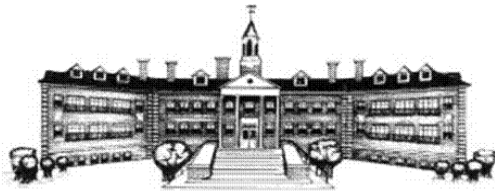


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## Licking County Health Department

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### For Immediate Release

### **A Healthy Home Can Improve Your Health**

**July 12, 2011**

LICKING COUNTY, OHIO – People generally spend at least half of their time each day indoors. Often times they can be exposed to chemicals or hazards that can cause them to become sick or injured. Maintaining a healthy home can result in improved health as well as prevent disease and injuries.

“Our department is encouraging county residents to take the necessary steps to maintain a healthy home.” said Joe Ebel, Licking County Health Commissioner. “Taking these steps is often easily done and inexpensive. Doing so can improve your overall health.”

To insure you have a healthy home you can use the 7 Key Elements to a Healthy Home. The elements are as follows:

- Keep your home dry
- Keep your home clean
- Keep your home safe
- Keep your home well ventilated
- Keep your home pest free
- Keep your home contaminate free
- Keep your home well maintained

To promote the concept of healthy homes, the Licking County Health Department formed the Licking County Healthy Homes Coalition. The coalition is comprised of agencies that serve a wide variety of individuals in Licking County.

For more information about healthy homes or the Licking County Healthy Homes Coalition visit [www.lickingcohealth.org](http://www.lickingcohealth.org) or call Chad Brown at the Health Department at 740-349-6535.

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