

IS YOUR HOME A HEALTHY HOME?



Coloring
&
Activity Book

Is your home a healthy home? A healthy home is a safe & happy home.

Children depend on adults to make their homes safe and healthy.

Children can be good detectives to help make sure their home is safe and healthy. We want to avoid health concerns and solve problems.

If problems are found, solutions can be found.

If you have questions or concerns,
please contact your local County Extension office.

Developed by Healthy Colorado Homes Work Team

Kenneth R. Tremblay, Jr., PhD, Housing Specialist
Extension, Colorado State University, Fort Collins CO

LaVon F. Blaesi, PhD, project coordinator, layout and design

Robert Work, MFA, illustrator

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Colorado State University, U.S. Department of Agriculture and Colorado counties cooperating.
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Table of Contents

Keys to a healthy home	2 & 3	Fireplace	18 & 19
The search	4 & 5	Smoke-free	20 & 21
Mold and mildew	6 & 7	Basement	22 & 23
Lead	8 & 9	Radon	24 & 25
Pests.....	10 & 11	Maintenance	26 & 27
Pets	12 & 13	Your backyard	28
Carbon monoxide	14 & 15	Design <i>Healthy Home</i> t-shirts	29
Smoke alarm	16 & 17	Resources & credits	Back Cover

Maria and Tommy will help you see if your house is a healthy home.

We want to live in a safe and comfortable home.

Here are a few questions to answer:

Is the air in your home clean and healthy?

Is someone in your home allergic to mold?

Does anyone have a breathing problem like asthma?

Do you know the signs of carbon monoxide poisoning?

Is there lead anywhere in your home?

Does your smoke alarm work?

Be sure to tell adults in your house that you are looking for hidden dangers and safety problems in your home.

They will be able to help find answers to problems found in your home.

Have the adults in your home help when you need assistance.

Let's explore together!



KEYS TO A HEALTHY HOME

- Keep it dry Prevent water leaks & excess moisture
- Keep it clean Control dust
- Keep it safe Install smoke & CO alarms
- Keep it well-ventilated Supply fresh air in your home
- Keep it pest-free Seal cracks & repair screens
- Keep it contaminant-free Reduce lead hazards
- Keep it well-maintained Inspect, clean, & repair equipment



The search is on!

Maria and Tommy have the tools they need
to see if their home is a healthy home.

What are they holding in their hands?

Rearrange letters to spell the answer: fngygianmi salgses



What will you be looking for?



Mold & mildew



Lead



Pests



Pets ~ clean & healthy



Smoke & carbon monoxide alarms



Safe fireplace



NO secondhand smoke



Hazards in the basement



Maintained home equipment



Avoid Mold and Mildew

What is mold?

- Mold and mildew are alive and grow on wet surfaces in the open or in hidden places
- Mold and moisture can be seen in and around the home
- Mold often smells musty and is different colors: white, orange, green, gray, and black
- Mold spores float through air and can cause problems with lungs where they can lead to health problems such as watery eyes, runny or stuffy noses, sneezing, itching, wheezing, difficulty breathing, and headaches

Where should we look for mold and mildew?

- Bathrooms – tub, shower, walls, ceiling, and floor
- Damp basement and crawlspace
- Around leaky bathroom and kitchen sinks
- Windows and walls where you can see water spots

What should we do to avoid mold?

- Keep surfaces clean and dry – moisture can damage your house
- Store clothes and towels clean and dry
- Don't leave water in drip pans, basements, and air conditioners
- Wipe down shower walls after bathing or showering
- Run a fan or open a window while showering

