

National Public Health Week . . .
April 4 – 10, 2011
Safety is NO Accident: Live Injury Free

Air Quality in a home does matter . . .



Air Quality Safety:

- Test your home for radon (it's inexpensive and easy). There are simple solutions to radon problems in homes.
- Install a battery-operated Carbon Monoxide (CO) detector in your home and check or replace the battery when you change the time on your clocks each spring and fall.
- Fix water leaks and keep house well-ventilated. Lack of ventilation (airflow) keeps poisons in and builds up moisture.
- Don't smoke in the home or let anyone else smoke indoors.
- Reduce Exposure to Household Asthma Triggers -
 - Dust mites and pests (i.e. cockroaches and rodents)
 - House pets such as cats and dogs
 - Mold and mildew
 - Tobacco smoke
 - Indoor fireplace or woodstove use

- **Radon** is the second leading cause of lung cancer.
- **Carbon Monoxide (CO)** is an odorless, colorless and toxic gas. Because it is impossible to see, taste, or smell the toxic fumes, CO poisoning is responsible for hundreds of accidental death each year.
- **Mold and mildew** exacerbates allergies and asthma.
- **Tobacco smoke** is associated with increased risk of respiratory problems, heart disease, stroke, and lung cancer.
- **Indoor environmental exposures** may trigger asthma symptoms. Asthma is the most common chronic disease in childhood affecting over 7 million children.

WI believes Healthy Homes = Injury-Free Homes

For more information:

WI Asthma Program: www.dhs.wisconsin.gov/eh/Asthma/index.htm

WI Air Issues: www.dhs.wisconsin.gov/eh/Air/index.htm

CDC Healthy Homes Indoor Air: www.cdc.gov/HealthyHomes/ByTopic/AirQuality.html

**Brought to you by the Wisconsin Healthy Homes and Lead Poisoning Prevention Program
and the Wisconsin Injury and Violence Prevention Program.**