

# HEALTHY HOMES

*A GUIDE TO ENVIRONMENTAL  
HAZARDS IN THE HOME*





# ABOUT THIS GUIDE

Washburn County Public Health has modified this guide that was created the Eau Claire City-County Health Department. This booklet works to educate homeowners, landlords, and renters how to identify health risks in and around the home.

This guide will provide information on how housing and health are connected, action steps for making your home healthy, and where to access additional resources. Unhealthy housing conditions may only seem like cosmetic problems, but hazards can appear where you least expect them. Peeling paint can contain lead; too much moisture can lead to mold; and clutter can shelter insects and rodents. Some deadly hazards, like carbon monoxide and radon, are invisible.

This is general guidance and not an all-inclusive guide to environmental hazards in the home. To maintain a healthy home, homeowners and renters should keep it maintained, dry, clean, ventilated, free from pests and harmful substances, and thermally controlled.

*Throughout this booklet Washburn County Public Health is referenced, if you are a resident outside of Washburn County, contact your local Health Department.*

Thank you to Eau Claire City-County Health Department for allowing us to utilize this guide and modify for Washburn County.





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# HOME MAINTENANCE LOG

## Monthly

(Example: Check/change furnace filter)

	J	F	M	A	M	J	J	A	S	O	N	D
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## Bi-Annually

(Example: Replace carbon monoxide and smoke detector batteries)

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## Annually

(Example: Furnace (HAVC) Maintenance)

	Completed		Completed
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# DRINKING WATER

## KEEPING YOUR WATER SAFE

### Private Well Drinking Water Quality

- Private well owners are responsible for testing their well water and maintaining their well and any water treatment devices (reverse osmosis, water softener, etc.)
- Testing regularly is the only way to make sure well water is safe. Many of these harmful substances do not affect the color, smell, or taste of the water.

**High levels of the following contaminants can affect everyone's health.**

**We recommend testing your private well water for:**



**Bacteria:** Test for bacteria (total coliform and *E. coli*) once a year, but test right away if you notice a change in the water's taste, color, or smell.



**Nitrate:** Test for nitrate once a year and before someone who is or may become pregnant uses the water or the water is given to a baby.



**Lead and copper:** Test every 5 years and before a pregnant person uses the water or the water is given to a baby.



**Arsenic and manganese:** Test at least every 5 years and more frequently if levels are elevated.



You may want to test well water for other harmful substances based on nearby current and historical land use, these include **pesticides**, **PFAS**, and **VOCs**. More information can be found here: <https://www.dhs.wisconsin.gov/water/private.htm>

### Public (City) Drinking Water Quality

City water or water from a public drinking water system is required to be tested regularly and provides safe drinking water. This is a requirement from the Safe Drinking Water Act. Ask your local utility/drinking water department for a Consumer Confidence Report to review a yearly summary of water testing and results.



Wisconsin public water quality data can be found at:  
[apps.dnr.wi.gov/dwsportalpub/DS/Search](https://apps.dnr.wi.gov/dwsportalpub/DS/Search)  
(In search box, type in name of city or establishment)



**Private well water testing kits are available (for a fee) to Washburn County community members through:**

- **Sawyer County Public Health** - 715-634-4806
- **Wisconsin State Lab of Hygiene** - 800-442-4618

\*Washburn County residents with a private well who are pregnant or have a child under one living in the home, or have a weakened immune system qualify for free water testing. Call 715-635-4400 for more information.

