

Keyword **Recommendation**

Keep it Clean

<i>Shoes</i>	Consider removing your shoes at the door when entering the home
<i>Doormats</i>	Add commercial grade doormats with carpeted ridges and rubber lining at entrances
<i>Refrigerator</i>	Clean under and behind fridge at least once a year
<i>Damp Dust</i>	Dust with a damp cloth to capture dust more effectively
<i>Vacuum</i>	Vacuum regularly and use a vacuum with a HEPA filter if possible
<i>Vents</i>	Clean heating/AC registers and vents
<i>Dryer Lint</i>	Clean lint and debris from behind the dryer and inspect outside vent every
<i>Furnace Clutter</i>	Keep furnace area uncluttered
<i>Air Cleaner</i>	Consider purchasing an AHAM certified air purifier with a HEPA filter and CADR 100+ rating

Keep it Pest Free

<i>Pest Control</i>	Try non-toxic methods (IPM) and Healthy Homes recipes for pest control
<i>Pet Food</i>	Store pet food in an airtight container (metal or plastic) so it doesn't attract
<i>Plumbing Holes</i>	Use copper mesh to plug holes where mice can come in
<i>Trash Cover</i>	Keep the trashcan covered so it doesn't attract pests

Keep it Dry

<i>Condensation</i>	Wipe condensation from windows to prevent moisture buildup on sills
<i>Leaks</i>	Fix the source of moisture and eliminate any visible microbial growth using Healthy Homes cleaner
<i>Shower Door</i>	Leave shower door ajar to prevent moisture buildup
<i>Shower Fan</i>	Run exhaust fan during and after shower to prevent moisture buildup
<i>Washer</i>	Clean washer drum with Healthy Homes cleaner and leave door ajar to dry

Keep it Ventilated

<i>Cleaning Fan</i>	Open a window or run a fan for ventilation while cleaning
<i>Cooking Fan</i>	Open a window or run a fan for ventilation while cooking
<i>Shower Fan</i>	Open a window or run a fan for while showering to prevent moisture
<i>Windows</i>	Open windows when possible to flush out indoor air contaminants
<i>Backdraft</i>	Have professional look at corrosion on water heater fittings which indicates potential backdrafting

Keep it Maintained

<i>Downspouts</i>	Repair downspouts and grade soil to direct water away from the foundation
<i>Drains</i>	Pour a cup of water down unused drains periodically to keep sewer gasses
<i>Dryer Lint</i>	Clean lint and debris from behind the dryer and inspect outside vent every
<i>Fans</i>	Clean bathroom exhaust fans to keep them running efficiently
<i>Furnace Clutter</i>	Keep furnace area uncluttered
<i>Furnace Chemicals</i>	Keep paints and contaminants away from furnace area
<i>Furnace Filter</i>	Inspect furnace filters at least twice a year and replace as needed with MERV 8-11 rated filter
<i>Humidifiers</i>	Clean humidifier frequently to prevent microbial growth

Keep it Contaminant Free

<i>Air Freshener</i>	Try Healthy Homes recipes for air fresheners
<i>Asbestos</i>	Consider having popcorn ceiling professionally tested for and mitigated for asbestos
<i>Cleaners</i>	Try Healthy Homes recipes as an alternative to hazardous cleaning products
<i>Dryer Sheets</i>	Try 1/4 cup of vinegar in wash instead of fabric softener sheets
<i>Lead</i>	Consider having deteriorating paint professionally tested and mitigated for
<i>Mold</i>	Try Healthy Homes recipes to remove microbial agents
<i>Paint/Chemicals</i>	Dispose of unused paints and chemicals at a hazardous waste disposal site and store the rest in airtight containers
<i>Smoking</i>	Smoke outside wearing a jacket and hat that can be left outside
<i>Washer Growth</i>	Clean growth in washer with Healthy Homes cleaner and leave door ajar to dry out

Keep it Safe

<i>Smoke Detector</i>	Replace or install smoke detectors (should be on every floor and in all bedrooms)
<i>CO Detector</i>	Replace or install CO detectors (should be within 15 feet of all bedrooms)
<i>Escape Plan</i>	Discuss a fire escape plan and meet up location with your family or
<i>Extinguisher</i>	Install a fire extinguisher where it is readily accessible in the event of an emergency
<i>LETA911</i>	Consider signing up for LETA911 for emergency alerts