

April 6-12, 2020

Healthy Housing

Protect Your Home from Unsafe Conditions

Saturday, April 11th

During the COVID-19 quarantine, people are spending even more time in their homes than usual. For those living in unsafe environments, problems like mold and secondhand smoke exposure can worsen existing health conditions. While designed to help people prepare their homes for an outbreak, the *Get Your Home Ready* resource is still useful now, in the midst of the pandemic. The National Center for Healthy Housing's *Health Homes Checklist* offers links on ways to keep your home safe, the costs of home upkeep and seasonal maintenance.

Other Helpful Resources:

- Workplace, home and school guidance
- Get Your Home Ready
- Healthy Homes Checklist

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Healthy Housing

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For science.

Our health, longevity and well-being are connected to our communities — the places we live, learn, work, worship, play and age. For example, at least 4 million U.S. households are home to children who are being exposed to high levels of lead,^[1] and around 6 million U.S. homes^[2] are considered substandard. A 2017 report from the Urban Institute^[3] about decaying neighborhoods and the relationship to public health defines substandard housing as residential spaces that endanger the health and safety of residents due to structural and physical problems. And housing instability is linked to higher health care use and hospital visits.^[4]

For action.

Educate and advocate for healthy housing policies for all types of housing.^[5]

Call on U.S. policymakers to fund monitoring and enforcement programs to uphold existing housing codes to prevent poor living conditions. Create accountability systems that work on behalf of residents and provide support to remedy life-threatening living

conditions immediately. Recognize that healthy housing begins with healthy communities, and adopt health-in-all-policies frameworks.^[6] Check out the many "Opportunities for Action" in the Environmental Health Playbook's Healthy Housing chapter. Those include supporting smokefree multi-unit housing, partnering with the health care sector to address housing as a key social determinant of health and exploring such private initiatives as Habitat for Humanity and Rebuilding Together to increase affordable, safe and healthy housing.^[7] Urge Congress to adequately fund rental assistance options to ensure the U.S. Department of Housing and Urban Development and Department of Agriculture can meet community needs for affordable housing.^[8]

SATURDAY
**Healthy
Housing**

NPHW 2020

FOR SCIENCE

Our health and well-being are connected to our communities – but 6 million U.S. homes are unsafe.

FOR ACTION

Adopt health-in-all-policies approaches to support healthy housing and communities.

FOR HEALTH

Work to create a local healthy housing ordinance.

For health.**April 6-12, 2020**

Where people live — not just how they live — impacts their health and life expectancy. Poor indoor air, lead pipes, inadequate ventilation, pest infestations, water leaks, residential crowding and other hazardous conditions put people at higher risk for health problems.^[7,9] Smart local policies that prioritize health can make a difference. Work with non-profit and city partners to create a local healthy housing ordinance to support healthy home environments.^[10] Research shows well-maintained sidewalks^[9] encourage physical activity, and safe biking networks lead to more cycling and fewer injuries among bicyclists. Rates of preventable deaths — such as deaths from heart disease, diabetes and cancer — typically go down in communities where local public health spending goes up.^[11] Other research^[12] finds that deaths from cardiovascular disease, diabetes and the flu decline significantly in communities that expand their multi-sector networks in support of population health goals. The affordability and condition of housing and the surrounding environment impacts health.^[13] Removing leaded drinking water service lines would save billions of dollars in future health and productivity benefits.^[14]

For justice.

Low-income communities usually have housing options that do not meet the minimum standards of living conditions. Develop and enforce schedules that provide maintenance over time to keep housing developments from becoming substandard. Create programs to assist with resident relocation in case of acute housing issues. Develop federal housing improvement updates and schedules for electricity, HVAC and pest management. Explore housing pricing that is proportional to resident household income.

