

## BCPH Healthy Home Assessment Checklist

### *Keep it Clean*

- Shoes** – Consider removing your shoes at the door when entering the home
- Doormats** – Add commercial grade doormats with carpeted ridges and rubber lining at entrance
- Refrigerator and Stove** – Clean under and behind fridge and stove at least once a year
- Damp Dust** – Dust with a damp cloth to capture dust more effectively
- Vacuum** – Vacuum regularly; use a vacuum with a HEPA filter if possible
- Vents** – Clean heating/AC registers and vents
- Dryer Lint** – Clean lint and debris from behind the dryer and inspect exhaust vent every year. Warning signs can be the dryer is hot to the touch during the drying cycle.
- Furnace Clutter** – Keep furnace area uncluttered
- Air Cleaner** – Consider purchasing an [AHAM certified](#) air purifier with a HEPA filter and CADR 100+ rating

### *Keep it Pest Free*

- Pest Control** – Try non-toxic methods (IPM) and Healthy Homes recipes for pest control  
[The EPA's Citizen Guide to Pest Control and Pest Safety Pamphlet](#)
- Pest Glossary** – If you have pests or suspicions of pests in your home and would like to learn more, visit [CSU's Household Pests glossary](#)
- Pet Food** – Store pet food in an airtight container (metal or plastic) so it doesn't attract pests
- Plumbing Holes** – Use copper mesh or expanding foam to plug holes where mice can come in
- Trash Cover** – Keep the trash can covered so it doesn't attract pests

### *Keep it Dry*

- Leaks** – Fix the source of moisture; eliminate any visible microbial growth using soap and water or cleaners certified by the [EPA Safer Choice program](#) to clean surfaces.
- Condensation** – Wipe condensation from windows to prevent moisture buildup on sills
- Shower Door** – Leave shower door ajar to prevent moisture buildup; if you have a curtain, close it after each use so it can fully dry
- Shower Fan** – Run exhaust fan during and after shower to prevent moisture buildup
- Washer** – Clean washer drum with Healthy Home cleaner and leave door ajar to dry
- Mobile/Manufactured Home Skirting** – Check for holes or cracks on the skirting to avoid moisture, rotting, and rodents

### *Keep it Ventilated*

- Clean with ventilation or a fan** – Open a window or run a fan for ventilation while cleaning
- Cooking Fan** – Open a window or run a fan for ventilation while cooking
- Windows** – Open windows, when possible, to flush out indoor air contaminants
- Backdraft** – Have a professional look at corrosion on water heater fittings (corrosion indicates potential back-drafting)

### *Keep it Maintained*

- Downspouts** – Repair downspouts and grade soil to direct water away from the home's foundation
- Drains** – Pour a cup of water down unused drains periodically to keep sewer gasses from rising
- Fans** – Clean bathroom exhaust fans to keep them running efficiently
- Chemicals** – Keep paints and other chemicals outside the home and contaminants away from furnace area
- Furnace Filter** – Inspect furnace filters at least twice a year and replace as needed with a [MERV 8-11 rated filter](#)
- Humidifiers** – Clean humidifier frequently to prevent microbial growth
- Evaporative cooler** (Swamp cooler) – Follow manufacturer instructions for maintenance
- Mobile/Manufactured Home Foundation** – Check level by looking for cracks or imbalances and signs of windows and doors sticking, not opening, or shutting properly
- Home Maintenance Checklist** – To ensure year-round maintenance of the interior and exterior of your home, download or print the following [checklist](#) developed by the National Center for Healthy Housing