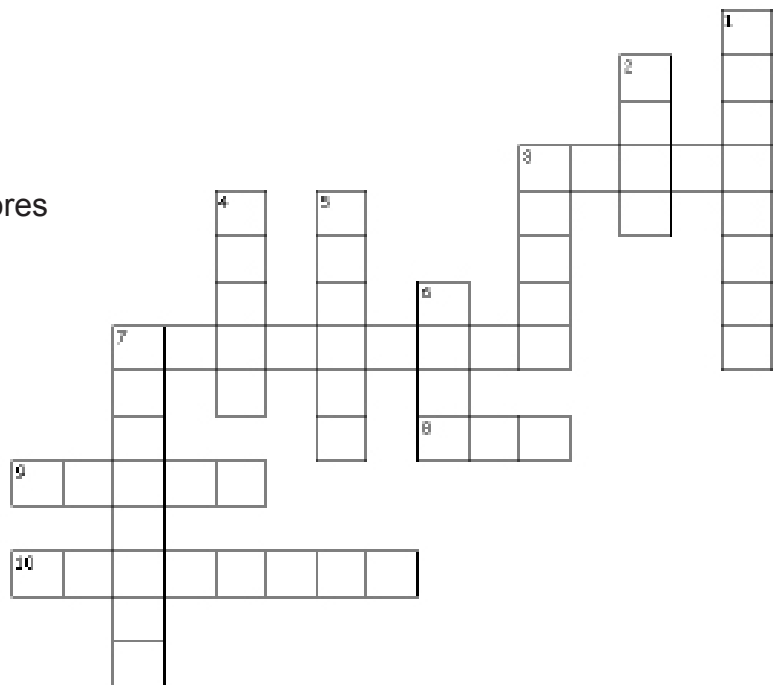
Find answers to the puzzle

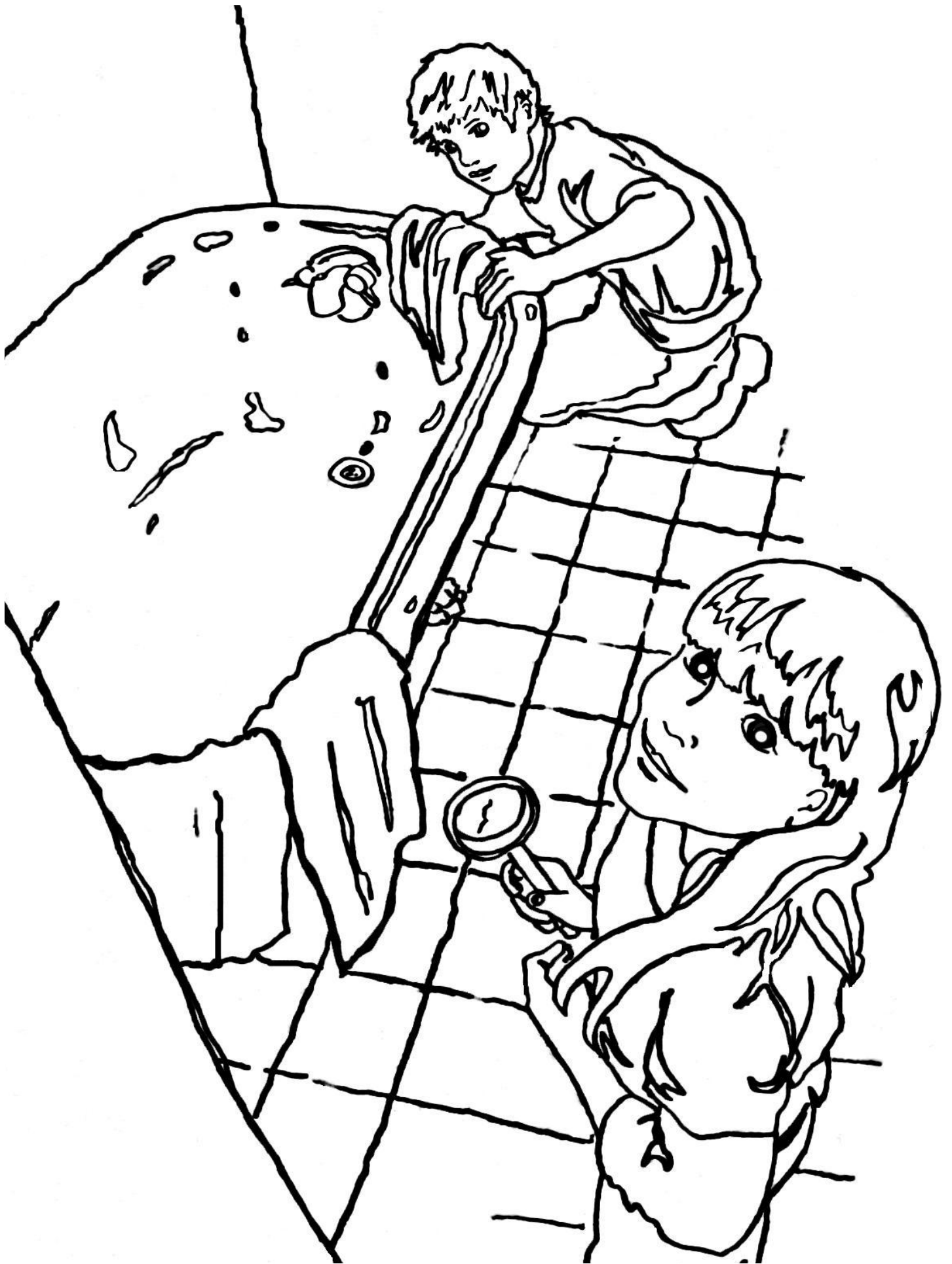
Down

1. too much _____ can damage your house
2. one color of mold
3. _____ may have health problems with mold spores
4. mold often smells _____
5. mold produces these _____ that float in air
6. _____ can grow on wet surfaces
7. avoid damp _____ and crawlspace

Across

3. avoid _____ around all sinks
7. a place to check for mold
8. very important way to avoid mold
9. another color of mold
10. health problem caused by mold





Avoid Lead Problems

Lead in the home is a very serious health problem. Some house paints, water pipes, pottery, and gasoline can contain different amounts of lead. Many hardware stores sell low-cost lead testing kits.

Lead can poison children if they get it in their mouths or breathe it from the air. A blood test is the only way to tell if someone has been exposed to lead. Ask your doctor if you have any questions.

How can children be poisoned by lead?

- ⇒ eating dust or paint chips with lead
- ⇒ putting toys in mouth
- ⇒ playing outside in the dirt

GOOD HABIT = ALWAYS WASH
 Wash hands and face
 especially before eating.
 Wash toys!

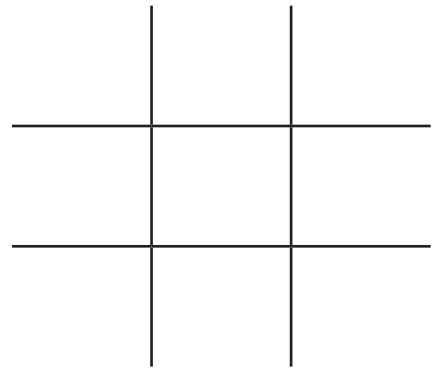
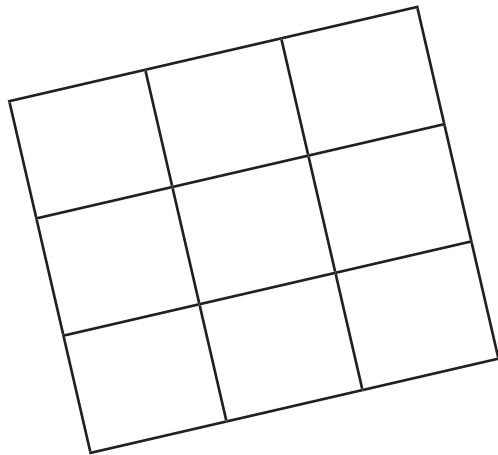
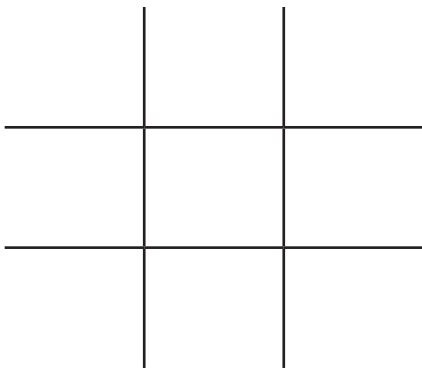
Check your home for lead

What year was your home built? _____	YES	NO
Do you live in an older home? Lead paint was banned in 1978.	<input type="checkbox"/>	<input type="checkbox"/>
Is there cracking, chipping, or flaking paint in the house?	<input type="checkbox"/>	<input type="checkbox"/>
Are there places where paint is being rubbed causing paint dust? (Look at the window frames and door frames.)	<input type="checkbox"/>	<input type="checkbox"/>
Are there lead pipes (dull gray and scratch easily with a penny)?	<input type="checkbox"/>	<input type="checkbox"/>