References

- | | |
|---|---|
| 1] CDC | [9] Robert Wood Johnson Foundation |
| [2] National Center for Healthy Housing | [9] Journal of Public Health |
| [3] Urban Institute | [10] APHA/National Center for Healthy Housing |
| [4] Health Affairs, Housing and Health: An Overview of the Literature | [11] Health Affairs |
| [5] CDC | [12] Health Affairs |
| [6] APHA Healthy Community Design | [13] Achieving Health and Social Equity Through Housing |
| [7] Environmental Health Playbook | [14] The Pew Charitable Trusts |
| [8] APHA | |

April 6-12, 2020

Viviendas saludables

Sábado 11 de abril**Para la ciencia.**

Nuestra salud, nuestra longevidad y nuestro bienestar están conectados con nuestras comunidades — los lugares donde vivimos, aprendemos, trabajamos, rezamos, jugamos y envejecemos. Por ejemplo, al menos 4 millones de hogares estadounidenses albergan a niños que están expuestos a altos niveles de plomo,^[1] y se considera que alrededor de 6 millones de hogares estadounidenses^[2] no reúnen las condiciones de habitabilidad. Un informe de 2017 del Urban Institute^[3] (Instituto Urbano) sobre vecindarios en decadencia y la relación con la salud pública define a las viviendas que no reúnen las condiciones de habitabilidad como espacios residenciales que ponen en peligro la salud y la seguridad de los residentes debido a problemas estructurales y físicos. Asimismo, la inestabilidad de la vivienda está relacionada con un mayor uso de la atención médica y una mayor cantidad de visitas al hospital.^[4]

Para la acción..

Eduque y abogue por políticas de vivienda saludable para todo tipo de hogares.^[5] Solicite a quienes formulan políticas en los Estados Unidos que financien programas de monitoreo y aplicación normativa para mantener los códigos de vivienda existentes y evitar las malas condiciones de habitabilidad. Cree sistemas de responsabilidad que trabajen en nombre de los residentes y brinden apoyo para solucionar de inmediato las condiciones de habitabilidad que son una amenaza para la vida. Reconozca que una vivienda saludable comienza con comunidades saludables y adopte marcos de políticas de salud integral.^[6] Consulte las numerosas "Oportunidades de acción" en el capítulo Viviendas saludables del Manual de estrategias de salud ambiental. Entre ellas se incluyen el apoyo a viviendas de múltiples unidades libres de humo, la asociación con el sector de la atención médica para abordar la vivienda como un factor social determinante clave de la salud y explorar iniciativas privadas, como la de las organizaciones Habitat for Humanity (Hábitat para la Humanidad) y Rebuilding Together (Reconstruyamos juntos), para aumentar las viviendas asequibles, seguras y saludables.^[7] Insté al Congreso a financiar adecuadamente las opciones de ayuda para alquilar con el fin de garantizar que el Departamento de Vivienda y Desarrollo Urbano y el Departamento de Agricultura de los Estados Unidos puedan suplir las necesidades de la comunidad en materia de viviendas asequibles.^[8]

Para la salud.**April 6-12, 2020**

El lugar donde viven las personas, no solo cómo viven, afecta su salud y su esperanza de vida. La gente corre un mayor riesgo de padecer problemas de salud a causa del aire deficiente que circula en el interior de un ambiente, las tuberías de plomo, la ventilación inadecuada, las infestaciones por plagas, las fugas de agua, el hacinamiento residencial y otras situaciones peligrosas.^[7,9] Las políticas locales inteligentes que priorizan la salud pueden marcar la diferencia. Trabaje con organizaciones sin fines de lucro y socios de la ciudad con el fin de crear una ordenanza local de viviendas saludables para apoyar los entornos domésticos saludables.^[10] La investigación muestra que las aceras bien mantenidas^[9] fomentan la actividad física y las redes de ciclismo seguro conducen a más ciclismo y menos lesiones entre los ciclistas. Por lo general, los índices de muertes evitables, como las muertes por enfermedades cardíacas, diabetes y cáncer, disminuyen en las comunidades donde aumenta el gasto en la salud pública local.^[11] Otra investigación^[12] muestra que las muertes por enfermedades cardiovasculares, diabetes y gripe disminuyen significativamente en las comunidades que expanden sus redes multisectoriales en apoyo de los objetivos de salud de la población. La asequibilidad y las condiciones de la vivienda, así como el entorno circundante, afectan la salud.^[13] La eliminación de cañerías de plomo de suministro de agua potable ahorraría miles de millones de dólares en futuros beneficios para la salud y la productividad.^[14]

Para la justicia.

