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.

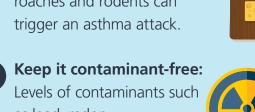
- Damp homes provide
 an environment for dust
 mites, roaches, rodents
 and molds. All of these can
 cause or worsen asthma.
 In addition, moisture can damage the
 building materials in your home.
- **Example 2** Keep it clean:
 Clean homes reduce pest infestation and exposures to contaminants.







Keep it pest-free:Exposure to pests such as roaches and rodents can trigger an asthma attack.



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



Keep it temperature

- 8
- controlled:
 Homes that do not have balanced and consistent temperatures may place your family at increased risk from exposure to extreme heat, or humidity.