WORD SEARCH

- CHILDREN
- CHIPPING
- CRACKING
- DUST
- FLAKING
- GASOLINE
- HAPPY
- HEALTH
- HOUSE
- LEAD
- PAINT
- PIPES
- POISON
- SAFE
- SOIL
- TEST
- WASH
- WINDOWS

S	Y	Q	G	X	Y	P	E	R	I	H	R	B	R	Y
J	N	I	N	N	O	N	A	H	H	F	R	L	P	P
V	O	Y	V	I	I	B	F	X	E	G	F	S	W	P
K	T	J	S	L	R	P	F	L	A	K	I	N	G	A
S	K	O	O	X	M	T	P	L	L	M	C	W	U	H
M	N	S	L	H	W	G	N	I	T	Y	U	S	G	D
I	A	J	N	E	R	D	L	I	H	C	S	O	N	Y
G	J	U	W	I	A	U	E	F	A	C	D	I	I	H
W	E	S	U	O	H	D	H	E	M	P	R	L	K	V
O	I	Q	S	R	M	S	E	S	N	R	C	G	C	S
A	U	N	T	J	F	G	E	B	V	D	A	P	A	B
C	D	E	D	L	D	P	F	C	S	A	F	E	R	J
G	S	I	W	O	I	W	Y	P	F	D	D	F	C	J
T	I	A	N	P	W	D	U	S	T	R	S	X	S	Q
P	K	D	Y	H	S	S	E	D	U	H	H	S	A	W



Keep Away Pests

Pests are a nuisance and can cause health issues. Flies, cockroaches, mice, fleas, and ticks can carry disease. Roaches and house dust mites can trigger allergies and asthma.

Adults in your house may use pesticides to prevent and kill pests. You can help to be sure that adults carefully follow instructions on labels and store pesticides safely away from young children.

What might cause pests to be in your home?

	YES	NO
Does your house have broken, loose, or torn screens?	<input type="checkbox"/>	<input type="checkbox"/>
Are counter tops and floors sometimes dirty?	<input type="checkbox"/>	<input type="checkbox"/>
Is garbage kept where bugs can get into it?	<input type="checkbox"/>	<input type="checkbox"/>

Identify these pest repellents

gbu pysra

14 8 — 5 11 — — —

etp fela larclo

— 16 — — — 2 — 6 13 — — —

uesom patr

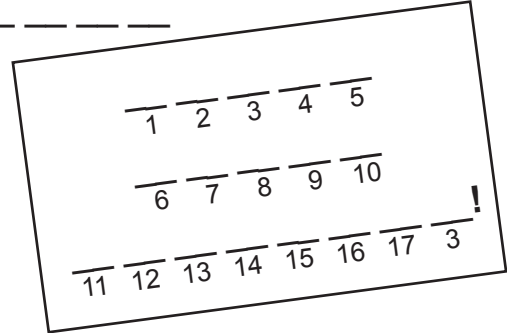
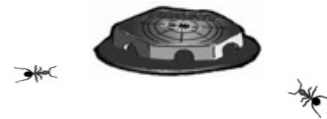
17 — — 3 10 4 — — —

nta ratp

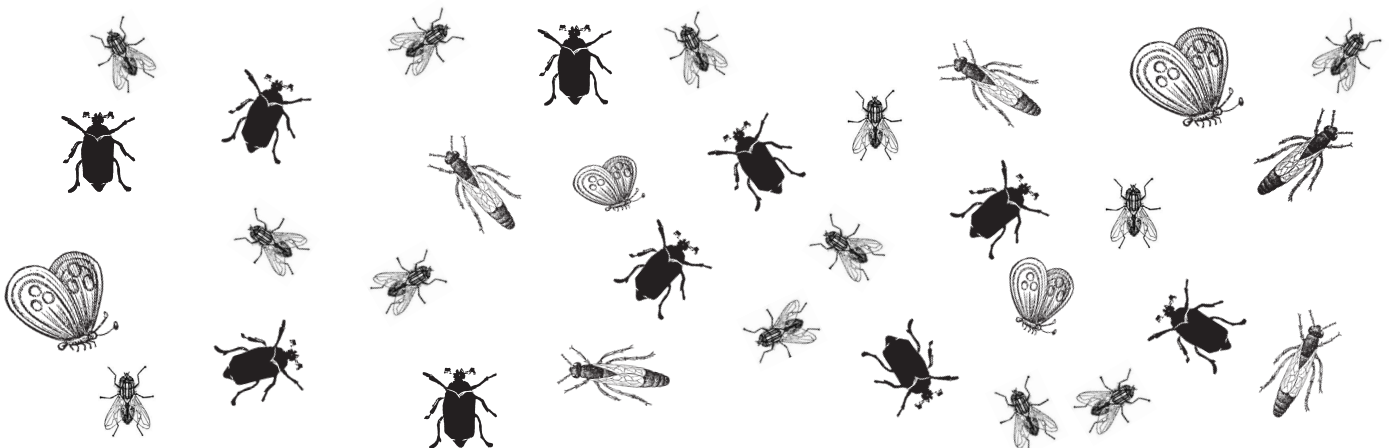
7 — — — — — 1 — — —

lyf rttewsa

— 15 — 9 — 4 — — 12



Link 10 black beetles without raising your pencil. You can't touch other bugs or go between two bugs more than once. There is more than one way to do this.





Be an artist.
Draw several types of bugs you see in and outside your home?

Keep Pets Clean

Pets in your home can cause allergies and asthma problems. Be sure your pets and the places where they eat and sleep are kept clean. Dander in the fur of cats and dogs may cause health problems. Also pets may bring in ticks and other bugs from outdoors. Help vacuum your home, give your pets baths, and brush their fur. Keep your pets clean and healthy.

Tommy and Maria have a cat named _____.

Rearrange the letters to spell the name of their cat.

l f y f u f = _____

If you have pets what are their names? _____

How often do you play with pets? _____

Check how you help care for your pet. Complete the missing words.

I help ₆ their fur when we are outdoors.

I feed them healthy pet .

I keep their drinking ₂₁₂ fresh.

I ₉₇ up their messes.

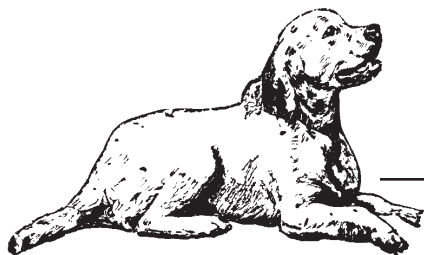
I help clean where pets ₁₃₁₁₃ (and take naps).

