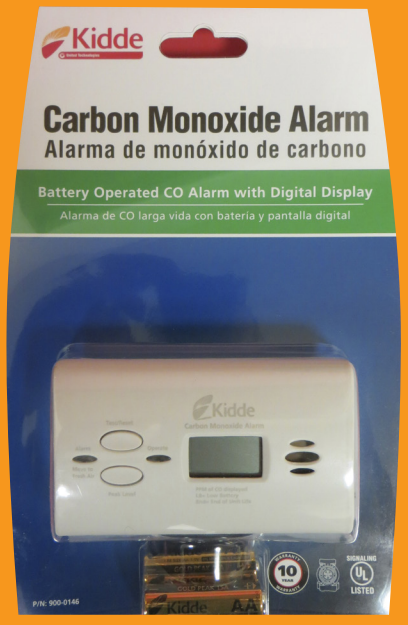
RED FEATHER

HEALTHY HOME FLASHCARDS

CARBON MONOXIDE

WHAT IS IT:
CO is an invisible and odorless gas produced anytime a fuel is burned. Potential sources include gas or oil furnaces, water heaters, space heaters, clothes dryers, barbecue grills, fireplaces, wood-burning stoves, gas ovens, generators, and car exhaust fumes.

WHAT DOES IT DO:
When it's inhaled, CO replaces oxygen in the lungs which can cause damage to the brain and heart, and even death. Young children, and elders are at greater risk of long term health effects from CO poisoning.



WHAT YOU NEED

Carbon Monoxide Detector

WHAT YOU CAN DO

- Install a Carbon Monoxide Detector in your home. If you need help ask a family member, your local fire department or Red Feather for assistance.
- Follow the instruction manual on how to and where to install the device. Generally, it should be placed on the wall closest to bedrooms and at the same height as where you sleep.
- Test the batteries in the alarm every few months and replace the alarm every five years. (Double check the instructions as some alarms have different replacement needs.)
- Seek prompt medical attention if you suspect CO poisoning. Symptoms include dizziness, light-headedness, and nausea.
- **Leave your home immediately if the alarm sounds. Call 911 after you and your family exit the house.**
- Never use a generator, charcoal grill, camp stove, unvented stove or other fuel-burning (like propane) device inside the home. Never heat your home using a gas oven.
- Don't idle a car, truck, or motorcycle inside an enclosed area.

DID YOU KNOW?

Carbon monoxide poisoning is the leading cause of accidental poisoning deaths in America.

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HEALTHY HOME FLASHCARDS

SMOKE

WHAT IS IT:
Fire produces poisonous gases that can be deadly when inhaled, even in small amounts and even while a victim is asleep.

WHAT DOES IT DO:
Most victims of house fires die from smoke or toxic gases – not burns. If residents do awaken during a fire, the effects of exposure to smoke can cloud thinking and slow reactions so that escape becomes much more difficult.

WHAT YOU NEED

Smoke Alarm

WHAT YOU CAN DO

- Install a Smoke Detector in your home. If you need help ask a family member, your local fire department or Red Feather for assistance.
- Follow the instruction manual on how and where to install the device. A smoke detector's job is to alert you to the presence of smoke and potential fires in your home. Install one outside of all sleeping areas.
- Make a plan of what to do if a fire strikes and share it with all family members. This should include an escape plan from every room in the home, and a safe meeting place outside the home. Once out stay out!
- Make sure everyone can clearly hear the sound of your smoke detector from their bedrooms.
- Respect fire and teach your children to respect it too.
- Test and maintain your smoke detector every 30-days as if your life depends on it. IT DOES!
- Replace your smoke detectors every 8 to 10 years.

DID YOU KNOW?

The risk of dying in homes without smoke alarms is twice as high as it is in homes that have working smoke alarms. Nearly half of the nation's fire deaths occur in the four percent of homes that do not have smoke alarms.

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HEALTHY HOME FLASHCARDS

MOLD

WHAT IS IT:
Mold is a living organism that needs water and a food source like cardboard, drywall paper or even dust to live. Mold does not need sunlight to grow so it can often spread unnoticed in dark areas. Mold spores are everywhere and invisible.

WHAT IT DOES:
Mold can can cause a variety of health issues or none at all. Every individual has different sensitivities. Adverse health effects can include: difficulties with breathing, red and irritated eyes, rashes, nausea, and itchy runny nose. Other side effects of mold are memory loss, lethargy, dizziness and a lack of concentration. In rare instances, life threatening side effects can develop.

