

Home, Safe Home



Keep your house squeaky clean and safe for all with these tips.



Minimize Health Risks

Germs are everywhere. Clean your home regularly to cut your risk of infection.



- **High-touch surfaces.**
Regularly clean doorknobs, light switches, remotes and countertops daily to remove germs and dirt.

- **Soft surfaces.**
Vacuum regularly and wash rugs and bedding at their recommended water temperature.

- **Sick-day protocols.**
Shift from standard cleaning to disinfecting for electronics and shared spaces to kill viruses and bacteria.

- **Safe laundry habits.**
Wash clothes with detergent and dry thoroughly. Always wash your hands immediately after handling dirty items.

Reduce Fall Risks

Spot and remove hazards so everyone can keep moving safely at home.



Get a grip.

Install grab bars and non-slip mats in your shower. Remove rugs or apply double-sided tape to the back.



Light up.

Install motion-sensor night lights throughout your house, keep a lamp on your bedside table and replace burned-out light bulbs.



Clear the path.

Remove papers, shoes and books from stairs and walkways to ensure safe, easy movement through every room.

Family-First Safety

Keep everyone safe in and around your house by protecting against potential dangers.



- **Safe storage.**
Keep all medications in a locked cabinet or on a high shelf where children cannot reach them.

- **Smoke defense.**
Test smoke detectors monthly. Change smoke alarm batteries once a year, or replace the entire unit if it's a 10-year sealed alarm. Always swap them out immediately if they chirp.

- **Water barriers.**
Keep your pool or hot tub fenced in, and install window or door alarms.

Concerned about home safety? Find a doctor today: weillcornell.org/doctors