# DRINKING WATER

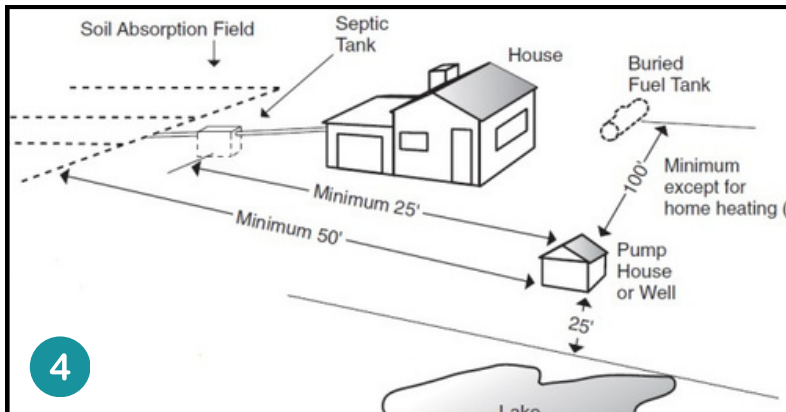
## MAINTAINING YOUR WELL & WATER CONSERVATION

**A private well needs regular maintenance and inspection. You want to make sure it's working correctly. Here's how you can protect your well:**



- 1 Make sure your well cap is secure and in good condition. It shouldn't have cracks, holes, or other damage.
- 2 Avoid damaging the well casing.
- 3 Make sure the ground slopes away from the well. Keep the area around the well clean and safe.
- 4 Make sure your private well is far away from things that could pollute the water, like septic systems or animal yards. The picture below shows how far your well should be from these things to keep the water safe. Additional setbacks can be found in WI State Statute NR 812.42.

If you notice issues or need work done on your well, a list of WI DNR-certified well drillers and pump installers can be found at [dnr.wisconsin.gov/topic/Wells/contacts.html](http://dnr.wisconsin.gov/topic/Wells/contacts.html)



**Water conservation is important for homes that receive water from a private well or from a city water source.**

Conserving water keeps water pure and clean while protecting the environment. Conserving water means using our water supply wisely and being responsible. As every individual depends on water for livelihood, we must learn how to keep our limited supply of water pure and away from pollution.

### WHAT CAN YOU DO TO CONSERVE WATER AT HOME?



**Check your toilet for leaks.** Put a few drops of food coloring in your toilet tank. If, without flushing, the coloring begins to appear in the bowl, you have a leak.

**Saves up to 19 gallons each day!**



**Take shorter showers.** A typical shower uses five to ten gallons of water a minute. Limit your showers to the time it takes to soap up, wash down and rinse off.

**Saves up to 18 gallons per shower!**



**Turn off the tap water while brushing your teeth.** You can save up to 20 liters per day just by turning off the tap while brushing your teeth or while washing your hands and face.

**Saves up to 5 gallons a day!**



**Water your lawn only when it needs water.**

Watering on a regular schedule doesn't allow for cool spells or rainfall which reduce the need for watering. To check this: Step on some of your grass. If it springs back up when you move your foot, it doesn't need water.



**Only water lawns during the coolest parts of the day.** Did you know? Watering in early morning is better than dusk because it helps prevent the growth of fungus.



**Consider collecting rainwater!** Harvested rainwater is a great candidate for irrigation.

# PRIVATE ONSITE WASTEWATER TREATMENT SYSTEM

## SEPTIC SYSTEMS

### How to know if your home most likely has a septic system:

- You are on well water or live in a rural area.
- The water line is coming into your home and does not have a meter.
- You don't receive a utility bill.

### You can find your septic system by:

- Checking your yard for inspection caps, lids, or manhole covers.
- Looking at the "as built" drawing for your home's septic system, which you can request from your local (e.g., town, county, or state) health department or zoning's records.

### How does a septic system work?

- All water runs out of your house from one main drainage pipe into a septic tank.
- The septic tank is a buried, water-tight container. Its job is to hold the wastewater long enough for solids to settle to the bottom (sludge) while the fat, oil and grease float to the top (scum).
- Liquid wastewater exits the tank by gravity or with the use of a pump, and is spread evenly throughout the drain field.
- Once in the drain field, the wastewater filters slowly into the soil, which reclaims the water for future reuse by naturally removing harmful bacteria, viruses, and some nutrients.

### Top tips to care for your septic system:

- Avoid pouring harsh products down the drain; oils, grease, chemicals, paint, medications.
- Discard non-degradable products in the trash instead of flushing; disposable wipes, cat litter.
- Repair plumbing leaks and use water efficient fixtures to avoid overloading the system.
- Limit and maintain plants near system to ensure roots do not block drains.
- Use biodegradable soaps and detergents.
- Never park or drive on your drain field.

