New Construction Rebuild • Net Zero Energy Group Home for Veterans

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Knockdown New Construction Rebuild • Net Zero Energy Residential Home

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5 Minutes to a Healthier Home

Think you don’t have enough time to make your home a healthier and safer place?

Everyone deserves to live in a healthy home.

Leading a healthy lifestyle starts in the home. Helping families stay healthy is part of our core mission at United Way of Long Island – which is why our ‘Healthy Homes Long Island’ initiative works to educate families on the importance of maintaining a home that is not only energy efficient but fostering the well-being of those living inside.

- Test your smoke alarms
  - Using smoke alarms in your home cuts your risk of dying in a fire in half.

- Wash your hands
  - with warm, soapy water for at least 20 seconds

- Check your locks.
  - Make sure locks function correctly and can be operated by a child in an emergency.

- Program the number for poison control into your cell phone:
  - 1-800-222-1222

- Everyday in the United States, over 300 children ages 0 to 19 are treated in emergency departments for poisonings.

- Do a 5-minute "clean sweep." Pick one small area of your home (like your junk drawer or stairs) and take 5 minutes to sort the items and get rid of what you don’t need.

- Clutter can collect dust, mold, and other allergens and gives pests a place to hide. If clutter is left on the floor or stairs, it can cause you to trip and fall.

- Make your home smoke free. Never let anyone smoke anywhere in or near your home.

- Parents are responsible for 90% of their children’s exposure to smoke.

- Have 5 more minutes?
  - Log on to unitedwayli.org/healthyhomes

- United Way
  - United Way of Long Island

- HUD.gov/HealthyHomes