Las comunidades de bajos ingresos normalmente tienen opciones de vivienda que no cumplen con los estándares mínimos de habitabilidad. Desarrolle y aplique planes que brinden mantenimiento a lo largo del tiempo para evitar que los proyectos inmobiliarios se vuelvan deficientes. Cree programas para ayudar a reubicar a residentes en caso de problemas graves de vivienda. Desarrolle actualizaciones en la mejora de las viviendas y planes para el control de la electricidad, la climatización y las plagas a escala federal. Analice un precio de las viviendas que sea proporcional al ingreso de los residentes del hogar.

Referencias

- [1] [CDC](#)
- [2] [National Center for Healthy Housing](#)
- [3] [Urban Institute](#)
- [4] [Health Affairs, Housing and Health: An Overview of the Literature](#)
- [5] [CDC](#)
- [6] [APHA Healthy Community Design](#)
- [7] [Environmental Health Playbook](#)
- [8] [APHA](#)
- [9] [Robert Wood Johnson Foundation](#)
- [9] [Journal of Public Health](#)
- [10] [APHA/National Center for Healthy Housing](#)
- [11] [Health Affairs](#)
- [12] [Health Affairs](#)
- [13] [Achieving Health and Social Equity Through Housing](#)
- [14] [The Pew Charitable Trusts](#)

Keeping the workplace safe

Encourage your employees to...

Practice good hygiene



- Stop handshaking – use other noncontact methods of greeting
- Clean hands at the door and schedule regular hand washing reminders by email
- Create habits and reminders to avoid touching their faces and cover coughs and sneezes
- Disinfect surfaces like doorknobs, tables, desks, and handrails regularly
- Increase ventilation by opening windows or adjusting air conditioning

Be careful with meetings and travel



- Use videoconferencing for meetings when possible
- When not possible, hold meetings in open, well-ventilated spaces
- Consider adjusting or postponing large meetings or gatherings
- Assess the risks of business travel

Handle food carefully



- Limit food sharing
- Strengthen health screening for cafeteria staff and their close contacts
- Ensure cafeteria staff and their close contacts practice strict hygiene

Stay home if...



- They are feeling sick
- They have a sick family member in their home

What every American and community can do now to decrease the spread of the coronavirus

Keeping the school safe

Encourage your faculty, staff, and students to...

Practice good hygiene



- Stop handshaking – use other noncontact methods of greeting
- Clean hands at the door and at regular intervals
- Create habits and reminders to avoid touching their faces and cover coughs and sneezes
- Disinfect surfaces like doorknobs, tables, desks, and handrails regularly
- Increase ventilation by opening windows or adjusting air conditioning

Consider rearranging large activities and gatherings



- Consider adjusting or postponing gatherings that mix between classes and grades
- Adjust after-school arrangements to avoid mixing between classes and grades
- When possible, hold classes outdoors or in open, well-ventilated spaces

Handle food carefully



- Limit food sharing
- Strengthen health screening for cafeteria staff and their close contacts
- Ensure cafeteria staff and their close contacts practice strict hygiene

Stay home if...



- They are feeling sick
- They have a sick family member in their home

What every American and community can do now to decrease the spread of the coronavirus

Keeping the home safe

Encourage your family members to...

All households



- Clean hands at the door and at regular intervals
- Create habits and reminders to avoid touching their face and cover coughs and sneezes
- Disinfect surfaces like doorknobs, tables, and handrails regularly
- Increase ventilation by opening windows or adjusting air conditioning

Households with vulnerable seniors or those with significant underlying conditions



Significant underlying conditions include heart, lung, kidney disease; diabetes; and conditions that suppress the immune system

- Have the healthy people in the household conduct themselves as if they were a significant risk to the person with underlying conditions. For example, wash hands frequently before interacting with the person, such as by feeding or caring for the person
- If possible, provide a protected space for vulnerable household members
- Ensure all utensils and surfaces are cleaned regularly

Households with sick family members



- Give sick members their own room if possible, and keep the door closed
- Have only one family member care for them
- Consider providing additional protections or more intensive care for household members over 65 years old or with underlying conditions

What every American and community can do now to decrease the spread of the coronavirus

Keeping commercial establishments safe

Encourage your employees and customers to...