I help ₈ our home every week.

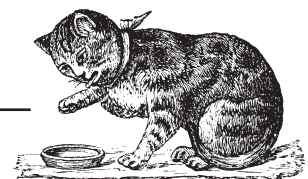
I help give my pet ₁₀₁ or go to a pet groomer.

I ₄₉₅ with my pet every day.

It's fun to have ₁ ₂ ₃ ₄ ₅ and ₆ ₇ ₈ ₉ ₁₀ ₁ ₅ ₄ ₁₁ ₁₂ ₁₃ !



Name these pets:





Avoid Carbon Monoxide

Carbon monoxide (CO) is a deadly gas you can't see, taste, or smell. CO is made by fuel-burning appliances that use gas, oil, or wood to produce heat. The signs of CO poisoning seem like you have the flu.

Prevent CO poisoning by finding all your fuel-burning appliances. Have the adults make sure they are working right and are used correctly in your home. Provide good ventilation for all heating appliances. Do not block an appliance's air openings.

Every home needs at least one carbon monoxide detector with a loud alarm that sounds when CO levels become too high in the house.

Where does carbon monoxide gas come from?

- Check each of the following that you have in your home:
 - gas or oil furnace
 - gas water heater
 - wood burning fireplace or gas heater
 - gas appliances (stove & dryer)
 - gas and kerosene space heater
 - gas or charcoal grill
 - car, truck, camper & other vehicles with motors such as a boat
 - gas & liquid propane fueled equipment such as a lawn mower
 - gas fireplace



Where is the carbon monoxide alarm found in your home?

Answer: _____



Test the Smoke Alarm

A smoke detector alarm should be on each level of your home or near every sleeping area. This helps you know to get out of the house fast if there is a fire.

How many smoke alarms does your home have? _____

Playing with fire is the leading cause of fire-related death for children under five. Help prevent accidents by keeping family members – and YOU and your friends – safe. *DO NOT PLAY WITH MATCHES!*

Safety tips:

Have adults store matches and lighters in a safe place like a locked drawer.

Do not play with candles, lighters, or matches.

Do not play near stoves, electric heaters, or grills.

Talk with adults about a fire escape route in your home.

When the smoke alarm goes off — get out & stay out!

Write your family escape plan here:

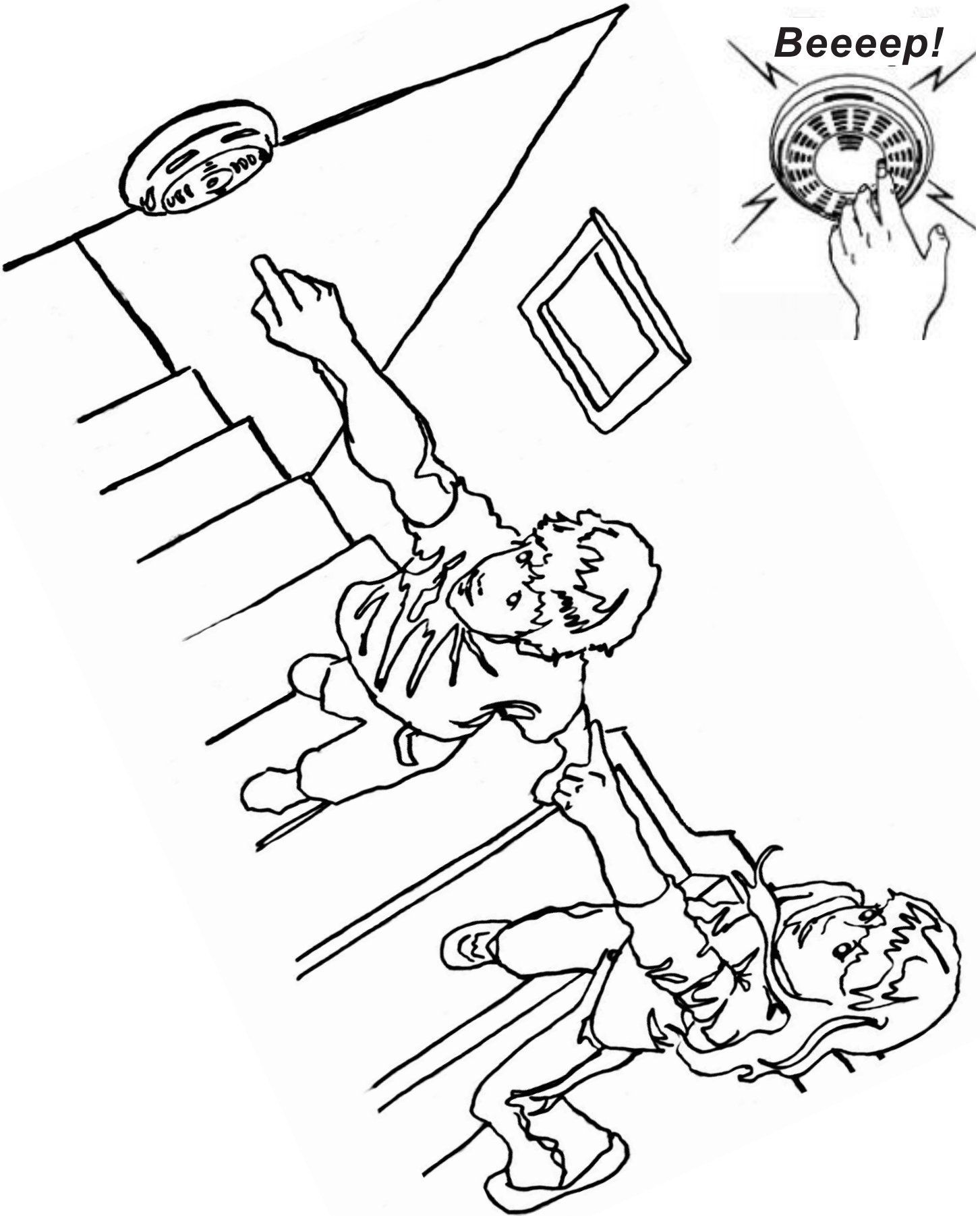
With your family, practice your escape plan during the **day**.

