

News Release

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For Immediate Release

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Healthy Homes, Healthy Families

Southwest Nebraska Public Health Department (SWNPHD) would like to take time to highlight how the conditions in our homes affect our health and to share steps residents can take to make their homes safer and healthier. Where we live plays a major role in our overall well-being.

“A healthy home is free from hazards like mold, pests, and poor ventilation,” said Diana Garcia, Program Manager at SWNPHD. “Even small changes can help protect families—especially young children, the elderly, and those with chronic health conditions.”

SWNPHD recommends the following simple actions residents can take this month to ensure a healthy home and family:

- **Check for moisture and leaks** under sinks, in basements, and around windows to prevent mold growth.
- **Install and test smoke detectors** and carbon monoxide alarms monthly.
- **Ventilate bathrooms and kitchens** to reduce humidity and improve indoor air quality.
- **Keep floors and entryways clean** to reduce dust, allergens, and slips or trips.
- **Safely store cleaning products and medications** out of reach of children.
- **Use non-toxic pest control methods** and seal cracks to prevent infestations.
- **Test your home for radon**, a naturally occurring gas that can cause lung cancer.
- **Check for lead-based paint in homes** built before 1978 and avoid sanding or scraping painted surfaces without proper precautions.

“June is a great time to do a home check-up,” Garcia added. “By being proactive, families can reduce risks and feel more confident that their home supports their health.”

For more information contact SWNPHD at 308-345-4223. Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins, and Red Willow counties. The website swhealth.ne.gov contains many resources and additional information helpful to prevent disease, promote and protect health. Follow us on Facebook, Instagram, and YouTube.

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