

Test your smoke and carbon monoxide alarms.

Using smoke alarms in your home cuts your risk of dying in a fire in half. Carbon monoxide alarms are important – from 1993 to 2010, 149 people in Alaska were hospitalized and 4 people died from exposure to carbon monoxide.



Move all cleaning supplies out of the reach of children.

In 2015, Poison Prevention responded to 445 calls about children under 6 years old that were exposed to poisonous household cleaning products in Alaska.



Take 5 Minutes to Make Your Home Healthier

Wash your hands with warm, soapy water for at least 20 seconds (about the time it takes to sing the “Happy Birthday” song twice) to prevent the spread of illness.



Do a 3-minute “clean sweep.” Pick one small area of your home and take 3 minutes to organize, declutter and dust. Besides being a tripping hazard, clutter can collect dust, mold and other allergens, and gives pests a place to hide.



Make your home smoke-free. Don't let anyone smoke in your home and consider the health of nonsmokers if you do smoke. There is no safe level of secondhand smoke exposure. Parents are responsible for 90% of their children's exposure to smoke.