### Maintain your drain field:

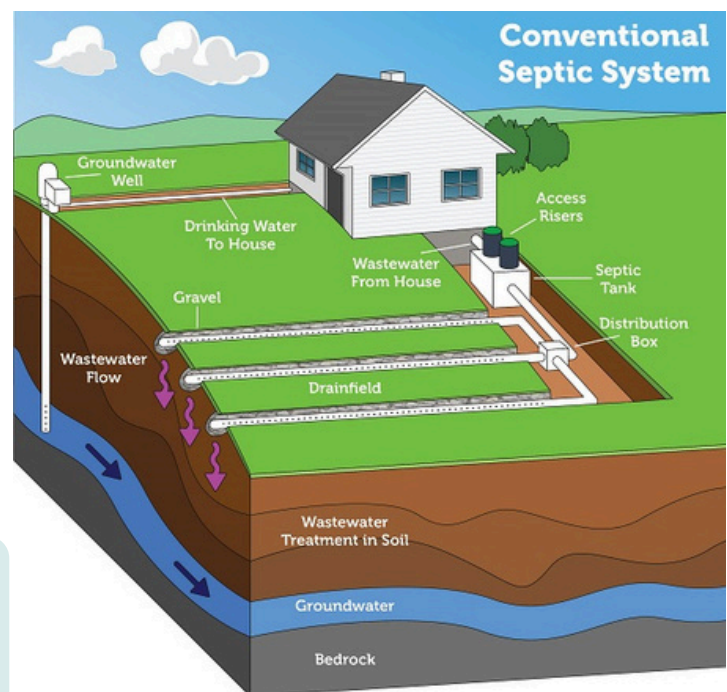
- ✔ Have your system inspected every 3 years by a qualified professional.
- ✔ Have your septic tank pumped every 3-5 years.

### No wipes down the pipes!

Even if a product says it's "flushable", unless it is toilet paper, it should not be flushed.

Items such as *diapers, flushable, disposable, cleaning, or baby wipes, paper towels, cloth towels, feminine hygiene products and facial tissues* should be placed in a trash can.

Putting these items down toilets may plug sewers and cause raw sewage to back up into your home.



Please note: Septic systems vary. Diagram is not to scale.

# INDOOR AIR QUALITY

## CARBON MONOXIDE AND SMOKE

### What is carbon monoxide?

Carbon monoxide (CO) is a poisonous gas that can kill you, if inhaled. It is a gas created when a fuel is burned. You cannot see it, smell it, or taste it.

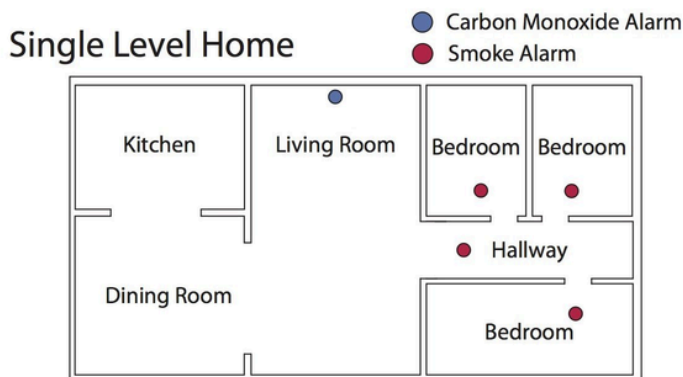
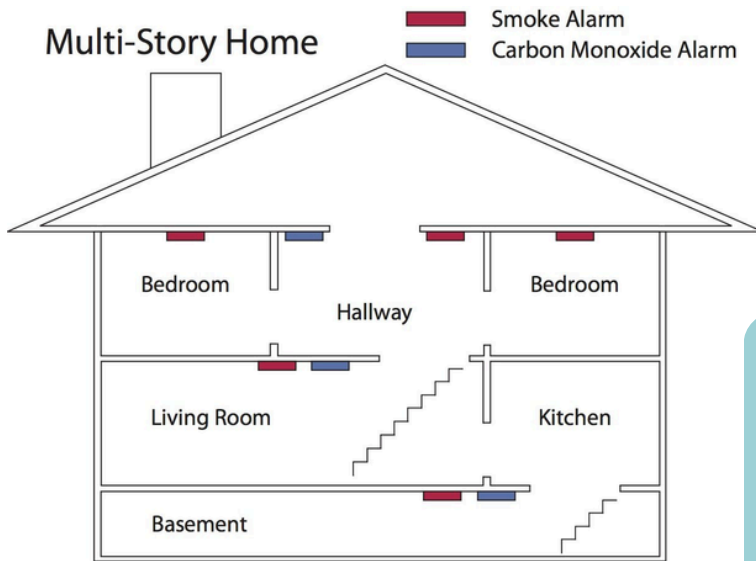
### Signs & symptoms