WHAT YOU NEED

CONTENTS: Bucket, N-95 Mask, Nitrile Gloves, Stiff-bristle brush, Sponge(s), Mild Soap (e.g. 7th Generation, Castile or Dawn).

WHAT YOU CAN DO

- Before disturbing any mold, be sure to wear an N-95 respirator mask, rubber gloves, safety glasses and long sleeves for protection.
- Before removing the mold, identify the source of moisture. Re-route water or install ventilation to eliminate moisture. If the moisture persists the mold will quickly return no matter how well you clean it up.
- Use a mild soap (like Castile or Dawn), warm water, and a stiff brush to remove mold from hard surfaces. Dry the surfaces when finished.
- Softer surfaces like carpet or drywall may need to be removed and discarded.
- When cleaning mold, don't use bleach as it and can be irritating to the lungs.

DID YOU KNOW?

Young children, elders, pregnant women, and people with respiratory conditions may be affected more quickly or severely than otherwise healthy people. Fortunately, with the elimination of the mold problem, most symptoms will go away quickly.

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PEST MANAGEMENT

WHAT IS IT:

Integrated Pest Management (IPM) is a commonsense approach to removing pests like cockroaches, ants, mice and rats from a home by eliminating access to food, water, shelter and access to the interior of the home, as well as using baits, powders and traps instead of pesticides.

WHAT IT DOES:

IPM is a safer approach to pest control that uses far less chemicals than modern methods. Avoiding pesticides in homes is especially important because many contain long lasting, toxic lung irritants and nerve agents that can cause asthma and other long-term health or cognitive effects in residents.

WHAT YOU NEED

Rodent Glue Traps, Bulk Food Storage, Food Grade Bucket, Caulk and Caulking Gun, Spray Foam, Steel Wool, Mint Oil.

WHAT YOU CAN DO

- Pay attention to where the pests are in your home, how they enter, and how many there are. Droppings, and nest debris are a good indicators of there whereabouts.
- Keep a clean home. Remove clutter, do not leave food out – store food in tightly sealed containers, cleanup food and drink spills right away, and put pet food dishes away.
- Wipe down counters and floors to eliminate grease and crumbs that can sustain pests.
- Seal cracks and holes. Use a caulk gun, spray foam and steel wool to seal cracks around baseboards, shelves, pipes, sinks, and bathroom fixtures.
- Eliminate access to food and water. Fix plumbing or other water leaks right away. Use garbage cans with secure tight fitting lids.
- Act immediately at the first sign of a pest: don't let one become hundreds. Remove dead pests.
- Place traps and/or mint extract soaked cotton balls where pests have been seen, like along walls, under appliances, in cabinets, and under sinks.
- Determine the type of pest, and then use the Red Feather Non-toxic Pest Remedies to kill unwanted pests.

DID YOU KNOW?

Exposure to chemical insecticides can increase asthma risk, especially among children.

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HEALTHY HOME FLASHCARDS

HEALTHY CLEANING

WHAT IS IT:
Healthy cleaning uses products without commercially produced chemicals to remove dirt, dust and germs. There are seven common ingredients to make homemade green cleaning products: baking soda, Bon Ami powder, white vinegar, mild liquid dish soap, hydrogen peroxide, club soda, kosher salt and lemon or lime (this kit contains some of these). Once you learn what the ingredients do, you can make your own cleaning solutions by combining items.

WHAT DOES IT DO:
Using healthy cleaning products reduces unnecessary exposure to chemicals that may contaminate indoor air quality. Many of these chemicals have been linked to asthma, fertility problems and cancer.

WHAT YOU NEED

Bucket, Mop, Spray Bottle, White Vinegar, Baking Soda, Bon Ami Powder, 7th G Dish Soap.

WHAT YOU CAN DO

- Make your own non-toxic cleaning products. See Red Feather's DIY Green Cleaning recipes for suggestions.
- Avoid products labeled "Warning," "Danger," or "Poison" ("Caution" is less risky but still a concern).
- Use cleaning products with ingredients you can pronounce.
- Avoid fragranced or scented products as they may contain petroleum distillates.
- Use only the amount of cleaning product necessary to do the job.
- Avoid using antibacterial products. They often contain a chemical called "triclosan" that has not proven to be more effective at killing bacteria and germs than good old fashioned soap and water.
- Never mix chlorine bleach and ammonia (e.g. white vinegar), as this will create a poisonous and deadly gas.
- Keep all household products locked or out of reach from children.

