

Healthy Homes

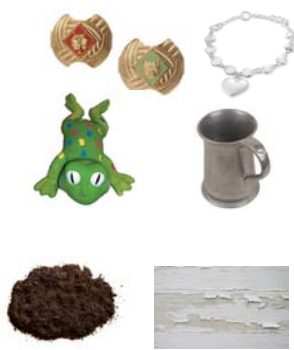
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Homes

⇒ Check your home for Lead. Lead paint can be found in homes built before 1978:

- Chipped paint
- Dirt
- Pewter
- Furniture and toys
- Costume jewelry
- Crystal glassware



Jobs

⇒ Exposure to lead also comes from the worksites. Jobs that can potentially carry lead are plumbing, construction, and mining. You can carry lead dust or dirt on your shoes and clothing without knowing and it can stick to your children or other family members. Other products used at the worksite are:

- Car batteries
- Metal parts or scraps
- Ammunition



⇒ **Harmful items around the house that can affect your health and can cause Asthma triggers :**

- Rat droppings
- Excessive garbage build-up
- Mold
- Cockroaches and bed bugs
- Mice or rats
- Tobacco smoke and cigarettes



⇒ **Other silent and dangerous environmental hazards in your home:**

- Carbon monoxide
- Radon
- Old solder pipes



How to Keep Your Home Clean to Prevent Illnesses

- Reduce exposure of pests by using roach baits, gels, dust, glue boards, snap traps
- Clean up by vacuuming or wet clean floors, washing bed linens, using a damp cloth for dusting surfaces
- Use proper ventilation around your home by inquiring open areas and using exhaust ventilation systems
- Maintain your home by replacing any old piping or cracks in walls, as well as avoiding clutter

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