Overexposure to carbon monoxide can cause headaches, fatigue, weakness, dizziness, shortness of breath, nausea, confusion, and loss of consciousness. At high levels, carbon monoxide can cause death within minutes.

### Preventing carbon monoxide poisoning

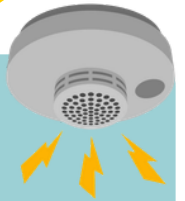
- Make sure you have working carbon monoxide detectors on each level.
- Have your furnace or wood-burning stove inspected annually.
- Never run a gasoline or propane heater or a grill inside your home.
- Never run a car in an enclosed space.
- Always run generators outside.
- Keep fuel-burning appliances properly vented.

### Where to place carbon monoxide and smoke alarms:



**2 out of 3**

fire deaths happen in homes with missing or non-functioning smoke alarms.



### What to know about carbon monoxide & smoke alarms:

- Do not install near windows or doors
- Never paint alarms
- Keep alarms free of dust & debris
- Keep spare batteries on hand
- If alarm begins to chirp, replace its batteries
- Smoke and carbon monoxide alarms can be purchased at most hardware stores
- If you are a renter, your landlord must have alarms installed in your home. The renter should test alarms monthly.
- There may be local resources to provide free alarms to low-income families. Check with your local fire department, American Red Cross, or local health department.

**TEST** alarms monthly

**CHANGE** battery yearly

**REPLACE** alarm every 10 years

# INDOOR AIR QUALITY

## ASBESTOS AND ASTHMA TRIGGERS

**If material containing asbestos is damaged, it can release a fine dust that contains asbestos fibers into the air.**

**There is no safe level of asbestos.** Prevent exposure to asbestos by leaving any building materials that may contain asbestos alone (as long as they are in good condition). If they must be disturbed (e.g. due to a renovation project), or if they are in bad condition, hire a certified contractor to remove them properly.

**Find a certified asbestos contractor:**



[www.dhs.wisconsin.gov/asbestos/contractors.htm](http://www.dhs.wisconsin.gov/asbestos/contractors.htm)

**Breathing in or swallowing asbestos can cause serious diseases:**

- Lung cancer: A disease where harmful growths (tumors) form in the lungs and can spread to other parts of the body.
- Mesothelioma: A rare cancer that affects the thin lining around organs, usually the lungs and chest.
- Asbestosis: A disease where asbestos fibers get stuck in the lungs, causing damage and scar tissue. This makes it hard to breathe and can be deadly.

### Common asbestos uses in homes:

*Popcorn ceiling*



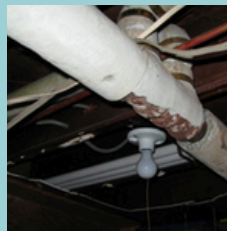
*Acoustic ceiling tiles*



*Vinyl tiles & linoleum flooring*



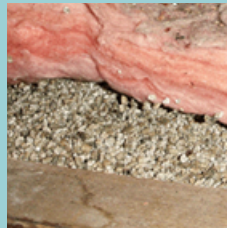
*Pipe insulation*



*Exterior siding*



*Insulation*



### Don't smoke in your home!

Children who breathe secondhand smoke are more likely to have lung problems, including severe asthma. Exposure to secondhand smoke can lead to: asthma, respiratory problems, sudden infant death syndrome, lung cancer, and death from fire.

