



Good Health Begins at Home

People spend about half of every day inside their homes. A healthy home is sited, designed, built, renovated and maintained in support of good health.



8 Healthy Homes Principles

- 1. Dry:** Damp houses provide a good environment for mites, roaches, rodents and mold.
- 2. Clean:** Clean homes help reduce pest infestations and exposure to contaminants.
- 3. Pest-Free:** Studies have shown exposure to mice and cockroaches can increase asthma attacks in children. Pesticide residues in homes can pose health risks.
- 4. Safe:** The majority of children's injuries occur in the home, including burns, poisonings and falls.
- 5. Contaminant-Free:** Chemical exposures include lead, radon, carbon monoxide, pesticides, asbestos and environmental tobacco smoke.
- 6. Ventilated:** Studies have shown that increasing the fresh air in a home improves respiratory health.
- 7. Maintained:** Poorly-maintained homes are at risk for moisture, pest problems and maybe lead-based paint.
- 8. Thermally Controlled:** Houses that do not maintain adequate temperatures may place the safety of residents at increased risk to extreme cold or heat.



Household Asthma Triggers

40% of asthma episodes are caused by preventable unhealthy housing conditions. People with asthma should avoid these common asthma triggers.

- Mold and moisture
- Pet hair and dander
- Cockroaches
- Mice and rats
- Dust mites
- Chemical irritants
- Tobacco smoke
- Particulate matter
- Nitrogen dioxide
- Ozone
- Extreme temperatures



Make A Home A Healthy Home

Public Health can be a partner in preventing diseases and injuries that could result from housing-related hazards and deficiencies. There is more information about asthma on our Healthy Homes Website.