Practice good hygiene



- Stop handshaking – use other noncontact methods of greeting
- Clean hands at the door, and schedule regular hand washing reminders by email
- Promote tap and pay to limit handling of cash
- Disinfect surfaces like doorknobs, tables, desks, and handrails regularly
- Increase ventilation by opening windows or adjusting air conditioning

Avoid crowding



- Use booking and scheduling to stagger customer flow
- Use online transactions where possible
- Consider limiting attendance at larger gatherings

For transportation businesses, taxis, and ride shares



- Keep windows open when possible
- Increase ventilation
- Regularly disinfect surfaces

What every American and community can do now to decrease the spread of the coronavirus

Get Your Home Ready

This interim guidance is based on what is currently known [about the Coronavirus Disease 2019 \(COVID-19\)](#). The Centers for Disease Control and Prevention (CDC) will update this interim guidance as needed and as additional information becomes available.

This interim guidance is to help household members plan for community transmission of coronavirus disease 2019 (COVID-19) in the United States. The Centers for Disease Control and Prevention (CDC) encourages household members to prepare for the possibility of a COVID-19 outbreak in their community.

COVID-19 is caused by a new virus. There is [much to learn about its transmissibility, severity, and other features of the disease](#). We want to help everyone prepare to respond to this public health threat.

In this guidance

- Before a COVID-19 outbreak occurs: Plan
- During a COVID-19 outbreak: Act
- After a COVID-19 outbreak has ended: Follow Up
- Readiness Resources

Before a COVID-19 outbreak occurs in your community: Plan

A COVID-19 outbreak could last for a long time in your community. Depending on the severity of the outbreak, public health officials may recommend community actions designed to help keep people healthy, reduce exposures to COVID-19, and slow the spread of the disease. Local public health officials may make recommendations appropriate to your local situation. Creating a household plan can help protect your health and the health of those you care about in the event of an outbreak of COVID-19 in your community. You should base the details of your household plan on the needs and daily routine of your household members.

Create a household plan of action

- ✓ **Talk with the people who need to be included in your plan.** Meet with household members, other relatives, and friends to discuss [what to do if a COVID-19 outbreak occurs in your community](#) and what the needs of each person will be.
- ✓ **Plan ways to care for those who might be at greater risk for serious complications.** There is limited information about [who may be at risk for severe complications from COVID-19 illness](#). From the data that are available for COVID-19 patients, and from data for related coronaviruses such as SARS-CoV and MERS-CoV, it is possible that older adults and persons who have underlying



cdc.gov/coronavirus

chronic medical conditions may be at risk for more serious complications. Early data suggest older people are more likely to have serious COVID-19 illness. If you or your household members are at increased risk for COVID-19 complications, please consult with your health care provider for more information about [monitoring your health for symptoms suggestive of COVID-19](#). CDC will recommend actions to help keep people at high risk for complications healthy if a COVID-19 outbreak occurs in your community.

- ✓ **Get to know your neighbors.** Talk with your neighbors about emergency planning. If your neighborhood has a website or social media page, consider joining it to maintain access to neighbors, information, and resources.
- ✓ **Identify aid organizations in your community.** Create a list of local organizations that you and your household can contact in the event you need access to information, health care services, support, and resources. Consider including organizations that provide mental health or counseling services, food, and other supplies.
- ✓ **Create an emergency contact list.** Ensure your household has a current list of emergency contacts for family, friends, neighbors, carpool drivers, health care providers, teachers, employers, the local public health department, and other community resources.

Practice good personal health habits and plan for home-based actions

- ✓ **Practice everyday preventive actions now.** Remind everyone in your household of the importance of practicing everyday preventive actions that can help prevent the spread of respiratory illnesses:
 - Avoid close contact with people who are sick.
 - Stay home when you are sick, except to get medical care.
 - Cover your coughs and sneezes with a tissue.
 - Clean frequently touched surfaces and objects daily (e.g., tables, countertops, light switches, doorknobs, and cabinet handles) using a regular household detergent and water.
 - If surfaces are dirty, they should be cleaned using a detergent and water prior to disinfection. For disinfection, a list of products with Environmental Protection Agency (EPA)-approved emerging viral pathogens claims, maintained by the American Chemistry Council Center for Biocide Chemistries (CBC), is available at [Novel Coronavirus \(COVID-19\) Fighting Products](#). Always follow the manufacturer's instructions for all cleaning and disinfection products.
 - Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Always wash your hands with soap and water if your hands are visibly dirty.
- ✓ **Choose a room in your home that can be used to separate sick household members from those who are healthy.** Identify a separate bathroom for the sick person to use, if possible. Plan to clean these rooms, as needed, when someone is sick. [Learn how to care for someone with COVID-19 at home](#).