**Don't smoke in your home, and don't let anyone else smoke in your home.**



### Common asthma triggers:

- Outdoor air pollution
- Exercise
- Dust mites
- Mold
- Pests
- Chemicals in scented or cleaning products
- Pets
- Pollen
- Viral infections
- Strong emotions
- Strong odors
- Weather

**Tobacco smoke is the number one preventable trigger of asthma!**

# INDOOR AIR QUALITY

## RADON

You can't see it, taste it, or smell it,  
but radon gas can cause lung cancer -  
and it could be in your home.

## Test your home for radon.

### In the past two years, have you tested your home for radon?



Radon is found in all kinds of homes—new, old, and in homes with or without basements. If you live in a rental property, you can test your home. If a rental property is tested for radon by the tenant or owner and the levels come back above the EPA action level, test results should be disclosed between the landlord and tenant.



Radon is the second leading cause of lung cancer in the U.S.

**Make sure to test every 2 years**  
or anytime you do major  
construction or renovation.

### Radon test kits are inexpensive and easy to use!

You can purchase a kit at your local hardware store or health department. Then follow these steps:

#### 1 Unpack your kit.

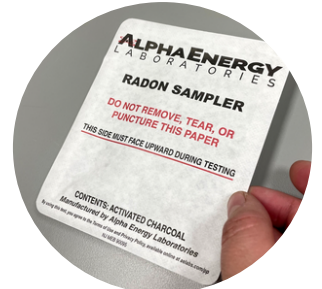
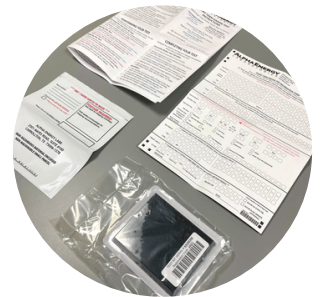
Your kit comes with instructions, an information form for you to fill out, a radon tester, and an envelope.

#### 2 Place the test.

Set the tester in a central room on the lowest lived-in level of your home (check instructions for more information on placing the tester). Leave the tester out for 48 to 96 hours.

#### 3 Seal in envelope & drop in mail.

After 48 to 96 hours, put the tester in your envelope that came with your kit. Drop it in the mail. You should get results mailed to you within a couple weeks. If your radon levels are high, a contractor can help lower them by installing a radon mitigation system.



**You can purchase a Radon Test Kit from Washburn County Public Health for \$10. For more information, call 715-635-4400**

# INDOOR AIR QUALITY

## MOLD

### Mold basics

Molds are simple, tiny organisms found everywhere around us, both indoors and outdoors.

Tiny mold spores travel easily through the air. When the situation is just right, mold spores can grow indoors.

By taking important steps, you can prevent and control mold growth inside your home.

### How mold grows

**Mold spores need three things to grow:**



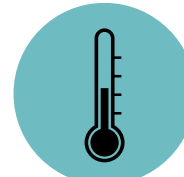
#### Food Source

Any organic material. While mold can't grow on items like glass or metal, it can grow on the dirt or dust on those surfaces



#### Moisture

Mold needs water to grow. Some mold can even get moisture from the air if it's very damp and humidity is over 80%



#### The Right Temperature

Most mold grows fastest between temperatures of 60°F - 80°F, but can grow at ranges of 40°F - 100°F

## The key to controlling mold is controlling moisture

**Moisture is essential for mold to grow. Use these tips to reduce moisture inside your home.**

- Clean and repair gutters regularly.
- Make sure ground slopes away from building foundation.
- Properly vent appliances (dryers, stoves, etc.) that produce moisture.
- Use air conditioners and/or dehumidifiers when needed.
- Run the bathroom fan or open the bathroom window during and after showering.
- Increase ventilation and air movement by opening doors/windows when practical and use fans as needed.

