



Wisconsin's 10 Healthy Home Habits Self-Quiz

About the Healthy Home Habits

Whether you rent or own, everyone deserves a safe and healthy home. A healthy home is free from harmful chemicals and hazards and is in good physical condition. Home environmental hazards, such as lead-based paint, radon, and second-hand smoke, can harm the health of people who live in or visit the home. This self-quiz will help you identify which of the 10 Healthy Home Habits you already have, and which habits you could change to reduce your exposure to home environmental hazards.

Why should I follow the Healthy Home Habits?

Using the Healthy Home Habits Self-Quiz helps you find possible hazards in your home and provides steps you can take to remove them safely. This self-quiz is voluntary and can help you understand where there could be harmful chemicals or other hazards around your home. Once you have completed the self-quiz, act on any possible hazards by using the list of resources online at the [DHS Healthy Homes webpage](https://www.dhs.wisconsin.gov/environmental/safe-home.htm) or visit www.dhs.wisconsin.gov/environmental/safe-home.htm.

Healthy Home Habits Self-Quiz

Healthy Home Habit 1: Maintain safe temperatures.

Is your home sometimes too hot or cold? This can lead to symptoms like sweating, shivering, or trouble sleeping.

- ☐ **No** – Good!
- ☐ **Yes**

On **hot days**, when possible, use air conditioning. If you don't have air conditioning, call 211 to find a cool public space. Use fans only when indoor temperatures are below 90 degrees Fahrenheit. If it's hotter, a fan can raise your body temperatures.

On **cold days**, keep doors to empty rooms closed and push rolled towels under doors to block drafts. Use weather stripping to seal gaps around windows and doors. Open blinds to let in sunlight during the day.



Healthy Home Habit 2: Keep it pest-free.

Are there signs of pests such as rodents (droppings, gnaw marks, nesting material, chewed food packaging) or cockroaches (live or dead cockroaches, shed skins, egg casings) in your home?

- ☐ **No** – Good!
- ☐ **Yes** – Caution! Prevent pest activity by removing food and water sources; keeping counters, sinks, and floors clean; cleaning dishes and spills right away; storing food in airtight containers; sealing cracks or openings in cabinets, walls, and baseboards; and keeping trash in a closed container. Also consider using screens and chimney caps to seal chimneys and using draft guards to seal attic doors.

Eliminate existing pests by using pesticide baits and traps in areas away from children and pets.



Healthy Home Habit 3: Drink safe water.

Is your drinking water tested regularly?

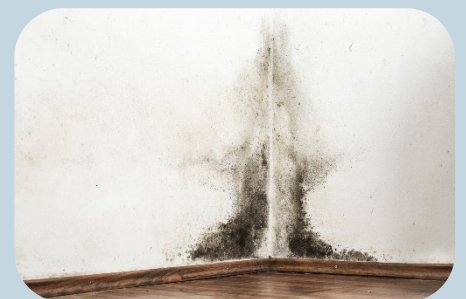
- ☐ **No** – Unlike public water systems, the owner of a private well is responsible for protecting and maintaining the quality of their well water. It is recommended that you or your landlord test your private well water annually for bacteria and nitrate and every five years for arsenic and lead. While Wisconsin law does not require landlords to regularly test private well water, landlords are generally responsible for maintaining a safe, potable water supply for their tenants.
- ☐ **Yes** – Good! If your water comes from a **public system**, this means that your drinking water is regulated and monitored by a water utility. Your water utility will issue a public notice and provide instructions for water use if unsafe levels of substances are detected. If your water comes from a **private well**, you or your landlord are following recommendations to test it every year for bacteria and nitrate and every five years for arsenic and lead.



Healthy Home Habit 4: Keep it dry.

Are there indoor areas that frequently feel damp, smell musty, or have visible signs of mold growth or has your home experienced recent flooding?

- ☐ **No** – Good! Your home is not likely to have a moisture problem.
- ☐ **Yes** – Caution! You may have a moisture problem. Moisture problems often result from a plumbing leak, leaky roof, water getting into a basement, or a bathroom that lacks ventilation. Finding and fixing the moisture source is key to reducing excess mold growth.



Healthy Home Habit 5: Monitor for changing radon levels.

Has your home been tested for radon in the last two years?