Be prepared if your child's school or childcare facility is temporarily dismissed

- ✓ **Learn about the emergency operations plan at your child's school or childcare facility.** During a COVID-19 outbreak in your community, local public health officials may recommend [temporary school dismissals](#) to help slow the spread of illness. School authorities also may decide to dismiss a school if too many students or staff are absent. Understand the plan for continuing education and social services (such as student meal programs) during school dismissals. If your child attends a college or university, encourage them to learn about the school's plan for a COVID-19 outbreak.

Plan for potential changes at your workplace

- ✓ **Learn about your employer's emergency operations plan.** Discuss sick-leave policies and telework options for workers who are sick or who need to stay home to care for sick household members. [Learn how businesses and employers can plan for and respond to COVID-19.](#)

During a COVID-19 outbreak in your community: Act

During an outbreak in your community, protect yourself and others by:

- ✓ Staying home from work, school, and all activities when you are [sick with COVID-19 symptoms](#), which may include fever, cough, and difficulty breathing.
- ✓ Keeping away from others who are sick.
- ✓ Limiting close contact with others as much as possible (about 6 feet).

Put your household plan into action

- ✓ **Stay informed about the local COVID-19 situation.** Get up-to-date information about local COVID-19 activity from [public health officials](#). Be aware of temporary school dismissals in your area, as this may affect your household's daily routine.
- ✓ **Stay home if you are sick.** Stay home if you have [COVID-19 symptoms](#). If a member of your household is sick, stay home from school and work to avoid spreading COVID-19 to others.
 - If your children are in the care of others, urge caregivers to watch for COVID-19 symptoms.
- ✓ **Continue practicing everyday preventive actions.** Cover coughs and sneezes with a tissue and wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer that contains 60% alcohol. Clean frequently touched surfaces and objects daily using a regular household detergent and water.
- ✓ **Use the separate room and bathroom you prepared for sick household members (if possible).** [Learn how to care for someone with COVID-19 at home.](#) Avoid sharing personal items like food and drinks. Provide your sick household member with clean disposable facemasks to wear at home, if available, to help prevent spreading COVID-19 to others. Clean the sick room and bathroom, as needed, to avoid unnecessary contact with the sick person.
 - If surfaces are dirty, they should be cleaned using a detergent and water prior to disinfection. For disinfection, a list of products with EPA-approved emerging viral pathogens claims, maintained by the CDC, is available at [Novel Coronavirus \(COVID-19\) Fighting Products](#). Always follow the manufacturer's instructions for all cleaning and disinfection products.

- ✓ **Stay in touch with others by phone or email.** If you live alone and become sick during a COVID-19 outbreak, you may need help. If you have a chronic medical condition and live alone, ask family, friends, and health care providers to check on you during an outbreak. Stay in touch with family and friends with chronic medical conditions.
- ✓ **Take care of the emotional health of your household members.** Outbreaks can be stressful for adults and children. [Children respond differently to stressful situations than adults.](#) Talk with your children about the outbreak, try to stay calm, and reassure them that they are safe.

Inform your workplace if you need to change your regular work schedule

- ✓ **Notify your workplace as soon as possible if your schedule changes.** Ask to work from home or take leave if you or someone in your household gets sick with [COVID-19 symptoms](#), or if your child's school is dismissed temporarily.

Take the following steps to help protect your children during an outbreak

- ✓ **If your child/children become sick with COVID-19s, notify their childcare facility or school.** Talk with teachers about classroom assignments and activities they can do from home to keep up with their schoolwork.
- ✓ **Keep track of school dismissals in your community.** Read or watch local media sources that report school dismissals. If schools are dismissed temporarily, use alternative childcare arrangements, if needed.
- ✓ **Discourage children and teens from gathering in other public places while school is dismissed to help slow the spread of COVID-19 in the community.**

After a COVID-19 outbreak has ended in your community: Follow Up

Remember, a COVID-19 outbreak could last a long time. The impact on individuals, households, and communities might be great. When public health officials determine the outbreak has ended in your community, take time to improve your household's plan. As public health officials continue to plan for COVID-19 and other disease outbreaks, you and your household also have an important role to play in ongoing planning efforts.

