

## Safety At Home Series

### Part 1: Keep It Clean & Dry Recap Notes



**Rebuilding Together Silicon Valley** Believes that everyone deserves to live in a safe and healthy home. We put that belief into action through our 3 programs. Our Critical Repairs program focuses on anything that could be potentially catastrophic to a home owner being able to safely remain in their homes i.e., hot water heaters, furnace replacements, roof repairs or replacements. Our Safe At Home program focuses on our home adapting alongside us as our needs change by altering providing all necessary safety measures for home owner accessibility. And lastly, our Rebuilding Days are our culminating volunteer based blitz building days the focus on beautification projects and volunteer friendly activities to wrap up the year round repairs we've previously accomplished for our homeowners.

**The 8 safe and healthy housing principles** as established by the Department of Housing and urban Development: Clean, Dry, Pest-free, well-ventilated, safe, contaminant-free, maintained and thermally controlled.

**Keeping your home clean** is paramount to your safety and health. A clean home reduces exposure to chemical contaminants, allergens, pesticides, consumer chemicals and metals such as lead and arsenic. By keeping your home clean you can prevent respiratory or other health issues and prevent from exasperating existing health concerns.

Clean Home Tips:

- Start by making a to do list
- Recruit someone for assistance with heavier items, especially if you have health of mobility concerns.
- Declutter before cleaning to avoid trip hazards
- Give yourself adequate time
- Make it a group activity!

**Rebuilding Together Silicon Valley can help** with removing carpet and replacing with a smooth cleanable floor. Keeping any project or worksites clean, making sure any hired help does the same. Cleaning up areas contaminated by pests and check to regularly replace furnace filters. We'll also make sure filters are well sealed and use filters rated at a minimum of MERV 11 or 13.



**Keeping your home dry** has many health benefits for our homeowners. Excessive dampness can effect occupant health. moisture & mold have been shown to cause or make worse asthma or other respiratory issues such as coughing, wheezing. Moisture is also a key contributor to successful pesy colonization and moisture can cause damage through deterioration of structural material.

**Rebuilding Together Silicon Valley can help** with reviewing and inspecting prominent areas for sources of moisture and contaminants, bathrooms & kitchens, ensure existing fans are properly ducted and repair or replace any improper vents and fans.