- ☐ **No** – Caution! You should test your home every two years. You can find easy, do-it-yourself test kits online, from a local hardware store, or for a discounted price through your regional Radon Information Center. Information on understanding your radon test results and next steps can be found on lowradon.org.
- ☐ **Yes** – Good! Make sure to continue to test every two years, regardless of a previous test result or whether or not you have a radon mitigation system installed.



Healthy Home Habit 6: Keep it lead-safe.

Was your home constructed before 1978?

- ☐ **No** – Good! If your home is built in or after 1978, then it's unlikely that lead-based paint was used.
- ☐ **Yes** – Caution! Homes built before 1978 may contain lead-based paint. Children under 6 years old can easily be poisoned by dust or chips from lead paint inside and outside of your home. Regular lead-safe cleaning can help keep lead in your home at low levels.



Healthy Home Habit 7: Live smoke and vape-free.

Does anyone smoke or vape inside your home, even occasionally?

- ☐ **No** – Good! To continue to protect yourself and those around you, do not smoke, vape, or let anyone smoke or vape in your home.
- ☐ **Yes** – Caution! Secondhand smoke exposure in the home can cause serious health problems for everyone. If you or someone in your home uses commercial tobacco or cannabis, avoid smoking/vaping indoors by going outside. It's best to change your clothes and wash your hands upon re-entering the home to reduce secondhand exposure. Quitting smoking/vaping is one of the most important actions people can take to improve their health. If you live in a rental property, reach out to your landlord about establishing [smoke-free building policies](#).



Healthy Home Habit 8: Have an emergency plan.

Do you have a severe weather evacuation plan and a disaster emergency kit?

- ☐ **No** – Create an evacuation plan and emergency kit for you and your household. Evacuation plans include travel routes to get outside of your neighborhood or community safely, meeting places for you and your friends and family, and temporary housing for your family and pets.

Emergency kits include a 3-day supply of water and non-perishable food, chargers, a first aid kit, any medications you may need for 3 days, a change of clothes, phone numbers for friends and family, and more.

- ☐ **Yes** – Good! You know what to do when the weather turns ugly. Make sure to keep your evacuation plan up to date so you know what to do before wildfires and severe storms. Check your emergency kit yearly to make sure you have enough water and food for your household.



Healthy Home Habit 9: Keep it safe from fires and carbon monoxide leaks.

Do you have working smoke detectors in sleeping areas and carbon monoxide detectors on every level of the home?

- ☐ **No** – Install a carbon monoxide detector and smoke detector on every floor of your home, including the basement, or request that your landlord does so. Also make sure all sleeping rooms have a smoke detector, and there is a detector installed on the exit path from multiple sleeping rooms.

- ☐ **Yes** – Good! Replace the batteries twice a year. A good time to replace batteries is when you change your clock for Daylight Savings Time. Also, replace your detectors after five years or according to manufacturer instructions.



Healthy Home Habit 10: Keep it clean.

Do you clean your home regularly?

- ☐ **No** - Wipe down surfaces with a damp cloth or mop on a regular basis. Avoid cleaning products with high concentrations of bleach or ammonia, as they can make it difficult to breathe. Vacuum one to two times a week. Use a vacuum with a HEPA filter, if possible, to avoid blowing dust back into the room. You can also consider using a home air cleaner.

- ☐ **Yes** - Good! Regular cleaning reduces exposure to indoor dust that can irritate the respiratory system and make it difficult to breathe. Avoid cleaning products with high concentrations of bleach or ammonia, as they can also cause respiratory irritation. When vacuuming, use a vacuum with a HEPA filter, if possible, to avoid blowing dust back into the room.



Want more information?



Scan this QR code to access additional resources on our [Department of Health Services \(DHS\) Healthy Homes website](https://dhs.wisconsin.gov/environmental/safe-home.htm) or visit dhs.wisconsin.gov/environmental/safe-home.htm.



Scan this QR code to fill out the [Wisconsin's 10 Healthy Home Habits Self-Quiz](https://survey.alchemer.com/s3/8708357/Healthy-Home-Habits-Self-Assessment-QUIZ) or visit <https://survey.alchemer.com/s3/8708357/Healthy-Home-Habits-Self-Assessment-QUIZ>.

