

ENVIRONMENTAL WELLNESS

What surrounds you each day in your home, work, or neighborhood and the resources available to you can affect your health. You can't always choose what's in the environments you live, work, or play in. But taking small steps to make your environments safer and limiting your exposure to potentially harmful substances can help keep you healthier.



MAKE YOUR HOME HEALTHIER

Take a look around your home. Do you know what's in your household goods and products? Some chemicals can harm your health if too much gets into your body. Becoming aware of potentially harmful substances and clearing them out can help keep you and your family healthy.

To reduce toxic substances in your home:

- Clean with non-toxic products.
- Dust using a damp rag.
- Use a wet mop to clean floors.
- Vacuum with a HEPA filter.
- Open a window or use a fan to improve air circulation when you're cleaning.
- Have a good ventilation system.
- Wash your & your children's hands often.



TEST FOR TOXIC GASES

Radon gas typically moves up through the ground and comes into homes through cracks in floors, walls, and foundations. Sometimes it enters the home through well water. Whatever the source, your home can trap radon inside, where it can build up. You might not be able to see or smell radon, but it can still harm you—slowly, and in ways that you can't detect.

To fight radon:

- Start by testing your home. You can do it yourself or hire a professional.
- If you find a radon problem in your home, take steps to fix it.
- If you smoke, stop. Smoking is an especially serious health risk when combined with radon.
- Get help for your radon questions at this national hotline: 1-800-55RADON (557-2366).



GUARD AGAINST COLD WEATHER

The frosty air of winter can be invigorating. But cold air can also pose threats to your health, whether you're indoors or outside. Learn to recognize the signs of your body temperature dropping too low, and take steps to keep yourself and your family warm and safe during the chilly season.

To guard against the cold:

- Dress in layers.
- Cover up with blankets.
- Wear a jacket with a waterproof and windproof outer shell.
- To keep warm at home, wear socks, slippers, and a cap or hat.
- Set your heat at 68° or higher when it's cold outside. To save on heating bills, close off rooms you're not using.
- If you need help paying your heating bills, you may qualify for an energy assistance program.

Source: www.nih.gov/sites/default/files/health-info/wellness-toolkits/environmental-wellness-checklist.pdf

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