Healthy Homes
Keep your family healthy.

Practice good cleaning habits.

- Vacuum and damp-dust to reduce dust particles.
- Clean spills immediately.
- Cover trash and dispose in trash containers.
- Clean bathrooms, kitchens and other surfaces with simple cleaning products like vinegar and baking soda.
- Clean and disinfect surfaces people touch often with an EPA-approved disinfectant.

Look for mold.

- Check windows, showers and other areas for mold.
- Clean mold with soap and water. Don't use bleach.
- Dry area completely.

Get fresh air.

- Turn heaters off, open windows to bring in fresh air, and turn on bathroom and kitchen exhaust fans for 10-15 minutes a day. If weather permits.
- Avoid scented products like plug-in air fresheners, aerosols or perfumes.
- Don't smoke or vape indoors.

Test alarms.

- Press button on smoke alarm and carbon monoxide detectors.
- Listen for the sound.

Open windows when you use cleaning products or disinfectants.

- Don’t mix cleaning products.
- If you use bleach, follow directions to dilute. Only mix bleach with water.

Learn more at tpchd.org/asthma.