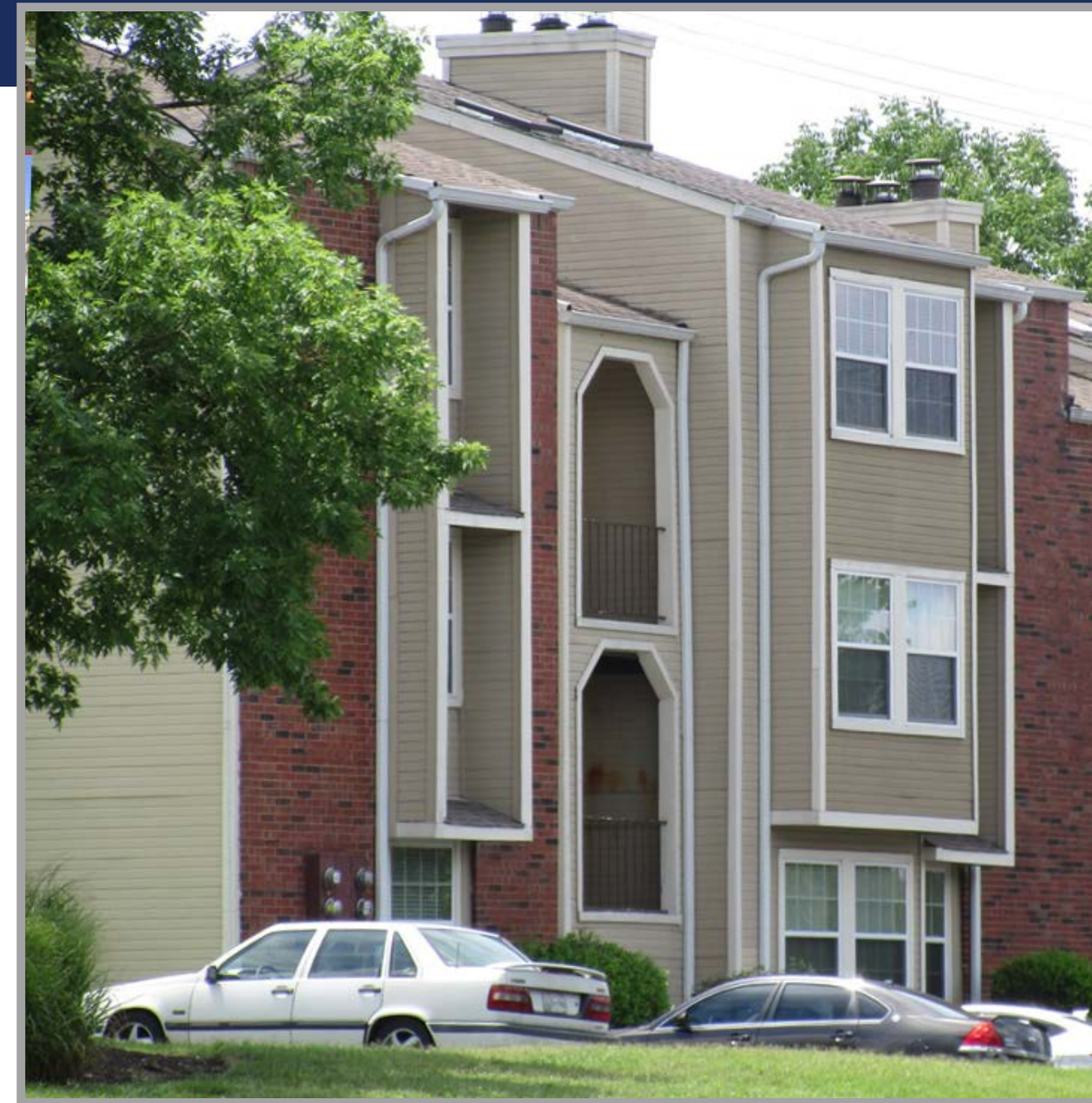
tn.gov/healthyhomes



An **Asthma Management Plan** is an educational tool to help understand and control asthma.



Tobacco smoke contains particulate matter, nitrogen dioxide and other irritants.



Renters rely on their landlord to make repairs based on their lease agreement and rights.



Household hazards may have vapors or residues that can be asthma triggers.



Wood burning stoves, gas appliances, and generators need to properly **exhaust outdoors**.



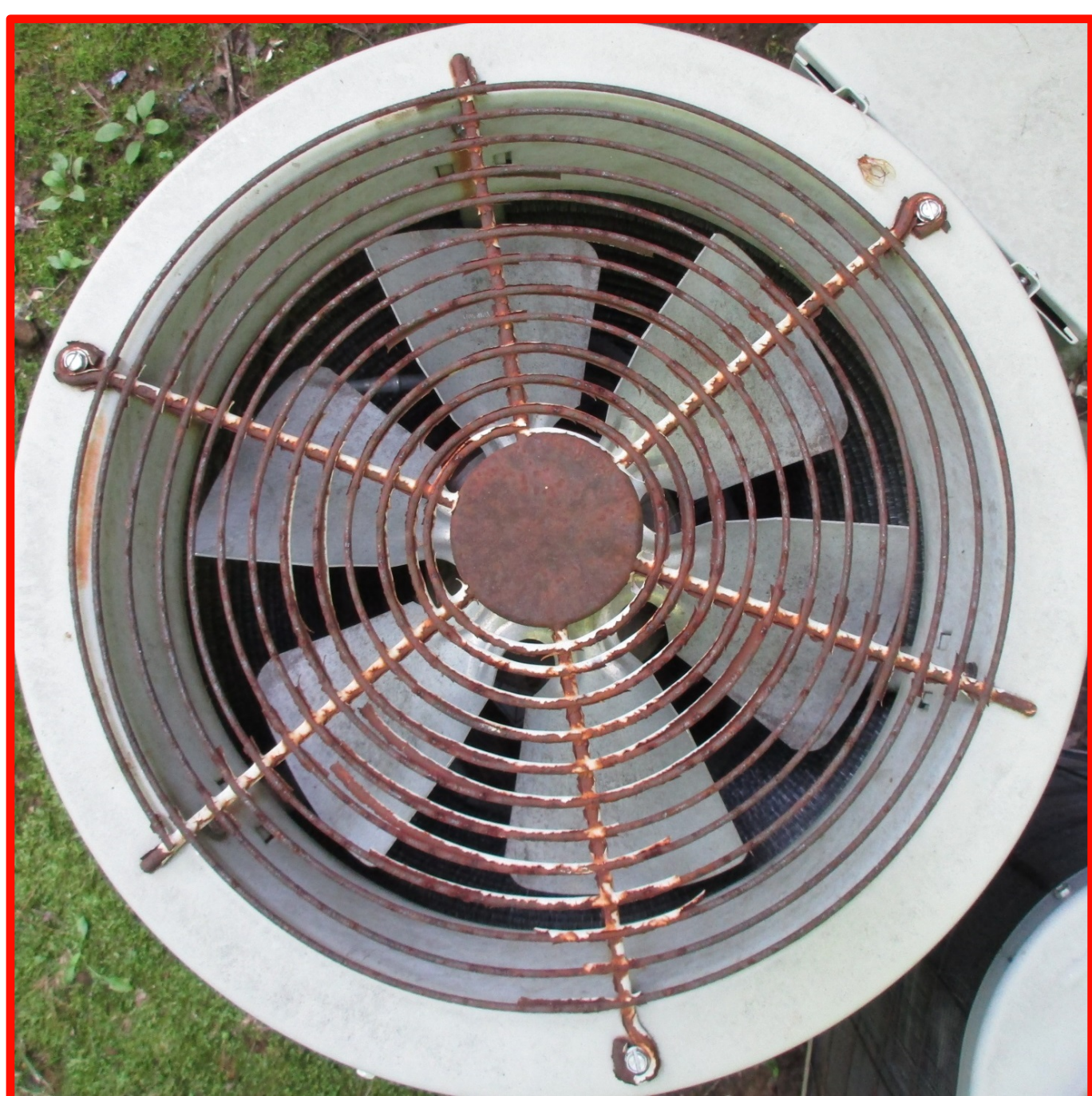
Mice, rats and cockroaches are pests that can leave behind asthma triggers.



