

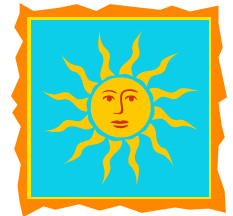
If you answered “NO” to any question, you *may* have something in your home that is harming your health.

It's time to take action

What You Can Do

- Contact our Education Team at **314-0310** with any questions you may have.
- Explore the following websites to learn more:
 - United States Environmental Protection Agency
www.epa.gov including the USEPA Office of Children's Health Protection
 - Bernco.gov -> depts,offices -> environmental health
 - Help Yourself to a Healthy Home
www.uwex.edu/healthyhome/tool/
 - Kidshealth.org
 - www.aap.org/advocacy/releases/summertips.htm
 - www.redcross.org/services/hss/sumsafety/

Let's Keep Ourselves and Our Homes Safe In the Spring and Summer



Protect Your Family....Protect Yourself



Bernalillo County
Office of Environmental Health
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Steps to make you and your home healthier !

Completing this checklist will help you identify some possible environmental hazards in your home. Since every home is different, this list only covers some of the potential hazards that may exist in and around your home. Contact the Education Team of the Bernalillo County Office of Environmental Health with any questions you have.

Household Hazardous Products



Check the labels. Do you know that any product labeled with “corrosive, toxic, or reactive” could be dangerous?

Do you **read the chemicals’ instructions** carefully and use them in a well ventilated area?

Do you know that these **chemicals can be dangerous** if dumped on the ground, down the drain or in a ditch?

Are these **chemicals** stored **far away from food**?

Are your **chemicals**, whether inside or outside, **hidden or protected from kids**?

Do you know the phone number or address of a **waste transfer station*** where you can take these **chemicals**?

505-272-2222 is the local **Poison Information Center’s** phone number.

Mosquitoes and Outdoor Pests



Do you and your family use **insect repellent with DEET**?

Do you keep your yard **free of standing water**?

Are all of your **screens and doors in good condition**?

Do you **remove unneeded food sources** from around the outside of your home?

Yes No

Pool Time and Sun Protection



If you own your own pool:

Do you know how to maintain a **proper chemical balance**?

Do you have **safety equipment** for your pool?

Do you use **safe swimming practices**?

Do you use **SPF 15 or higher sunscreen** or sunblock?

Do you use **UV protective sunglasses**?

Yes No

Water Quality



If your water comes from a private well, is it **tested for total coliform and total nitrogen every year**?

Do you know **who to call if your water changes** in color taste or odor?

BBQ Time!



Do you **wash all fresh fruits and vegetables** well before eating them?

Do you know how to **avoid cross-contamination** when you cook your food?

Once food is prepared, do you keep it within a **safe temperature range**?

* waste transfer station refers to any one of the Bernalillo County or City of Albuquerque Convenience Centers

See how you did!