Record dates of your practice: _____ and _____

With your family, practice your escape plan during the **night**.

Record dates of your practice: _____ and _____

Where will your family meet together outside? _____



Beeeeep!

Fireplace Safety

A fireplace is pretty and fun to watch while enjoying its warmth. Safety precautions need to be taken as a fireplace can be a source of carbon monoxide and combustion pollutants. Escaped sparks may cause a fire.

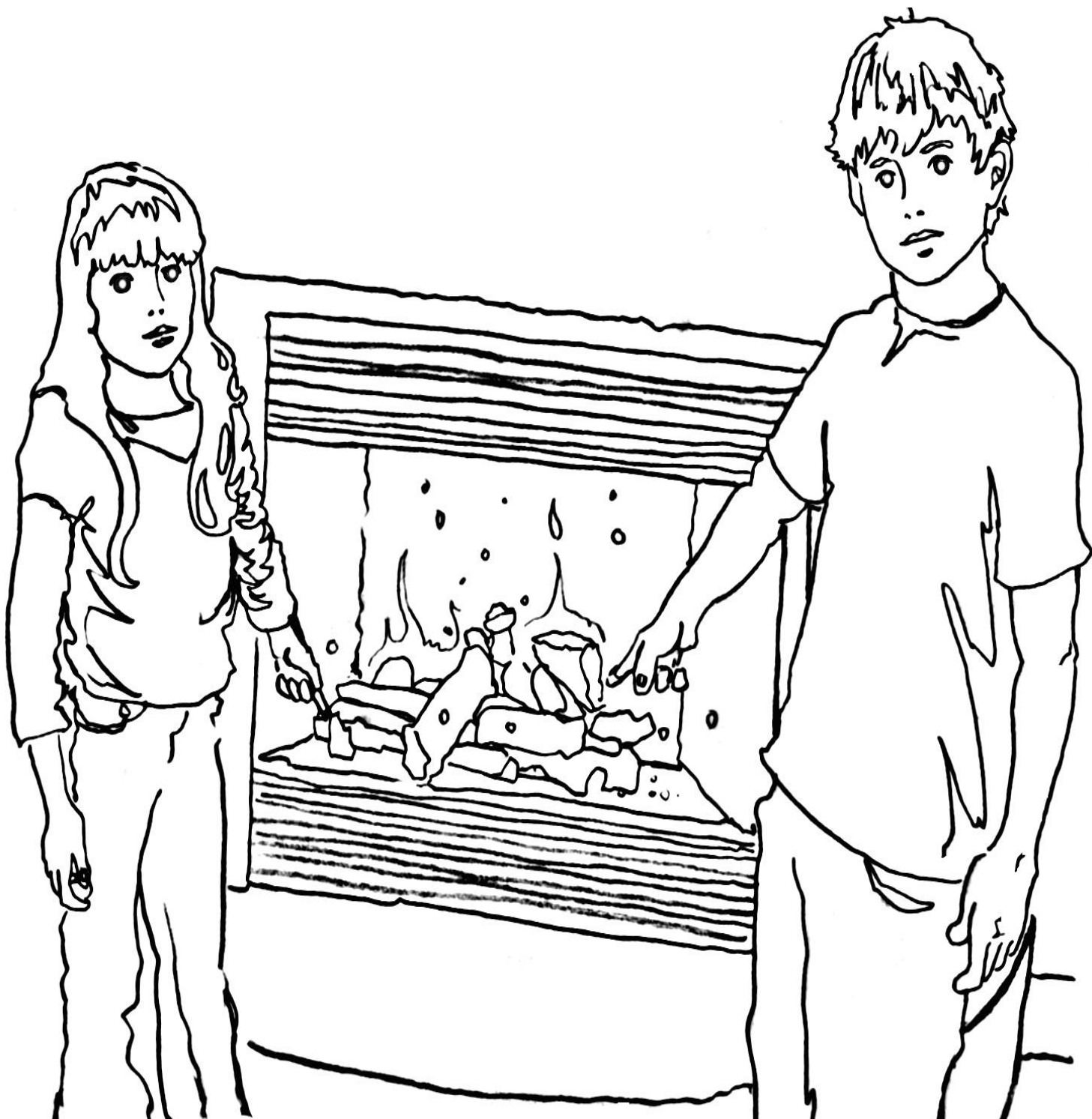
Be sure your family knows **FIREPLACE SAFETY TIPS:**

- Open the flue when using the fireplace.
- Have the flue and chimney inspected annually.
- Install smoke and carbon monoxide alarms.
- Use a metal, mesh fire screen. Fires can spark and send hot cinders flying.
- Only fire-resistant rugs should be in front of a fireplace.
- Never throw trash in the fireplace.
- Keep mantel decorations away from the firebox opening.
- Keep drapes and furniture at least 3 feet away from the firebox.
- Never leave the fire burning unattended.
- After burning wood remove ashes regularly and carefully when cool.
- Have a fire extinguisher nearby.

Create short words from
FIRE EXTINGUISHER

You may combine letters from both words.

MATCHING WORDS	
Draw a line to fit words together to spell 6 larger words. Use each word only once.	
FIRE	HOLD
WATER	BASKET
HOUSE	PLACE
CANDLE	ALARM
WASTE	STICK
SMOKE	HOSE



Help Maria and Tommy by drawing a fireplace screen in front of the fire.

A good fireplace screen is made of fine steel mesh that fully covers the firebox – the opening that contains the fire.

NO Smoking in Your Home

Tobacco smoking can cause lung cancer, heart disease, and other serious health problems. It is not safe for you to be around smokers.