Evaluate the effectiveness of your household's plan of action

- ✓ **Discuss and note lessons learned.** Were your COVID-19 preparedness actions effective at home, school, and work? Talk about problems found in your plan and effective solutions. Identify additional resources needed for you and your household.
- ✓ **Participate in community discussions about emergency planning.** Let others know about what readiness actions worked for you and your household. Maintain communication lines with your community (e.g., social media and email lists). Promote the importance of practicing good personal health habits.
- ✓ **Continue to practice everyday preventive actions.** Stay home when you are sick; cover your coughs and sneezes with a tissue; wash your hands often with soap and water; and clean frequently touched surfaces and objects daily.

- ✓ **Take care of the emotional health of your household members.** Make time to unwind and remind yourself that strong feelings will fade. Take breaks from watching, reading, or listening to news stories about COVID-19. Connect with family and friends. Share your concerns and how you are feeling with others.
- ✓ **Help your child/children cope after the outbreak.** [Provide children with opportunities to talk about what they went through](#) or what they think about it. Encourage them to share concerns and ask questions. Because parents, teachers, and other adults see children in different situations, it is important for them to work together to share information about how each child is coping after the outbreak.

COVID-19 Readiness Resources

- Visit www.cdc.gov/COVID19 for the latest information and resources
- COVID 2019 Situation Summary <https://www.cdc.gov/coronavirus/2019-nCoV/summary.html>
- Prevention and Treatment <https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html>
- What to Do If You Are Sick <https://www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html>
- Pregnant Women and COVID FAQs <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/pregnancy-faq.html>
- Stigma Related to COVID-19 <https://www.cdc.gov/coronavirus/2019-ncov/about/related-stigma.html>
- Handwashing: A Family Activity <https://www.cdc.gov/handwashing/handwashing-family.html>
- Handwashing: Clean Hands Save Lives <http://www.cdc.gov/handwashing>

CDC Interim Guidance for Specific Audiences

- Interim Guidance for Administrators of US Childcare Programs and K-12 Schools to Plan, Prepare, and Respond to Coronavirus Disease 2019 (COVID-19) <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/guidance-for-schools.html>
- Interim Guidance for Businesses and Employers to Plan and Respond to Coronavirus Disease 2019 (COVID-19) <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/guidance-business-response.html>

CDC Communication Resources

- Communication Resources <https://www.cdc.gov/coronavirus/2019-ncov/communication/index.html>
- Print Resources <https://www.cdc.gov/coronavirus/2019-ncov/communication/factsheets.html>
- Buttons and Badges <https://www.cdc.gov/coronavirus/2019-ncov/communication/buttons-badges.html>

National Center for HEALTHY HOUSING

Healthy Homes Maintenance Checklist

The following checklist was developed for the National Center for Healthy Housing (NCHH) as a tool for healthy home maintenance. A healthy home is one that is constructed, maintained, and rehabilitated in a manner that is conducive to good occupant health.

To maintain a healthy home, occupants should keep it dry, clean, safe, well-ventilated, free from contaminants and pests, well-maintained, and thermally controlled.

Good home maintenance can act to reduce allergens, prevent illness, and prevent accidental injuries. This checklist provides basic guidelines; items may need to be checked more often depending on local conditions and manufacturer recommendations.

Developed by Terry Brennan and Ellen Tohn, technical advisors to NCHH. Revised by NCHH staff, May 2018.

