



5 Resolutions for a Healthy Home This Year

Whether you're continuing practices or starting new ones, there's never a bad time to get serious about health in your home. Follow the tips below to take some first steps toward a healthier home in 2018.

1. Install Carbon Monoxide (CO) alarms on every level of your home.

CO is an invisible and odorless gas produced when heating fuels are not burned completely. In low doses it produces flu-like symptoms and long-term exposure or high amounts can prove fatal. Protect yourself and your family by reducing and monitoring CO in your home and learn more [here](#).

2. Change the batteries in your smoke alarms. Smoke alarm batteries should be switched out annually, so what better time than the beginning of the New Year? Keeping your smoke alarms working well is one of the most effective steps you can take to prevent fire in your home. Click [here](#) to learn more about home safety and read below about Get Alarmed New Hampshire's options for free CO and smoke alarms.

3. Test your water. Water from private wells can contain arsenic, radon, and other contaminants known to cause serious illness. To prevent poisoning from these often tasteless, odorless, and colorless contaminants, test your well water every year. For more information and testing resources, visit the [Department of Environmental Services Well Testing Site](#).

4. Get serious about pest control. On top of being constant annoyances, rodents and insects can trigger asthma attacks and make life harder for those with respiratory issues. Avoid chemical-heavy pesticides this year and instead resolve to keep your home naturally unfriendly to pests by removing all open food and water sources, sealing cracks in your home, and keeping surfaces clean. Learn more about Integrated Pest Management (IPM) [here](#).

5. Upgrade your lightbulbs. Trading out old lightbulbs for LED or compact fluorescent light (CFL) bulbs with the ENERGY STAR label can improve energy

efficiency and reduce energy costs in your home. Switch out your bulbs to start this New Year with a lower energy bill! If you need help with energy reduction in your home, check out the [NH Weatherization Assistance Program](#)

Want more tips to keep your Home Healthy in 2018? Check out [this pamphlet](#).



The Latest in Lead - Legislation SB247

New Hampshire's Childhood Lead Stakeholders Group is celebrating the House passing SB 247 on a strong, bipartisan vote - 266-87! This bill includes Universal testing of young children for lead, lowering the State's action limit, testing water in schools, lowering the notification level for landlords and parents and a \$6M loan

program for property owners and child care centers. Representatives Byron, Kurk and Hennessey, who worked so hard on the bill in House Finance, did a stellar job framing the issues and conveying the importance of this bill, sponsored by Senator Dan Feltes (D).

You can read the full bill [here](#). If you would like to contact your representatives, you can find your legislators [here](#).

Spotlight: Get Alarmed New Hampshire

Get Alarmed New Hampshire, is a free carbon monoxide and smoke alarm distribution, installation, and education program for owner-occupied homes where children under six and/or adults 60 and older reside; our most vulnerable population. New Hampshire State Fire Marshal, J. William Degnan is proud to announce the award of a FEMA Fire Prevention and Safety Grant (FP&S) for this program. The twenty-one Healthy Homes communities in New Hampshire are eligible to receive the benefits of this award. The communities are all at different stages in the implementation of the grant. If you know someone residing in one of the designated towns who is in need of alarms and is eligible, you can have them contact the fire department.

Get Alarmed NEW HAMPSHIRE

Eligible Communities:

- Antrim
- Berlin
- Claremont
- Concord
- Dover
- Franklin
- Greenville
- Haverhill
- Keene
- Laconia
- Lebanon
- Manchester
- Nashua
- New Castle
- Pittsfield
- Rindge
- Rochester
- Somersworth
- Stratford
- Troy
- Walpole

To schedule an installation:
Contact your Local Fire Department

or Call the **HOTLINE**
(866) 989-3771
(603) 223-4243

Sponsored by:
Fire Prevention and Safety Grant
NH Department of Safety
Office of the State Fire Marshal



Mary MacCaffrie, Public Education Administrator for the NH Department of



Safety, Office of the Fire Marshal and member of the Healthy Homes Steering committee joined Franklin's Senior Safety Day, organized by Melissa Lee, Franklin call firefighter and educator at the Lakes Region Franklin Hospital. This program has been a successful public outreach initiative to older adults in Franklin and the surrounding communities for several years. The Get Alarmed New Hampshire

grant enhanced the Senior Safety Day by supplying educational materials including the Healthy Homes brochure and smoke and CO alarms for the program.

In the News

[This article](#) from the Washington Post discusses how hospitals in Baltimore, MD can make more money responding to environmental health problems, like asthma, instead of addressing hazards in the home - especially given competing priorities like diabetes and drug use.

Health & Science Hospitals find asthma hot spots more profitable to neglect than fix

By Jay Hancock, Rachel Bluth of Kaiser Health News and Danielle Trifirof of Capital News Service December 4, 2017



Did You Know...

... that the NH DHHS Healthy Homes and Environments Section also encompasses the Asthma Control Program? The Asthma Control Program facilitates the NH Asthma Collaborative, a group committed to understanding and alleviating the burden of asthma in New Hampshire communities through resource sharing, partnership, outreach, and education. If you are interested in work on asthma across the state, check out the Asthma Control Program [here](#) and sign up for the Asthma E-Newsletter [here](#).

... that the USDA offers grants and low-interest loans to low-income individuals and families to remove health and safety hazards in their home? The program, sponsored by USDA Rural Development, accepts applications year round for a maximum combined award of \$27,500 per household. For more information and eligibility requirements, click [here](#).

...that you can stay updated on all things Public Health in New Hampshire by following DPHS on [facebook](#) and [twitter](#)?

On the Horizon

SAVE THE DATE: 2018 NH Healthy Homes Conference, Tuesday October 23, 2018, Grappone Center in Concord

The NH Healthy Homes Newsletter is prepared on behalf of the New Hampshire Healthy Homes Steering Committee by the Healthy Homes & Lead Poisoning Prevention Program within the Department of Health and Human Services, Division of Public Health Services.