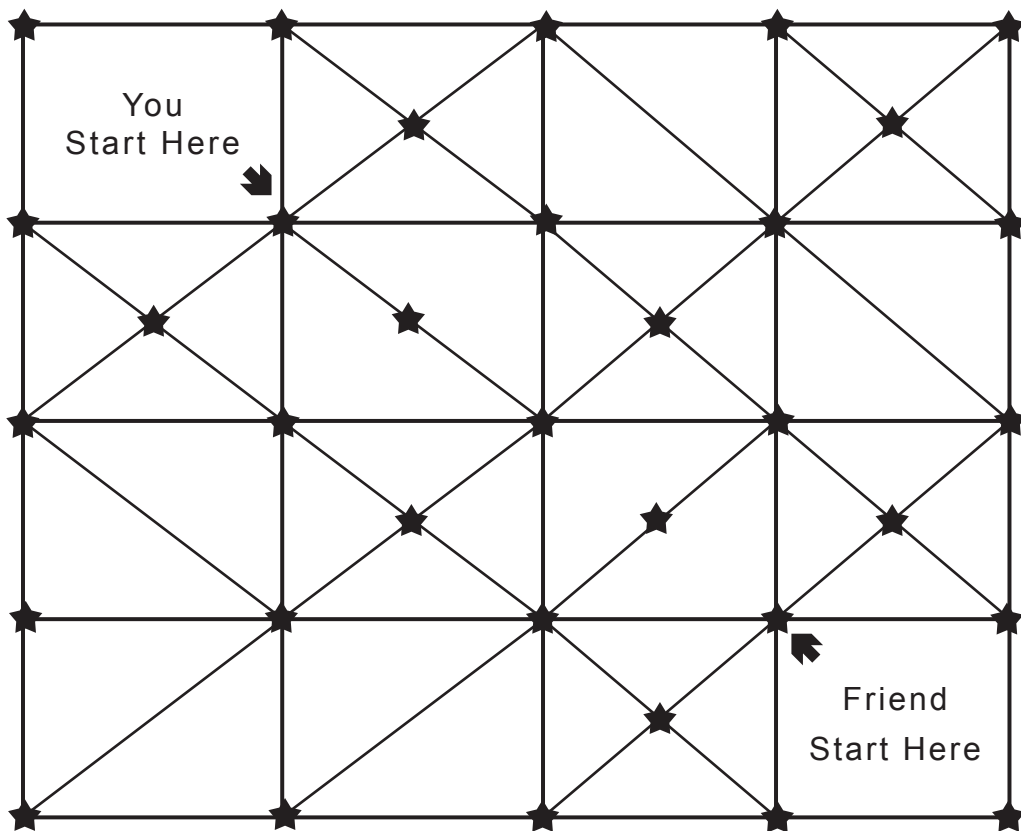
Tell adults in your home or baby-sitters not to smoke around you and other children—ask them to smoke outside.

Secondhand smoke can cause breathing problems and trigger asthma attacks. There are many dangerous chemicals in smoke that you do not want to breath.

SAY NO to cigarette, pipe, and cigar smoking in your home!

Game of Pencil Tag

Each player uses a different colored pencil or marker to make moves. Take turns moving along the lines to one star ★ at a time. The player who tags the opponent by landing directly on the other's line wins this game of tag.





Check the Basement

- Check the unsafe items you might find in the basement.
- Holiday decorations
- Can of gasoline
- Opened bag of weed killer
- Paint cans with loose lids
- Unmarked containers
- Old trunk with locked lid
- Bucket with old water
- Refrigerator not being used
- Boxes of books
- A stepstool
- Old couch & chairs
- Pile of boards

Be sure to tell an adult in your home if there are any hidden hazards in the basement, storage area, or garage.

Safety tips:

Be sure there are no loose rugs or toys on the stairs.

Do not play on the stairs.

Avoid playing on the basement's dirt floor for long periods of time.

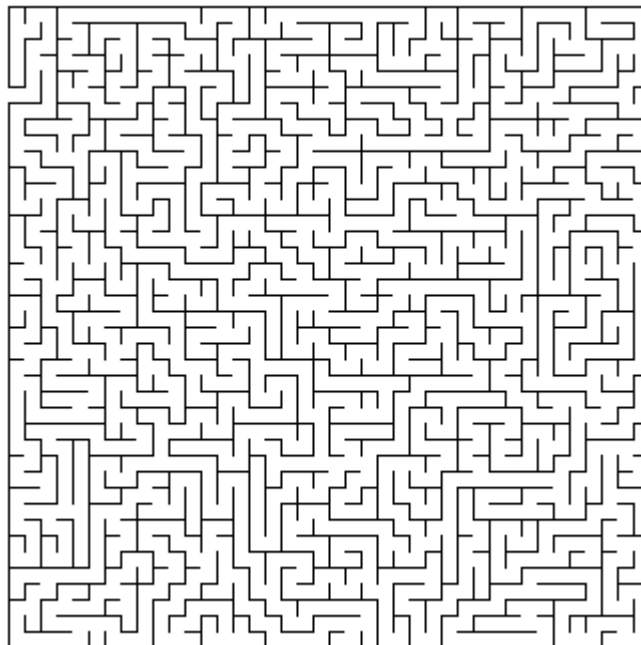
Don't leave water standing in pans or on the floor.

The basement must be dry so there is no mold.