DID YOU KNOW?

84,000 chemicals are contained in household items, and only 200 of these have been tested for effects on humans. 1976 was the last time the federal chemical safety law was updated.

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HEALTHY HOME FLASHCARDS

FIRE

WHAT IS IT:
Combustion or burning of any flammable materials. Requires oxygen and heat.

WHAT DOES IT DO:
Home fires can kill an entire family very quickly. Victims can die from burns, smoke inhalation or structures collapsing on them.

WHAT YOU NEED

Fire Extinguisher

WHAT YOU CAN DO

- Read the instructions and familiarize yourself with the fire extinguishers.
- A home fire extinguisher is intended to put out small fires confined to a small area. If the fire is spreading and you can't put it out, or there is toxic smoke, or your instincts tell you get out and call 911, do so. If you do use your fire extinguisher remember to **P.A.S.S.**
  - **PULL** the pin on your fire extinguisher.
  - **AIM** the fire extinguisher at the base of the flames.
  - **SQUEEZE** the lever slowly and evenly.
  - **SWEEP** the nozzle from side-to-side.
- Install fire extinguishers close to an exit. If you have a fire, keep your back to a clear exit so you can quickly escape if the fire cannot be controlled. If the room fills with smoke, leave immediately.
- Select a multi-purpose extinguisher that can be used on all types of fires, like an "A-B-C" extinguisher.
- Periodically inspect your extinguishers to determine if they need to be recharged or replaced. Extinguishers need to be recharged or replaced after each use. Dry chemical extinguishers should be disposed of 12 years after the date of manufacture.

DID YOU KNOW?

Cooking is the number one cause of home fires. Never pour water on a grease fire! It's like pouring gasoline on it. Use a fire extinguisher or a heavy blanket to smother the flames.

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HEALTHY HOME FLASHCARDS

WOOD BURNING STOVE

WHAT IS IT:
The safe operation of a wood or coal stoves requires that they are properly installed, maintained and operated. Under optimal conditions, the fire in a stove heats your home while producing only small amounts of smoke, ash and creosote.

WHAT DOES IT DO:
Wood and coal stoves release harmful smoke that contains chemicals and particulate matter into the air. The smoke can enter your lungs and blood stream causing a host of cardiovascular, respiratory, and other health complications.

WHAT YOU NEED

Stovepipe Thermometer

WHAT YOU CAN DO

- START by attaching the thermometer to the flue pipe or stovetop. Seek professional advice if the temperature reads too high or too low.
- Avoid burning green or wet wood (you'll have to burn more of it to produce the same heat as dry wood). Firewood should have less than 20% moisture content, consider purchasing a moisture meter to gage if your wood is ready to burn. Read the EPA article on moisture meters.
- To dry firewood, it should be split, securely covered with a tarp or in a shed, and seasoned for at least six months.
- Seasoned wood burns hotter, cuts fuel consumption and creosote buildup, and reduces smoke.
- Never burn treated wood, trash, or use accelerants, which puts toxic pollutants into the air inside and around your home and can permanently damage your stove.
- Regularly clean ashes from your wood-burning appliance. Ashes can clog the air intake vents, making your stove burn less efficiently.

DID YOU KNOW?

Burning green or wet wood is a leading source of indoor and outdoor air pollution, contributing to asthma, heart attack and stroke.

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HEALTHY HOME FLASHCARDS

MOISTURE

WHAT IS IT:
Moisture is water that can be found in your home. Excessive moisture can stem from roofing and plumbing leaks, and indoor activities such as bathing, cooking, washing dishes, drying clothes, and breathing. Signs of excessive moisture include condensation on your windows during the winter, mildew growing in the bathroom, mold growing in the corner of a room, and paint that is peeling or cracking.

WHAT DOES IT DO:
High humidity (too much moisture in the air) creates conditions where mold, bacteria, viruses and dust mites thrive, which can lead to a host of respiratory health issues. Excessive moisture can also cause significant structural damage to your home that could lead to further negative health and financial consequences.