	Spring	Fall	Annual	As Needed	Pro Needed?
YARD AND EXTERIOR					
Direct water drains away from house	●				
No hazards for tripping/falls, choking, or sharp-edges	●	●			
Verify that the pool fence is intact	●	●			
Check for signs of rodents, bats, roaches, or termites	●	●			
Drain outdoor faucets and hoses	●	●			
Clean window wells and check for drainage	●	●			
Clean gutters and downspouts	●	●			

	Spring	Fall	Annual	As Needed	Pro Needed?
BASEMENT AND CRAWLSPACE					
No wet surfaces, puddles, or musty odor	●	●			
Ensure that the sump pump and check valve are working	●	●			
Ensure that the floor drain is working	●				
Vacuum basement surfaces	●				
Check for signs of rodents, bats, roaches, or termites		●			

	Spring	Fall	Annual	As Needed	Pro Needed?
EXTERIOR ROOF, WALLS, AND WINDOWS					
Ensure that the shingles are in good condition	●				
Inspect the chimney, valley, plumbing vent, and skylight flashing for damage or leaks	●				
Inspect the chimney and clean if needed		●			
Ensure that gutters discharge water away from building	●				
Inspect the attic vents		●			
Inspect attic for signs of roof leaks	●				
Inspect for icicles and ice dams				●	
Look for peeling paint	●				
Look for signs of leaks where deck attaches to house	●				
Check below windows and doors that the flashing is intact	●				
Remove and replace any cracked or broken glass		●			
Look for signs of leaks at window and door sills	●				
Clean the dryer vent	●	●			
Verify that the exhaust ducts are clear	●	●			

	Spring	Fall	Annual	As Needed	Pro Needed?
HVAC EQUIPMENT - REPLACE OR CLEAN FILTERS					
Warm-air furnace (MERV 11)		●			
Air conditioner (central air: MERV 11)	●				
Dehumidifier	●				
Portable air cleaner	●				
Outdoor air to return to heat recovery ventilation		●			

	Spring	Fall	Annual	As Needed	Pro Needed?
PLUMBING, FIXTURES, AND APPLIANCES					
Inspect the washing machine hoses and connections			●		
Inspect the dishwasher hoses for leaks			●		
Inspect the toilet supply/shut-off valve			●		
Clean and inspect the refrigerator drip pan and icemaker connections			●		
Inspect the shower/tub surrounds for signs of damage			●		
Inspect the traps and drains under sinks, tubs, and showers for leaks			●		
Inspect the water heater for rust or leaks		●			
Test the water heater's temperature and pressure relief (TPR) valve			●		
Drain the water heater			●		
Inspect the water heater's sacrificial anode rod (replace approximately every five years)			●		
Inspect the boiler for leaks		●			
Inspect the water main/meter or well pump for leaks or sweating		●			
Have the septic tank pumped				●	●
Check all drain and supply lines for leaks	●	●			
Verify that the bath and kitchen fans are operational	●	●			

	Spring	Fall	Annual	As Needed	Pro Needed?
ELECTRICAL EQUIPMENT					
Repair or replace any damaged electrical cords	●	●			
Test ground fault interrupters (GFIs)	●	●			
Check the outlets for cracks, soot, and overheating (signs of a hazard)	●	●			
Replace batteries in the smoke and CO alarms; make sure they're operational	●	●			

	Spring	Fall	Annual	As Needed	Pro Needed?
ATTIC					
Inspect for signs of rodents, bats, roaches, and termites		●			
Inspect for water damage		●			
Ensure that insulation is in place		●			
Verify that fans still exhaust to outdoors (check ductwork connections)			●		

	Spring	Fall	Annual	As Needed	Pro Needed?
INTERIOR WALLS, CEILINGS, WINDOWS, AND DOORS					
Inspect for signs of water damage			●		
Check operation of windows and doors	●				
Lubricate and repair windows and doors			●		
Inspect for peeling paint or damage to lead-based paint encapsulant		●			

	Spring	Fall	Annual	As Needed	Pro Needed?
APPLIANCES					
Clean kitchen range hood screens			●	●	
Clean dryer vents and screens	●	●			
Clean exhaust fan outlets and screens	●				
Clean outdoor air intakes and screens		●			●
Clean air conditioning coils and drain pans	●				
Check the refrigerator water line for leaks			●		
Clean the dehumidifier coils and check operation	●				
Clean and tune the furnace, boiler, and water heaters		●			●
Clean and tune ovens and ranges; check for evidence of pests		●			●
Change the vacuum cleaner filter			●	●	

	Spring	Fall	Annual	As Needed	Pro Needed?
GARAGE					
Ensure proper storage of fuel cans	●	●			
Ensure proper operation of garage door safety shut-off	●	●			
Check for signs of water damage	●				
Check for signs of rodents, bats, roaches, and termites	●	●			