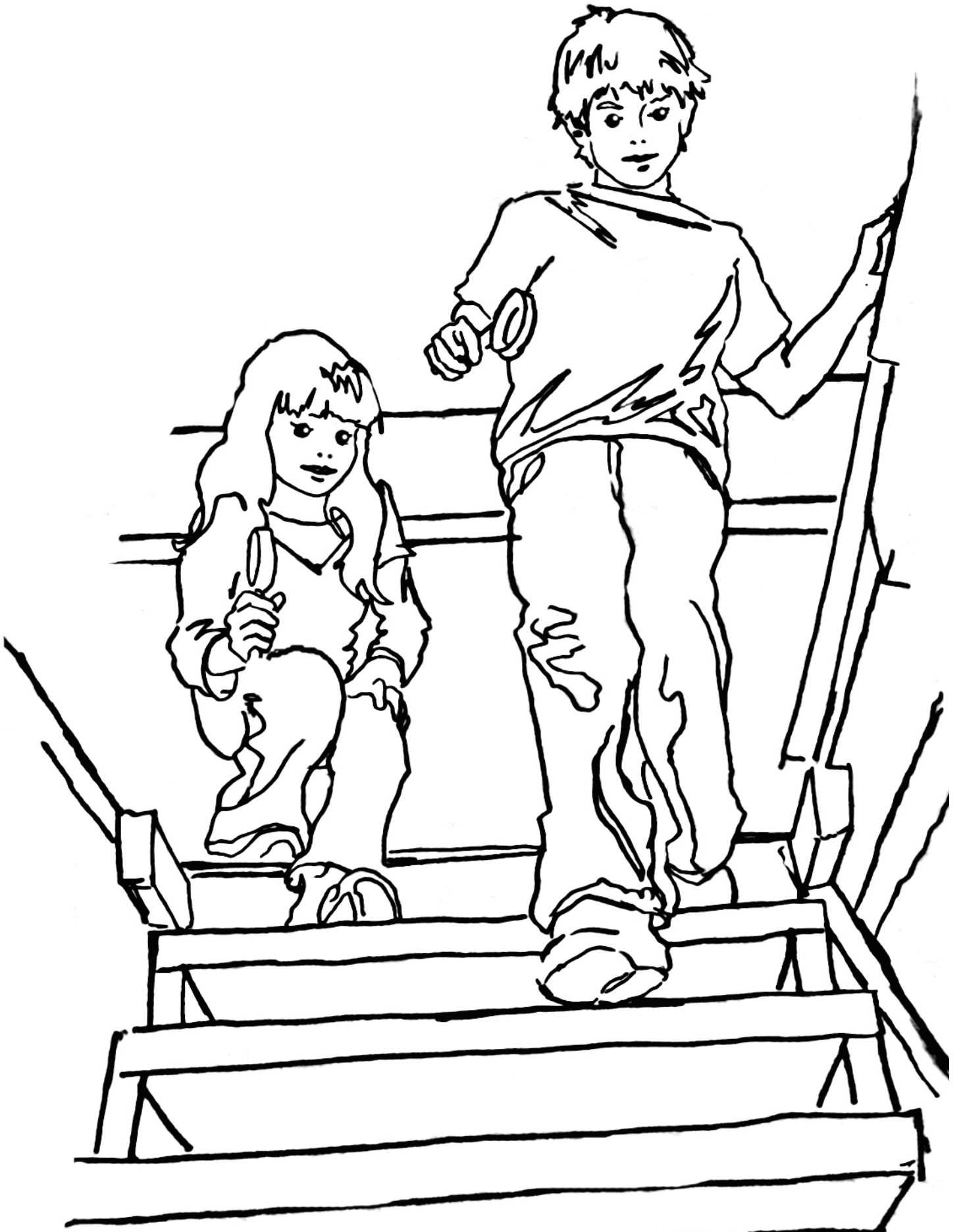
Make sure that all containers have tight lids.

*Find your way to the
other side of this maze.*

Check the basement.



Safe basement!



Test for Radon

Radon is an invisible, odorless, radioactive gas created during the natural decay of uranium in the soil. It can be harmful when there is too much radon in the house.

Homes can be tested for radon using inexpensive test kits. Ask an adult to see if your home has been tested for radon in the last year.

Measurements are made in the basement or lowest-lived area in the house because radon enters the home from the dirt under the foundation.

Radon has been identified as a risk factor in developing lung cancer over a long period of time. If there is a radon problem in your home ask an adult to call a radon expert.

— — — — — — — — — — — — — — — — —

What is radon? _____

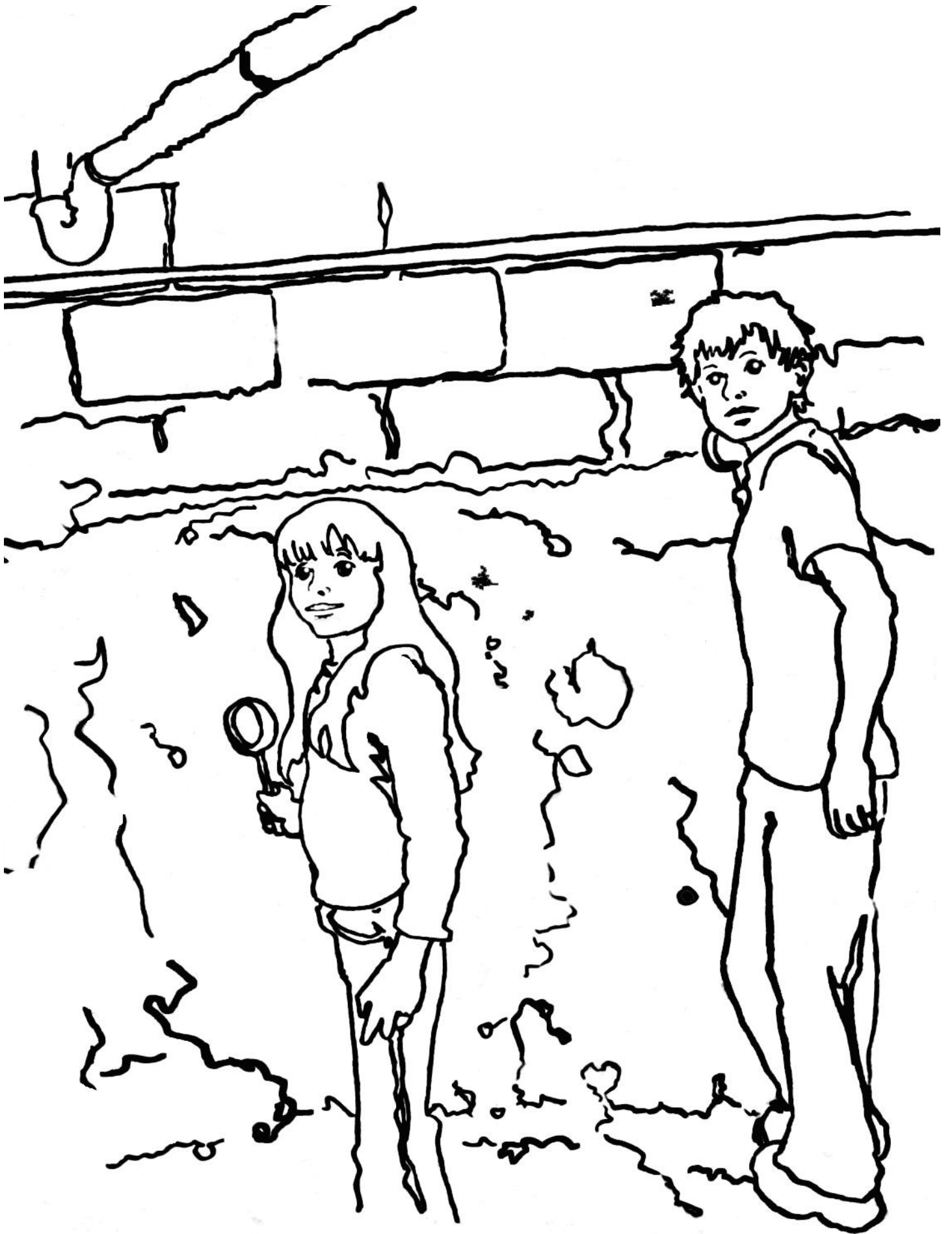
Where is radon found? _____

Where does radon come from? _____

What health problem can be caused from excess radon in your home over a long time? _____

How do you know if your home has excess radon? _____

What should adults do if there is excess radon in your home?