**Follow these steps when dealing with mold:**

- Quickly identify and fix the moisture source. **Mold testing is not necessary. If you see or smell mold, mold is present. All mold should be treated the same.**
- Wash the mold with a bleach/water mixture. Never mix bleach with ammonia or other cleaners.
- Clean as much of the moldy area as possible.
- Open windows and doors to get fresh air.
- If present, use a bathroom exhaust fan that is vented outside.
- Keep the area dry through good ventilation and/or a dehumidifier.

### Mold and your health

Talk to your doctor if you are worried about mold and your health.

Mold affects everyone differently. Just being near mold does not always mean you'll get sick.

Some people may get allergy-type reactions such as stuffy nose, wheezing, or itchy eyes.

Some people can have stronger reactions and should avoid moldy areas. These people include:

- People with asthma
- Children and older adults
- Those with breathing problems or weakened immune systems

### Who to call

**Mold remediation contractors and indoor air consultants can help fix mold problems.**

Check out a list of Wisconsin professionals by visiting:

[www.dhs.wisconsin.gov/mold](http://www.dhs.wisconsin.gov/mold)



You can find detailed information on hiring a contractor at that link. These professionals can help fix the problem.

Remember, the key to mold control is moisture control.

# BATS AND HOME SAFETY

## I FOUND A BAT - NOW WHAT?



### Were you or a pet bitten or exposed to the bat?

- **DO NOT SET THE BAT FREE!** If there was an exposure or potential exposure, safely capture the bat and call Washburn County Public Health at **715-635-4400** to get it tested for rabies. See steps on how to capture a bat on the next page.

### What's an exposure to rabies?

- A bite from a bat.
- A bat's saliva or brain tissue getting into a scratch, scrape, or into your nose, eyes, or mouth

### What's considered a possible exposure?

- A bat in a room with an unattended child, mentally impaired or intoxicated person, or anyone who has been sleeping.
- A bat in firewood hand-carried into the home.
- Physical contact with a bat.

### Questions about bats or a potential rabies exposure?

Call: 715-635-4400

Email: [health@co.washburn.wi.us](mailto:health@co.washburn.wi.us)

Find more information: <https://co.washburn.wi.us/departments/health-human-services/public-health>



### REMEMBER:

- ✎ **Never touch a bat with bare hands.** Teach children and family members to never touch a bat with bare hands. Teach children to tell an adult immediately.
- ✎ **Bats can spread rabies.** Rabies is deadly to both humans and pets.
- ✎ **Keep all pets up to date with a rabies vaccine (even indoor-only cats and dogs).** A rabies vaccine protects your pet if a bat gets inside your home and your pet is exposed.
- ✎ **If you find a bat outside that is sick, not moving, or dead:** Place a box or bucket over the bat and call Washburn County Public Health. If the bat is dead, keep it cool, but avoid freezing.

# BATS AND HOME SAFETY

## HOW CAN I SAFELY CAPTURE A BAT IN MY HOME? —————

If you find a bat in your home and you can't rule out the possibility of exposure to your family or pets, safely capture the bat using the instructions below. Then, call Washburn County Public Health at 715-635-4400 to have it tested for rabies.



**Find a container like a box or a can (ice cream pail or coffee can)** that is large enough for the bat to fit in. Also, get a piece of cardboard (or lid) large enough to cover the container's opening. Punch small air holes in the cardboard.



**Put on leather work gloves.** When the bat lands, approach it slowly and place the container over it. Slide the cardboard under the container to trap the bat inside.

**\*Do NOT crush the bat or damage the head if it is being sent for rabies testing.**



**Tape the cardboard (or lid) to the container to secure the bat inside.**

Call Washburn County Public Health to have the bat tested for rabies.

If you find a bat in your home and you are confident that no person or pet was near it, do not kill or harm the bat.

Bats play an important role in our environment.

You can safely capture the bat and release it outdoors away from people and pets. Or, you can keep it in one room by closing all doors and windows, except those leading outside. This gives the bat a chance to fly out on its own.