### *Keep it Contaminant Free*

- Air Freshener** – Avoid using scented candles and air fresheners. Find and eliminate the source of the odor
- Asbestos** – Consider having popcorn ceilings professionally tested and mitigated for asbestos
- Cleaners** – Try Healthy Homes recipes as an alternative to hazardous cleaning products
- Dryer Sheets** – Minimize use or try 1/4 cup of vinegar in wash instead of fabric softener or dryer sheets. For other alternatives to dryer sheets, visit [Natural Dryer Sheet Alternatives](#)
- Lead** – Consider having deteriorating paint professionally tested and mitigated for (especially in homes built before 1978)
- Mold** – Remove damaged soft materials, clean hard surfaces free with soap and water to remove microbial agents, stop water leaks to prevent mold growth. Soft spots on the walls and floor could be a sign of mold, mildew, or moisture

- Paint/Chemicals** – Dispose of unused paints and chemicals at Boulder County’s [Hazardous Materials Management Facility](#) and store the rest in airtight containers. To find paint drop-off sites, visit [PaintCare](#)
- Expired medications** – Properly dispose of expired and unused medications. To find a location near you, visit [CDPHE medication take-back locations](#)
- Use soap and water or cleaners** certified by the [EPA Safer Choice Program](#) to clean surfaces
- Smoking** – Smoke outside in a designated smoking areas and at-least 25 feet from any building or doorway wearing a jacket and hat that can be left outside. Visit the [Tobacco Education and Prevention Partnership](#) for information on tobacco use, quitting resources, or [submit a question, concern, or issue with secondhand smoke](#)

### *Keep it Safe*

- Smoke Detector** – Smoke detectors should be on every floor and near all bedrooms. Replace detectors when they start yellowing or every 7-10 years and batteries every 6 months (battery will chirp when low). Test detectors once a month. Read manufacturer instructions regarding lithium batteries, some have 10+ year batteries.
- Carbon Monoxide (CO) Detector** – It’s required CO detectors be within 15 feet of all bedrooms. Replace detectors when they start yellowing or every 7-10 years and batteries every 6 months (battery will chirp when low). Test detectors once a month. Read manufacturer instructions regarding lithium batteries, some have 10+ year batteries.
- Escape Plan** – Discuss a fire escape plan and meet up location with your family or roommates.
- Extinguisher** – Install a fire extinguisher where it is readily accessible in the event of an emergency. Dispose of it after use and after 12 years. Check extinguisher pressure gauge once a month. To learn more and how to properly use a fire extinguisher, visit [How to Use a Portable Fire Extinguisher Training Video](#)
- Fireplace and Wood Safety** – Keep anything that can burn at least 3 feet from your fireplace or wood stove; Do not burn paper in your fireplace or wood stove; Put the fire out before you go to sleep or leave your home; Have your chimney inspected and cleaned each year by a professional; Put ashes in a metal container with a lid; Place the container outside at least 10 feet from your home.  
Fireplace safety – Keep a glass or metal screen in front of your fireplace to prevent embers or sparks from jumping out; Make sure fireplace “on” switches and remote controls are out of the reach of children.  
Wood stove safety – Make sure your wood stove has been tested by a qualified testing laboratory; Keep the doors of your wood stove closed unless loading or stoking the live fire. For more information and to learn more about indoor burning, restrictions, and exemptions from November 1<sup>st</sup> to March 31<sup>st</sup> visit [CDPHE’s Indoor Burning Frequently Requested Information](#). To receive Pollution Action Day alerts, sign up for [Air Quality Alerts](#). For additional tips, visit [Fireplace Safety Tips for Families](#)

- Notifications** – Consider signing up for [Boulder County Alerts](#)
- Product Recalls** – To search for recalled products or to report an unsafe product, visit the [United States Products Safety Commission](#)
- Window Coverings** – Remove and replace corded window coverings with cordless coverings to prevent child strangulation

### *Keep it Thermally Controlled*

- Heat** – Ensure the home has working heat for the winter seasons
- Cool** – Ensure the home has cooling (AC or fans) options for summer heat and ozone alert days
- Weather sealing** – Caulking and weather stripping can help with air gaps and leaks to keep hot and cold out of your home during the Summer and Winter
- Ceiling Fans** – [Change ceiling fan direction](#) in the Summer to counterclockwise and in the Winter to the clockwise direction