

5 Minutes to a Healthier Home

Think you don't have enough time to make your home a healthier and safer place?

Test your smoke alarm.

Using smoke alarms in your home cuts your risk of dying in a fire in half.

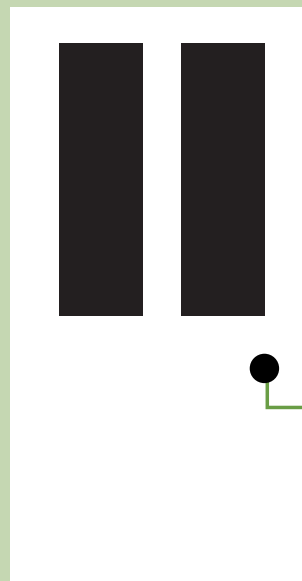
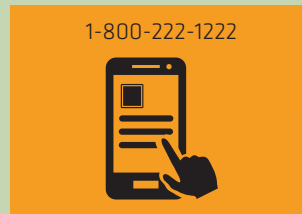
Wash your hands with warm, soapy water for at least 20 seconds (about the time it takes to sing the song "Happy Birthday" twice).

Each year, about **48 million Americans get sick** from eating contaminated or improperly prepared foods.

Make your home smoke free. Never let anyone smoke anywhere in or near your home.

Parents are responsible for **90%** of their children's exposure to smoke.

**Think again!
You can do these steps in 5 minutes.**



Program the number for poison control into your cell phone: 1-800-222-1222.

Everyday in the United States, over 300 children ages 0 to 19 are treated in emergency departments for poisonings.

Do a 3-minute "clean sweep." Pick one small area of your home – like your junk drawer or stairs – and take 3 minutes to sort the items and get rid of what you don't need.

Clutter can collect dust, mold, and other allergens and gives pests a place to hide. If clutter is left on the floor or stairs, it can cause you to trip and fall.

Check your locks

Make sure locks function correctly and can be operated by a child in an emergency



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