WHAT YOU NEED

Hydrometer

WHAT YOU CAN DO

- Use a hygrometer to measure the amount of moisture in the air. Check it daily and try to maintain ideal humidity (between 30% and 50%):
- When showering or bathing, always run a fan for at least 30 minutes. If there is no fan, open a window.
- Use the kitchen fan while cooking, or open a window to allow steam to escape.
- Check that the vent to your dryer is vented properly outside the house.
- Slope the earth away from all sides of the house. Establish drainage swales to direct rainwater around and away from the house.
- Always vent your home, allowing moist air out through open, unblocked vents in the crawlspace, walls and attic.
- Even during the winter, a home should be naturally vented (windows opened) for at least 15 minutes a day to allow

DID YOU KNOW?

A crawlspace without a vapor barrier (heavy plastic) over the soil brings almost FIVE gallons of moisture into the home each day.

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HEALTHY HOME FLASHCARDS

HEPA VACUUMS AND MICROFIBER DUST MOPS

WHAT IS IT:
HEPA vacuums push pollutants through a fine mesh filter. They can be used on both carpeted and non-carpeted floors. Traditional vacuums can redistribute pollutants that have settled on the floors back into the air you breath. Similarly, microfiber dust mops are made of material that attracts dust particles during drying sweeping that normal brooms simply push around. Some microfiber dust mops are dual purpose meaning they can act as both a broom and mop.

WHAT IT DOES:
The floor and surfaces of your home are covered in an array of items including dead skin cells, carpet fibers, mold spores, hair, pet dander food particles, insects, mites, sand, pollen, carbon from wood/coal stoves. These particles can be dangerous for your health, especially for young children and elders. Regular cleaning with HEPA vacuums and microfiber mops can make a big difference in improving your indoor air quality.

WHAT YOU NEED

Microfiber Dual Purpose Dry and Wet Mop, HEPA Vacuum.

WHAT YOU CAN DO

- Use dirt-trapping doormats to lessen the dirt, debris and pollutants that come into your home.
- Vacuum and/or mop high-traffic areas more frequently, so dirt cannot sink too deeply into carpeting and flooring.
- Full bags and dirty filters mean less suction, so be sure to replace vacuum bags and check filters often.
- When wet mopping with microfiber, simply rinse pad under running water or in bucket and squeeze out with hands.
- Many microfiber mops are machine washable, allowing for multiple uses.
- Dust can accumulate along the edges of carpeting and floors, so be sure to get down into the crevices.
- 80% and more of the dirt and debris in buildings are tracked in on the bottoms of shoes. Use mats at each entryway to your home.

DID YOU KNOW?

Regular cleaning with the right tools can help reduce the symptoms of allergies and asthma, which impact tens of millions of people across the United States.

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HEALTHY HOME FLASHCARDS

LIGHTING

WHAT IS IT:
Having a well-lit home can help prevent trips and falls, make it easier to find urgently needed things like medicine or a fire extinguisher, and can also deter burglaries.

WHAT DOES IT DO:
As we get older our eyes can start to degenerate making it harder to see in the dark, which can expose us to risks of an injury. Fall prevention strategies, that include a comprehensive lighting plan are therefore very import for the elderly.

WHAT YOU NEED

Indoor and outdoor motion sensor safety lights; flash lights; touch lamp conversion kit, under counter task lighting.

WHAT YOU CAN DO

- Use a combination night lights and lamps to illuminate entrances, hallways and rooms.
- Lighting can be purchased with solar, battery, and electrical plug options, providing an array of placement options throughout your home.
- Make sure that a light can be turned on or a flashlight easily reached while lying in bed.
- Convert light switches to “rocker style” and table lamps to touch if you struggle with turning lights on and off.
- Don’t forget the benefits of natural light. Open your blinds and curtains to let in the sun and brighten up your home.
- For your safety, inspect lighting for exposed wires and broken components. Hire a professional if major repairs are needed.

DID YOU KNOW?

Consider using LED light bulbs, which last longer, use less energy, and stay cooler than conventional or CFL light bulbs. LEDs also perform well at extreme temperatures and benefit the environment.

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HEALTHY HOME FLASHCARDS

BED BUGS

WHAT IS IT:
Bedbugs are small, oval, brownish insects that live on the blood of animals and humans. Adult bedbugs have flat bodies about the size of an apple seed. Signs of a bed bug infestation usually start with bite marks appearing on the body, as well as bed bugs in the fold of mattresses and sheets, musty odors, and rust colored spots on bed and bedding.

WHAT IT DOES:
Bed bugs can cause a number of health effects including skin rashes, psychological effects, and allergic symptoms.

