www.hud.gov/HealthyHomes> #NHHM2019 *(add 5 Minutes Infographic)*

State, county, and local governments are invited by @SecretaryCarson to apply for the @HUDgov @HUDHealthyHousing #LeadHazardContol and technical studies #grants. [https://www.youtube.com/watch?time\\_continue=6&v=yaA2s3CtLdc](https://www.youtube.com/watch?time_continue=6&v=yaA2s3CtLdc) #healthyhomes #NHHM2019

## OTHER RESOURCES

### Download Interactive Healthy Homes Apps

**Healthy Homes Basics:** This HUD/USDA app is designed for use by the general public. It introduces users to healthy homes concepts, using clear terms. The content also covers many ways to have a healthy home. Available at <https://itunes.apple.com/us/app/healthy-homes-basics/id1092367352>

**Healthy Homes Do-It-Yourself Assessment Tool:** This tool walks users through each room and provides simple, low, and no-cost solutions to many common healthy housing problems. Available at <https://healthyhomes.fcgov.com>

**Healthy Homes Partners:** This HUD/USDA app is for stakeholders. It is non-technical but goes beyond the above consumer version. Available at <https://itunes.apple.com/us/app/healthy-homespartners/id1244368357?mt=8>

**Healthy Homes Youth:** This HUD/USDA app is for middle schoolers and helps them learn about healthy homes. Available at <https://itunes.apple.com/us/app/healthy-homesyouth/id1434450117?mt=8>

## Publications

***Protect Your Family from Lead in Your Home:*** This pamphlet is a required document to be provided to buyers and renters before purchase or lease. Available at [www.epa.gov/lead/protect-your-family-lead-your-home-real-estate-disclosure](http://www.epa.gov/lead/protect-your-family-lead-your-home-real-estate-disclosure).

***The Healthy Homes Program Guidance Manual (July 2012):*** This comprehensive manual (260 pages) was developed by HUD/OLHCHH and many select partners to offer guidance and tools to help users establish or improve healthy homes/housing programs. It provides a broad range of practical information that will be of interest to organizations, programs, and individuals concerned about the need for healthy housing. The content takes into account that no “one size fits all” in designing healthy homes programs at the local level. Available at [https://www.hud.gov/sites/documents/HHPGM\\_FINAL\\_CH1.PDF](https://www.hud.gov/sites/documents/HHPGM_FINAL_CH1.PDF)

**The National Lead Information Center:** This toll-free hotline, **1-800-424-LEAD (5323)**, provides the general public and professionals with information about lead, lead hazards, and their prevention. Individuals who are deaf, hard of hearing, or who have speech disabilities may call the Federal Relay Service’s teletype service at 1-800-877-8339.