# MOSQUITO AND TICK HABITAT

ELIMINATE OR REDUCE TICK AND MOSQUITO HABITAT AROUND YOUR YARD



## Examples of MOSQUITO habitats:

1. Birdbaths
2. Clogged gutters
3. Rain barrels and buckets
4. Water bowls for pets
5. Tires
6. Open trash bins
7. Wagons and toys
8. Ponds
9. Rot holes in trees

## Examples of TICK habitats:

10. Leaf debris
11. Wood piles
12. Long grass
13. Forest and brush
14. No wood chip/rock barrier around yard

# WARNING!

## TICKS IN YOUR YARD MAY CAUSE DISEASE

### TOP 10 TIPS TO AVOID TICK BITES

- 1 Walk in the middle of trails; avoid high grass areas, sitting on logs, and leaning on trees.
- 2 If possible, wear a hat and tuck in your hair.
- 3 Wear a long-sleeved shirt fitted at the wrist.
- 4 Wear shoes, no bare feet or sandals.
- 5 Wear long pants tucked into your socks.
- 6 Use insect repellent for skin and permethrin for clothes.
- 7 Wear white or light-colored clothing to make it easier to see ticks.
- 8 Do tick checks on you and your pets immediately and routinely for 2-3 days after outdoor activities.
- 9 Ask your veterinarian about protection for your furry friend.
- 10 If you find a tick, remove it carefully and save it:

- a Remove tick with tweezers.
- b Pull straight out as close to the skin as possible.
- c Save tick in a container.
- d Call a doctor if signs/symptoms of Lyme disease appear within the next few weeks after a tick bite.



**Blacklegged Tick**  
(deer tick)  
(can spread Lyme disease)



**American dog tick**  
(wood tick)  
(does not spread Lyme disease)



For more information about what to do after a tick bite visit <https://www.dhs.wisconsin.gov/tick/index.htm>



# LEAD HAZARDS

## LEAD POISONING IS PREVENTABLE

Scan the QR code for help on how to identify certified lead-free plumbing materials:



### Lead health hazards

- Kids can easily get lead dust on their fingers and toys.
- When swallowed, lead dust can make children sick.
- Lead exposure can cause lifelong health problems, including:
  - Developmental and growth delays
  - Hearing and speech problems
  - Difficulty learning and paying attention

### Protecting your child from lead

- Do not dry scrape, sand or burn lead paint or paint if your house was built before 1978.
- Keep your child out of bare soil unless you know it's safe.
- Keep children away from peeling paint.
- Wash your child's hands after play and before eating and sleeping.
- Some foods can help keep lead out of the body, especially foods high in calcium and iron.
- Run water a couple of minutes before using.

### Lead cleaning tips

- Vacuum carpets weekly or remove carpets.
- Use a wet rag or wet mop weekly to clean lead dust and paint chips from bare or vinyl flooring.
- Use paper towels with soap and warm water to clean dust and paint chips from window wells, sills and woodwork weekly.
- If someone in your home works with lead, have them shower and change into clean clothes and shoes before getting in the car or coming inside.

*Call Washburn County Public Health or your local health department for concerns about lead paint in your home, products containing lead or lead in your drinking water.*

## COMMON SOURCES OF LEAD



**Lead-based paint and varnish:** Peeling, flaking and chipping paint and dust created from friction and disturbing the paint.



**Water:** Drinking water can be contaminated by lead through service lines and pipes.



**Soil:** Contaminated soil can be found in play areas or brought inside on shoes or pets.



**Occupational:** Adults who work in places with lead can bring it home on their hair, shoes, clothes, etc.



**Hobbies:** Soldering, glazing, fishing lures, firearms, furniture refinishing and more can expose you to lead.



**Food, Cosmetics, Supplements:** Imported spices, herbal remedies, make up, and dietary supplements can contain lead.



**Children's Products:** Toys can contain lead and children put these items in their mouths.

**Exposure to lead-based paint is the main source of lead poisoning in Wisconsin. Toddlers and young children are especially at risk.**



- Many homes and apartments built **before 1978** have lead paint or varnish on the walls, woodwork, windows and floors.
- Lead paint is commonly found on exterior trim, doors, windows, siding, soffit and fascia.
- Lead paint is commonly found on interior paint on trim, walls, doors, windows and window sills.