WHAT YOU NEED

Mattress and box spring encasements, pillow protector, and CimeXa Insecticide Dust.

WHAT YOU CAN DO

- Use encasements to prevent mattress, box spring, and pillows from becoming infested with bedbugs. The encasements will also trap existing bed bugs inside, starving them of their food source. Bed bugs will still be able to crawl on bed, but can now be easily detected on the outer surface.
- Remember, Bed bugs may also be living in other parts of the home including inside furniture, walls, picture frames, etc.
- Encasements have also shown to offer relief to individuals suffering from asthma and allergies.
- CimeXa Insecticide Dust is an all natural barrier to bed bugs that can both kill them and prevent them from moving freely throughout your house. Follow the instructions on the packaging.
- Bedding encasements and CimeXa Insecticide Dust are very important tools, that will bring relief, but it is important to contact a professional for large infestations.

DID YOU KNOW?

Bed bugs travel by hitching rides on our bodies and belongings. Be sure if you're traveling to check beds for infestations. They can travel home with you.

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HEALTHY HOME FLASHCARDS

TRIPPING AND FALLING

WHAT IS IT:
More than 1 in 3 people 65 years and older falls each year. As we age our mobility and overall health becomes less stable due to a range of declining functions such as eye sight, strength, and balance.

WHAT IT DOES:
Falls can result in a variety of injuries for seniors including hip fractures and head injuries. They can also lead to a host of other health, social and economic consequences.

WHAT YOU NEED

Anti-slip bath/shower mat, bath safety rail, hand held shower, shower chair, toilet frame/riser: Miscellaneous: door assist; step stool.

WHAT YOU CAN DO

- Make sure all entries into the home are safe, including railings, steps and ramps, flooring, and doorway entry space.
- Create clear pathways in your home so you can easily navigate around furniture and other belongings.
- Get rid of tripping hazards like bulky carpets, rugs, and electrical cords.
- Avoid storing frequently used objects on high shelves or cabinets. If necessary, use a non-slip stepping stool with handle to reach objects that are out of reach.
- Items such as anti-slip mats, shower chairs, handheld shower, and tub safety rails can help prevent falls in the tub/shower.
- Get rid of bulky floor rugs outside of the shower. Instead choose low profile door mats that can still absorb water and prevent slips, but won't create a tripping hazard.
- Toilet frames and risers help with sitting and standing by adding bars and increasing height.
- Replace towel racks with supported safety railing.
- Swap out the knobs on your cabinets, doors, tubs/showers, and lights with easier to use handles and levers.

DID YOU KNOW?

Exercise has been shown to be an excellent preventive measure in reducing the risk of falling.

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HEALTHY HOME FLASHCARDS

HEPA AIR FILTERS

WHAT IS IT:
Indoor air pollution comes in many forms such as wood and coal smoke, pet dander, dust mites, mold spores, and pollen. HEPA filters are mechanical devices that improve indoor air quality by pushing pollutants through a fine mesh container. Families that use wood or coal stoves or have asthma or allergies can especially benefit from their use.

WHAT DOES IT DO:
Exposure to air pollutants can negatively impact respiratory and cardiovascular health, especially in young children and elders.

WHAT YOU NEED

HEPA Air Filter and filters.

WHAT YOU CAN DO

- Maintain your HEPA filter by following the manufacturer's guidelines, which includes cleaning and replacing the filters on a regular basis.
- To maximize filter life and minimize operating costs only turn the HEPA on while you are home.
- Keep doors and windows closed when using the filter for optimal performance.
- Avoid purchasing imitation filters often sold as "HEPA Type".
- Portable HEPA filters are primarily designed to clean the air in one room. It is generally recommended to keep the HEPA filter in the area where you spend most of your time.
- In addition to using HEPA filters the following steps should be part of a comprehensive strategy for healthy indoor air:
  - Ban smoking indoors
  - Vacuum frequently
  - Replace carpets with wood, tile, or vinyl flooring
  - Keep pets outdoors if you are allergic to pet dander
  - Change bedding frequently and wash sheets in hot water
  - Replace draperies and curtains with roll up shades
  - Use mattresses and pillows encasements
  - Consider doing art and craft projects that create dust or involve harmful gases outside or in a well-ventilated room that is sealed off from the rest of the living space.

DID YOU KNOW?

Exposure to air pollution can increase your heart rate and blood pleasure, and can increase your risk for heart disease.