Maintain Home Equipment

The adults in your home make sure gas appliances, fireplace, furnace, or wood burning stove have annual checkups to keep them maintained.

A check up once a year keeps equipment clean and working correctly.

Check with an adult in your home to see when equipment was last maintained in your home.

Check the equipment that helps keep your home cozy and safe.

Add letters to complete the following that may be in your home.

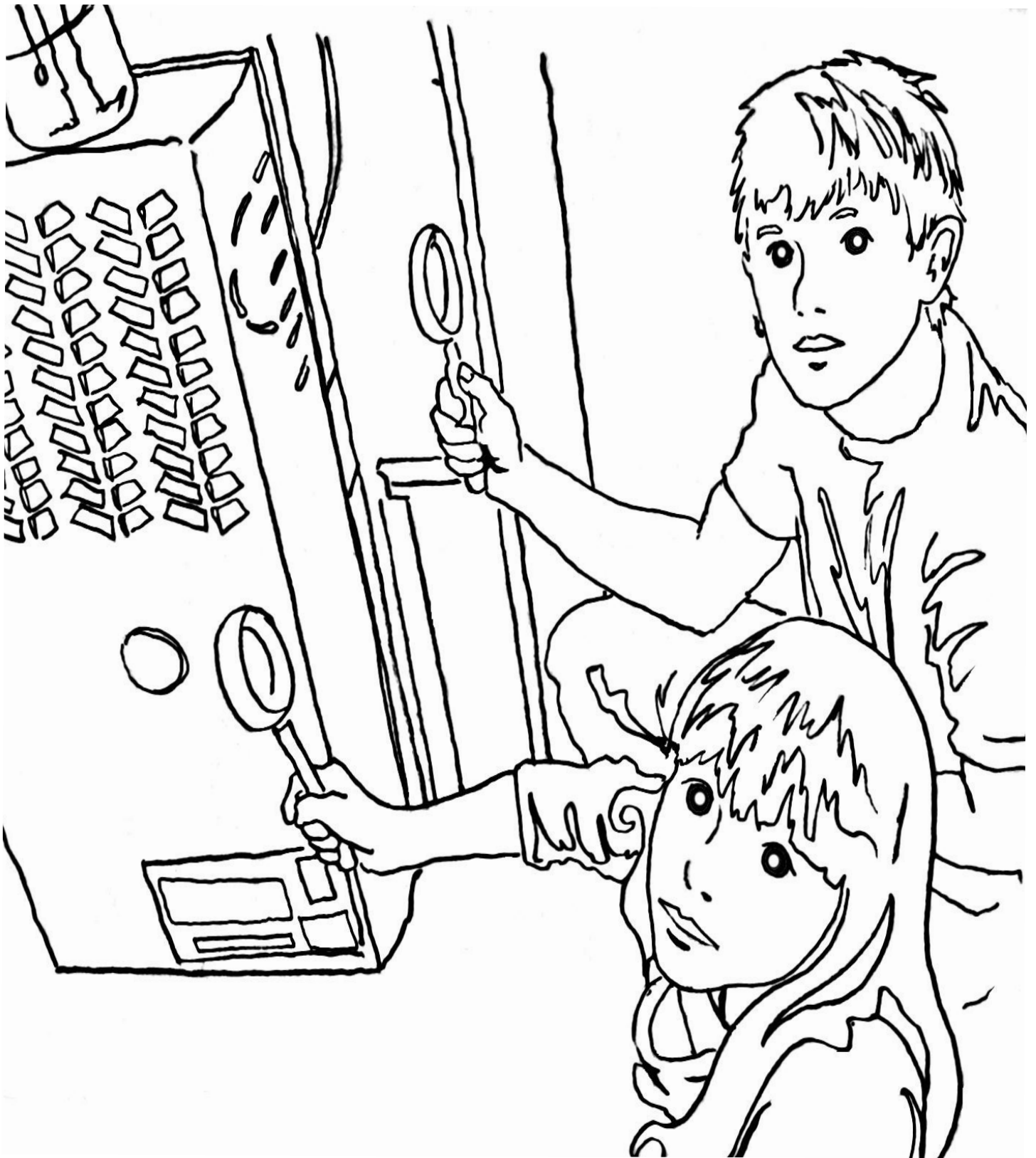
The vowels a e i o u are missing!

- f_rn_c_
- __r c_nd_t__n_r
- w_t_r h__t_r
- h_m_d_f__r
- f_r_pl_c_
- c__l_ng f_n
- sm_k__l_rm
- c_rb_n m_n_x_d_ d_t_ct_r
- l_wn m_w_r

You can help remind your family to check batteries and test smoke and carbon monoxide alarms once a month.

What day of the month is good for testing the alarms in your home?

Mark your “safety alarm test” day on the calendar every month.



Decode this message.

HINTS: a = ☼ e = 🌸 h = ✧

☼ ✂ ☼ 📄 🌸 ☼ ■ 📄 ✧ 🌸 ☼ ● ◆ ✧ ☒ ✧ □ ○ 🌸 📄 ✂ ✧ ☼ ☺ ☺ ☒ .

Draw your back yard or play area.

What makes your back yard safe?

Congratulations!

You have helped to find out if your home is safe and healthy.

Draw *Healthy Home* pictures or logos on t-shirts for Tommy and Maria.



Resources

If you have questions about the health and safety of your home:

Check your phone book for the local County Extension office

US Department of Housing and Urban Development

www.hud.gov/healthy

US Environmental Protection Agency

www.epa.gov/children
www.epa.gov/mold
www.epa.gov/lead
www.epa.gov/radon
www.epa.gov/smokefree
www.epa.gov/iaq

Healthy Homes Partnership

www.healthyhomespartnership.net



Developed by Healthy Colorado Homes Work Team

Kenneth R. Tremblay, Jr., PhD, Housing Specialist
Extension, Colorado State University, Fort Collins CO

LaVon F. Blaesi, PhD, project coordinator, layout and design

Robert Work, MFA, illustrator



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National Institute of Food and Agriculture