### MORE INFORMATION

[www.dhs.wisconsin.gov/lead/toolkits.htm](http://www.dhs.wisconsin.gov/lead/toolkits.htm)



# WEATHERIZING YOUR HOME



## Benefits of weatherization

- Increases energy efficiency of your home
- Makes your home healthier and more comfortable
- Prevents pests and rodents
- Saves money on utility bills
- Boosts your home's value

## Funding Resources

- [WEST CAP](#)
- [WI Division of Energy & Housing](#)



# GENERAL HOME SAFETY



## Maintaining your appliances:

- ✔ Set the water heater at 120°F to prevent burns
- ✔ Change the furnace/AC filter regularly
- ✔ Have furnaces checked yearly by a professional to make sure they do not release carbon monoxide
- ✔ Remove lint from your dryer vent

## Preventing child injuries in the home:

- ✔ Keep the crib free of soft objects or loose bedding, such as pillows, quilts, bumper pads, or stuffed toys.
- ✔ Place infants on their backs to sleep.
- ✔ Use cordless blinds and shades, or tie the cords out of reach of children.
- ✔ Place covers on electrical outlets.
- ✔ If a firearm is kept in the home, it should be stored unloaded and locked in a secure container— inaccessible to children.
- ✔ Keep button batteries (small, flat, round battery typically used to power small electronic devices) away from children. If you suspect your child has swallowed a button battery, call the National Battery Ingestion Hotline at 1-800-498-8666 immediately.



Scan for kit ideas!

**Be ready in case of disaster!**

**Have a kit for shelter-in-place and plan fire escape routes.**



# CHEMICAL STORAGE

## SAFE USE AND STORAGE

**Children younger than 6 years old make up a large percentage of poison control cases.**

Poisoning occurs the most in one- and two-year-olds. Store chemicals away from children!

**Be prepared to call Poison Control!**

**1-800-222-1222**

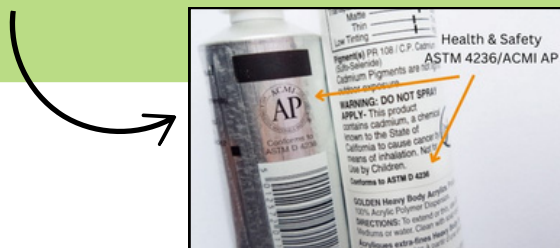
Cleaning products can be safe when used as directed, but cleaners are dangerous for a child to eat or drink. Even a small amount can be dangerous. Children are more at risk for being harmed by chemicals since they are smaller and put a lot of items in their mouth. The Environmental Protection Agency's (EPA) Safer Choice website has a list of healthier product alternatives for you, your family, and the environment.



### How to prevent poisonings:

- Use locked cabinets to store chemicals and medications
- Never spray chemical products around children
- Look for EPA-registered products
- Follow product labels
- Pay attention to product warnings, such as never mixing ammonia and bleach - it creates chlorine gas, which can be deadly
- Keep and store chemicals in their original containers
- Discard expired chemicals responsibly
- Use ASTM approved art materials (*American Society for Testing & Materials label D-4236 is the standard of approval for non-toxic products*)

Keep purses and backpacks up and out of reach!



### Common causes of poisoning in children:

-  Tobacco/Nicotine
-  Cosmetics
-  Personal care products
-  Pesticides
-  Plants
-  Cleaning supplies
-  Medication



For more information on these common poisoning causes, visit [www.wisconsinpoison.org](http://www.wisconsinpoison.org)

*Throughout this booklet Washburn County Public Health is referenced, if you are a resident outside of Washburn County, contact your local Health Department. Please call 715-635-4400 if you have any questions.*