Too much moisture allows mold to grow. **Molds are allergens** and can be asthma triggers.



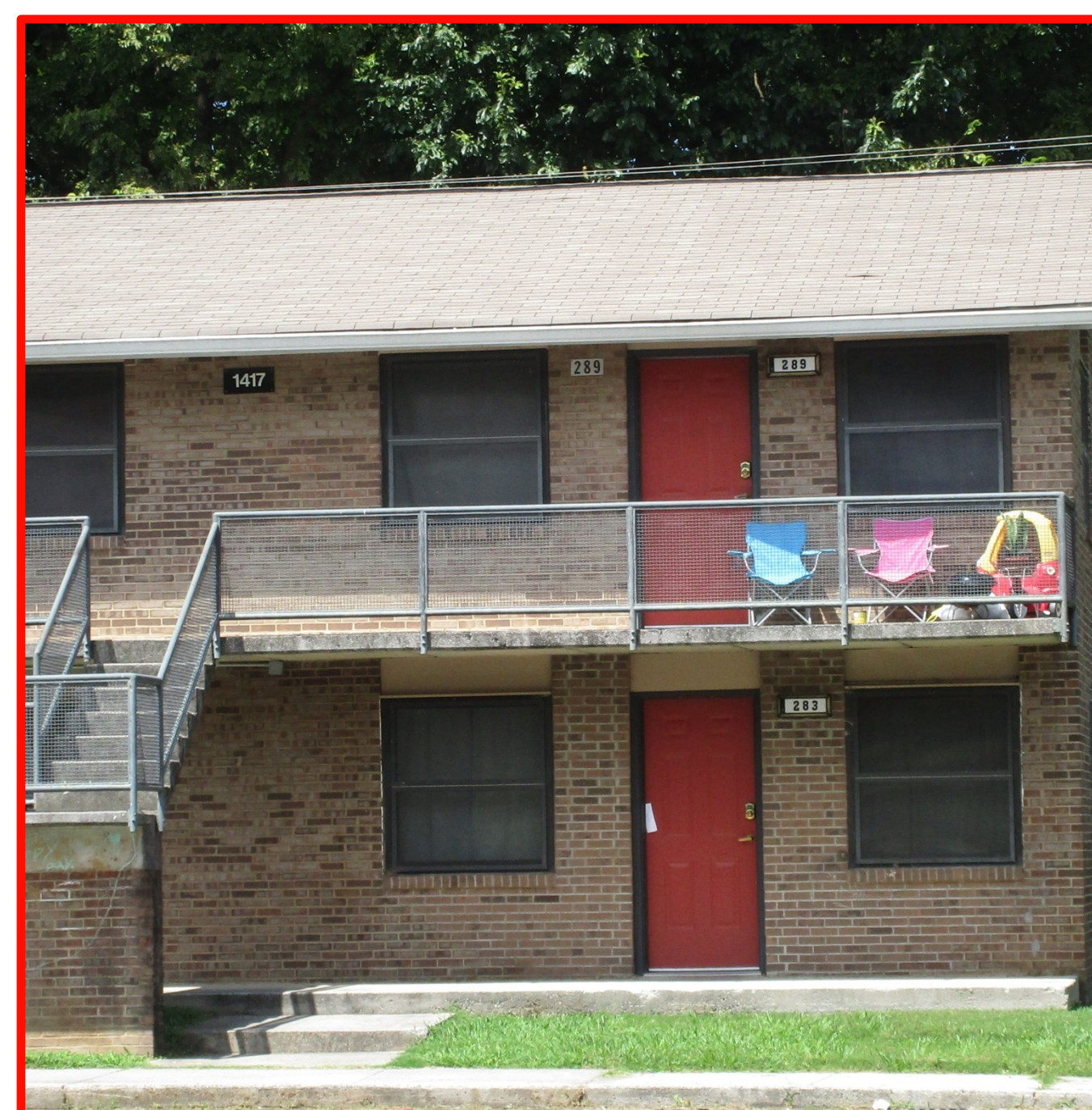
Hard floors make it easier to clean up **pet hair and dander** compared to carpet.



Ventilation is important for **indoor air quality** and maintaining temperature.



Replacing dirty **air filters** on a regular basis will improve indoor air quality.



Finding **healthy and affordable housing** can be difficult in many parts of Tennessee.



Water damage from **roof or plumbing leaks** can cause indoor problems like mold.