

## Did you know.....

When building a home, you will have many decisions to make; such as what color to paint the bedroom, where to install outlets, and what lighting will work best in the kitchen. These decisions, however, will not matter if your home is not safe to live in. Some other important decisions that you will need to make are: do you have enough ventilation, is the home being built radon resistant, is there proper moisture control, and is the water safe to drink? These decisions will not only improve the value of the home but will provide your family a safe and healthy place to come home to. Planning ahead will help prevent serious problems for your family's health and safety.



## HEALTHY HOMES HELP



MAKE  
HEALTHY  
FAMILIES!

Visit the Wyandot County Health Department's website at [www.wyandothealth.com](http://www.wyandothealth.com) or the following websites for more information:

**Radon:** [www.eng.utoledo.edu/aprg/radon](http://www.eng.utoledo.edu/aprg/radon)

**Lead:** [www.epa.gov/lead](http://www.epa.gov/lead)

**Arsenic:** [www.healthychild.org/live-healthy/checklist/](http://www.healthychild.org/live-healthy/checklist/)

**Mold:** [www.epa.gov/mold](http://www.epa.gov/mold)

**Carbon Monoxide:** [www.epa.gov/iaq/co.html](http://www.epa.gov/iaq/co.html)

**Drinking Water:**

[www.odh.ohio.gov/odhPrograms/eh/water/water1.aspx](http://www.odh.ohio.gov/odhPrograms/eh/water/water1.aspx)

**Home Safety:** [www.hud.gov/offices/lead/hhi/index.cfm](http://www.hud.gov/offices/lead/hhi/index.cfm)



**Public Health**  
Prevent. Promote. Protect.



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Health Department**

WYANDOT COUNTY  
HEALTH DEPARTMENT

Protect your family  
with a  
**HEALTHY  
HOME**

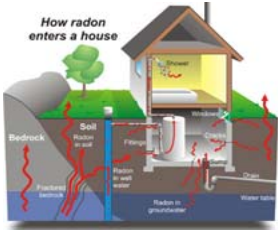
**Build Healthy - Build Safe**



**Did you know.....**

## Did You Know . . . .

**Radon**, a naturally occurring colorless and odorless radioactive gas can come into the home through foundation cracks or other openings. Without proper ventilation, this gas gets trapped in the home. Breathing high levels of radon can lead to lung cancer. Radon is the leading cause of lung cancer in non-smokers in the U.S. Building a radon resistant home will help eliminate the need for a radon mitigation system to be installed after your family has moved in.



Radon can enter the home through many different ways.

**Lead** poisoning in a child leads to long-term effects which can be severe. Lead is usually found in homes that were built before 1978. However, if you are using building materials from old homes or buildings, they could be covered in lead based paint. Be aware of what materials are being used and how they are being handled and make sure they are lead free.

**Arsenic** is used to preserve wood. This type of wood is then typically used in outdoor structures such as decks, fences, and playground equipment. To avoid arsenic poisoning, avoid sanding or finishing treated wood, apply wood sealants annually, or use non-wood materials such as recycled plastic lumber, metal, or concrete.



**Indoor Air Quality** affects children up to twice as much as adults due to their size. Health problems that come from indoor air pollution can be minimized. Ventilation in every room of the home is needed to improve the air quality. Allow new carpet and furniture to air out for several days, with the windows open, prior to moving in. Also, assure that gas appliances are installed correctly to avoid inefficient burning of gas and polluting the air. Planning ahead can assure that your family can breath safely.

**Moisture** control will help prevent allergies caused by mold. Too much moisture in the air will increase allergen substances, such as mold, which can trigger asthma. Properly venting clothes dryers and exhaust fans to the outside, insulating cold water pipes, and assuring there are no plumbing leaks are some steps to minimize excessive moisture in the home. Properly installing gutters and foundation drains will also help aid in moisture control.



Improper ventilation can lead to mold growth.

**Carbon Monoxide** can not be seen, smelled, or tasted but can cause serious health problems. Detectors should be placed throughout the home to alert your family if it rises above safe levels. Ventilating gas appliances and wood stoves to the outdoors will help prevent carbon monoxide from being trapped in the home.



**Drinking Water** should be tested prior to drinking after a new well is drilled. This will assure that the water is free of harmful bacteria. Your water may also have high levels of nitrates and hydrogen sulfide which can be harmful to you and your family. Testing is the only way to determine if the water is safe to drink.

**Home Safety** issues and unintentional injuries are the leading cause of death of children in America. This includes falls, poisoning, choking, and suffocation, most of which can be prevented. Installing handrails on stairways and ledges, safety latches on all cabinets and drawers containing chemicals, and keeping all medicine cabinets locked and out of children's reach will help minimize home safety accidents.



Other home safety tips include: when installing your hot water heater, set it at 120°F to prevent scalding; installing a smoke detector on every floor of the home in or near sleeping areas; and assuring each room has an escape route in case of a fire.

**Outdoor Safety** needs to also be considered. All pools, spas, and hot tubs should have a fence around them at least five feet high with a self-closing gate. Walk-ways need to be made so they do not pose a trip hazard. Grading the property to eliminate standing water will help prevent mosquito breeding.



FOR MORE INFORMATION ON ANY OF THESE TOPICS, PLEASE CONTACT:

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