

Integrated Pest Management (IPM) and the Seven Principles of Healthy Homes

As your healthcare provider we work to improve your health outcomes and resolve your health concerns before they become debilitating illnesses. Your home environment can affect your health and we can help you head off preventable illnesses by having you look beyond the obvious causes of things that make you sick so that your health improves. We all like to think of our homes as safe and healthy places to live. Even if you work hard to keep your home clean, there are still things that you cannot see that can make you sick.



greensboro housing coalition

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**National Center for
Healthy Housing**

www.nchh.org

The Seven Principles of Healthy Homes are:

1. Keep it dry
2. Keep it clean
3. Keep it pest-free
4. Keep it contaminant-free
5. Keep it well-ventilated
6. Keep it safe
7. Keep it maintained

Pests in your home can leave allergens that directly affect your health. Cockroach allergens can cause asthma in children under six years old and are a leading trigger in asthma attacks. Dust mites, allergens from pets and mold can also be asthma triggers. At the same time, pesticides can poison.

Ask your pest professionals about the use of Integrated Pest Management (IPM) as a way to keep your home pest-free and reduce the use of pesticides in your home.

Have your home inspected by the Healthy Homes specialist who will point out things that you can do to keep your home safe and healthy. Your home is a system and just like your body, if one part of the system is not working properly, the whole system can become sick.

Call Greensboro Housing Coalition at 336/691-9521 for a healthy home inspection.



Following the Healthy Homes principles and those of IPM will help ensure that your clean and pest-free home stays that way.