

## 2024 Healthy Homes Calendar Coloring Contest

Calling young artists! HUD's Office of Lead Hazard Control and Healthy Homes (OLHCHH) is looking for artists around the country to participate in **the 2024 Healthy Homes Calendar Contest**. The calendar will be a 12 -month calendar highlighting the "8 Principles of a Healthy Home". We invite children grades Kindergarten through 6<sup>th</sup> to complete and submit a drawing or picture following one of the eight principles of a healthy home; essentially: what does a healthy and safe home mean to them.

The purpose of the calendar is to highlight the principles and allow people to learn and to be aware of these potential hazards in the home, year-round.

**Entry Deadline: August 15, 2023**

**Theme: Keeping your home healthy and safe!**

Contest open to children in grades Kindergarten through 6<sup>th</sup>

- One (1) entry per child.
- Be sure to include child's name and age, plus a parent or guardian's street address, phone number, and/or e-mail address so that winners may be notified.
- To enter you will need:
  - o \*child's entry on the attached entry form
  - o \*colored markers, crayons, or colored pencils

### What are we looking for?

The art entries should represent or highlight the 8 Principles of a Healthy Home. We are looking for images of "what a healthy home means to you".

- 1 – Keep it Dry. Example: Prevent water from entering your **home** through leaks in roofing systems. Making sure faucets are turned off and do not drip. Being prepared in cause of a weather-related disaster like flooding, hurricane, etc
- 2 – Keep it Clean. Example: Pick up food, toys, clothes, shoes and trash from around the house. Dust, vacuum, and mop on a regular basis.
- 3 – Keep it Safe. Example: Store and properly label cleaning products and medication. Keep medication out of reach of children. Make sure there are properly installed handrails on stairs. Make sure doors and windows lock properly.
- 4 – Keep it Well-Ventilated. Example: Use bathroom fans when showering or bathing to keep humidity to a minimum. Open windows (if screens are present) to allow good air flow on nice days.

- 5 – Keep it Pest Free. Example: Clean up food so that it doesn't attract bugs. Make sure that holes are filled so that bugs and rodents cannot get into your home. Properly store and keep cardboard boxes off the ground so that cockroaches do not use them as a home.
- 6 – Keep it Contaminant-Free. Example: do not use harsh or dangerous chemicals or cleaning products in your home. Do not use outdoor or yard products inside your home.
- 7 – Keep it Well-Maintained. Example: check and clean gutters every quarter. Check and replace batteries in your smoke and carbon monoxide detector twice a year. Change the filters on your HVAC system every other month.
- 8 – Keep it Thermally Controlled. Example: have a good working thermostat in order to keep the temperature consistent in the home. Have good ventilation and energy efficient doors and windows to help control heat loss or allow extreme heat to enter the home.

Examples of past entries include images of homes with gardens, pests in the home, dirty footprints entering the home, pool safety, not allowing smoking in the house, etc.

To see the 2023 Healthy Homes calendar, click here:[https://www.hud.gov/sites/dfiles/HH/documents/HH\\_Calendar\\_2023.pdf](https://www.hud.gov/sites/dfiles/HH/documents/HH_Calendar_2023.pdf)

### **Entry Submission**

There are a few different methods to submit an entry:

1. Entries can be scanned and emailed to:
  - a. [Keara.A.OConnor@hud.gov](mailto:Keara.A.OConnor@hud.gov) or
  - b. [Michelle.M.Miller@hud.gov](mailto:Michelle.M.Miller@hud.gov)
2. Hard copy entries can be mailed to HUD HQ at the following address:

U.S. Department of Housing and Urban Development

C/O OLHCHH Rm 8236

ATTN: Keara O'Connor and Michelle Miller

451 7<sup>th</sup> Street, SW

Washington, DC 20410

***Timeline: Must have all submissions by August 15, 2023***

***If you have any questions, contact Keara O'Connor, [Keara.a.oconnor@hud.gov](mailto:Keara.a.oconnor@hud.gov).***



## Tips to Keep Your Home Safe and Healthy

A home has a unique place in our everyday lives. Homes are where we start and end our day, where our children live and play, and where friends and family to celebrate.

It is well established that a person's health is directly related to the home, since poor housing conditions can cause or contribute to numerous illnesses and injuries. Poor housing conditions are associated with a wide range of health conditions, including lead poisoning, asthma, respiratory infections and injuries.

*You can create a healthier home for your family by following these tips*

<input type="checkbox"/>	Install smoke and carbon monoxide detector. Test batteries monthly and replace at least twice a year.
<input type="checkbox"/>	Clean and replace air filters every 90 days. If you have pets, you should replace more frequently.
<input type="checkbox"/>	Do not allow smoking in your home or car. Ask family members or guests to smoke outside.
<input type="checkbox"/>	Test your home for radon. Install a mitigation system if the test results is 4 pCi/L or higher.
<input type="checkbox"/>	Keep chemicals, including cleaning products and pesticides, away from children.
<input type="checkbox"/>	Remove shoes before entering your home to keep contaminants and toxins outside of the house.
<input type="checkbox"/>	Clean and maintain gutters, downspouts and the roof to prevent moisture from entering your home. Fix leaks right away
<input type="checkbox"/>	If you live in a home built before 1978, test your home for lead paint. Ask your doctor to test your child's blood for lead.
<input type="checkbox"/>	Prevent slips, trips and falls by keeping floors clear, cleaning up spills and installing handrails on stairs and ramps.
<input type="checkbox"/>	Install properly working locks on doors and windows. Install window guards and stops.



**If your child is participating in the 2024 National Healthy Homes Calendar Art Contest, please complete this form and return. Signed form must be included with the submission.**

Name: (first name and last initial):

Age:

Grade:

Name of School:

Name and Phone Number of Teacher/Contact Person:

I understand that by submitting this art work for consideration for the OLHCHH 2024 National Healthy Homes Calendar Art Contest and that it may be used for marketing and outreach as needed OLHCHH marketing campaigns in print and online. I, \_\_\_\_\_, the original artist of this submission surrender all publish and reproduction rights to the art work for the purposes listed above including posting on the [www.hud.gov/healthyhomes](http://www.hud.gov/healthyhomes) website.

(Printed Name and Signature of Parent or Legal Guardian)

Date