

The Eight Principles of a Healthy Home are important to healthy homes messaging. Consider including these concepts across your communication channels.

The Eight Principles of a Healthy Home

HUD's Office of Lead Hazard Control and Healthy Homes defines Eight Principles of a Healthy Home.

1 Keep it dry:

Damp homes provide an environment for dust mites, roaches, rodents and molds. All of these can cause or worsen asthma. In addition, moisture can damage the building materials in your home.



2 Keep it clean:

Clean homes reduce pest infestation and exposures to contaminants.



3 Keep it safe:

Injuries such as falls, burns, and poisonings occur most often in the home, especially with children and seniors.



4 Keep it well ventilated:

Having a good fresh air supply to your home is important to reduce exposure to indoor air pollutants and to increase respiratory health.



5 Keep it pest-free:

Exposure to pests such as roaches and rodents can trigger an asthma attack.



6 Keep it contaminant-free:

Levels of contaminants such as lead, radon, carbon monoxide, asbestos, secondhand smoke, and other chemicals are often much higher indoors.



7 Keep it well maintained:

Poorly maintained homes are at risk for moisture, pest problems, and injury hazards. Deteriorated lead-based paint is the primary cause of children being harmed by lead.



8 Keep it temperature controlled:

Homes that do not have balanced and consistent temperatures may place your family at increased risk from exposure to extreme heat, or humidity.

