

Our Mission

The AASTEC Tribal Healthy Homes Project uses a community engaged model to assist with the development of a GPS data collection tool and to train staff to conduct home indoor radon assessment, chronic health conditions, and potential injury risk factors.

8 Principles of Healthy Homes

1. Keep it dry

Prevent leaks to avoid water entering the home.

2. Keep it clean

Control dust and contaminant sources using proper cleaning techniques.

3. Keep it safe

Keep harmful substances and materials out of reach of children. Install carbon monoxide and smoke detectors and keep a fire extinguisher on hand.

4. Keep it well-ventilated

Ventilate bathrooms & kitchens and use house ventilation for fresh air to reduce the concentration of contaminants in the home.

5. Keep it pest-free

Seal openings and keep food in pest-resistant containers; use pesticides and set up traps if necessary.

6. Keep it contaminant free

Reduce lead-related hazards in homes built prior to 1978. Test your home for radon & install a radon removal system if levels above the EPA action-level are detected.

7. Keep your home maintained

Inspect, clean and repair your home routinely.

8. Keep it thermally controlled

Houses that do not maintain adequate temperatures may place the safety of residents at increased risk from exposure to extreme cold or heat.



Words from community members

My home is healthy because...



Keep home ,safe, well ventilated

Patch holes

Make sure smoke & carbon monoxide detectors are working

clean

(I) Do a lot of research about making good choices for a safe living environment

Lessons of Life Traditional teachings

For more information visit

https://www.hud.gov/sites/dfiles/HH/documents/InformationKit_final.pdf

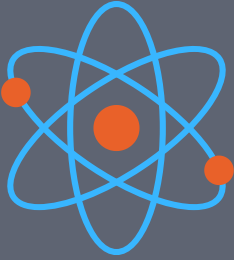


National Radon Action Month



Radon:

A colorless, odorless, tasteless gas that comes from the breakdown of the radioactive element uranium, which is naturally found in soil and rocks.



How does radon affect my health?

Over time, radon breaks down into radioactive particles that can damage DNA in lungs. In fact, radon is the second leading cause of lung cancer in the US.

Smoking and Radon

Smokers in homes with high levels of radon are at a higher risk of developing lung cancer than those who do not smoke in the same household.



Can radon get into my house?

Radon is a gas. Because of this gaseous nature, it can move up from the soil and rocks, where it naturally occurs, into your home through cracks in floors, walls, and pipes.

Did you know?

According to the Environmental Protection Agency (EPA), nearly 1 out of 15 homes in the US has elevated radon levels.

How to Test Your Home

1

Test home using short term radon test kit.



2

If results show levels above 4 pCi/L, repeat short term radon test kit.



3

If results again show levels above 4 pCi/L, place a long term radon test in your home.



4

If results still show high levels of radon (above 4 pCi/L), consider home mitigation.

