

16 Steps to a Healthy Home

Keep pests away—Don't provide them with food, water, or shelter

1 Clean grease, crumbs, and dust from your home daily



2 Store food in glass or stainless steel containers



3 Store garbage in a container with a tight lid; seal and remove garbage from your unit daily



4 Rather than using toxic sprays, have your landlord seal pest entryways & use baits or gels



5 Keep only the essentials and store items in plastic containers, 6 inches above the ground. Otherwise you are providing a shelter for pests



6 Keep bed bugs away by not bringing home furniture found on the street



7 To kill bed bugs, dry second-hand clothes in high heat for 30 minutes before bringing them home



For more information call 311

Developed by: Children's Environmental Health Promotion Program
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Keep home free of mold and your air free of contaminants

8 Turn on exhaust fans or open windows when cooking and bathing



9 Squeegee or wipe down shower walls after bathing



10 Open as many windows as possible once a day for at least 5 minutes to remove moisture



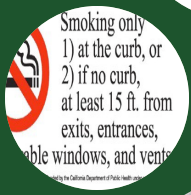
11 Place furniture and storage at least 6 inches away from walls



12 Use less toxic cleaning products, like baking soda and vinegar rather than bleach



13 Require smokers to smoke outside at least 15 ft. away from any windows or doors



14 Keep smoke and carbon monoxide alarms connected and have the landlord test them annually



15 Work with your housemates to take these easy steps towards having a healthy home. Assign responsibilities



16 Inform landlord as soon as possible of any pests, damaged paint, uncovered soil, leaks, or safety hazards. Call 311 if any problems remain unresolved.

