

Pests and Mold

Rodents and Insects

- Clean up food waste and put leftovers away
- Store food in airtight containers
- Take out garbage and recycling regularly
- Use nontoxic pesticide products. Many conventional pesticides are also toxic to humans



Bed Bugs

- Regularly wash all sheets and bedding
- Bed bugs are often found in the corners or edges of mattresses, but can hide in other locations as well
- Look for blood stains or black spots in the mattress and sheets
- Carefully inspect all used furniture before you buy. Most bed bugs are carried in homes on used furniture
- Bed bug bites appear as small bumps in the skin and cause itchiness and rash. They are usually found in the upper body, arms and neck

Mold

- Moisture attracts mold
- Use exhaust fans in the kitchen and bathroom to avoid mold and moisture damage
- Hang wet clothes and towels to dry

Local Resources

Baltimore City Resources

- Government Website
- Baltimorecity.gov
- Police Non-Emergency Phone Number:
- 311
- Regional Transit information
- Mta.Maryland.gov
- Trash and recycling pickup day information
- <https://publicworks.baltimorecity.gov/recycling-services>
- Nearby parks information
- <https://www.alltrails.com/explore/us/maryland/baltimore>

Recycling

These items can be recycled	These cannot be recycled
<ul style="list-style-type: none"> • Paper • Plastic • Metals • Glass • Cardboard 	<ul style="list-style-type: none"> • Plastic bags • Plastic utensils • Styrofoam • Electronics • Batteries • Food
Helpful Info: <ul style="list-style-type: none"> • Recycling is located at the chutes on every floor. • Rinse out recyclables if they have food on them 	



Hazardous Waste

These items are considered hazardous:

- Electronics
- Batteries
- Pesticides
- Herbicides
- Paint & Paint Products
- Medicine
- Mercury & Lead products
- Old or broken light bulbs

Please keep the space nontoxic by disposing of hazardous products at the city's hazardous waste drop-offs. Check for dates and locations at <https://publicworks.baltimorecity.gov/recycling-services>

Waste Reduction Tips

- Trash and recycling are collected weekly
- Use a reusable water bottle and shopping bags
- Swap out paper towels and napkins for reusable fabric versions that you can wash with your laundry
- Do not use disposable utensils and plates
- Remove yourself from junk mail mailing lists by using a resource like catalogchoice.org

Active Living Features



Use the stairs, ride your bike, go for a walk! Staying active greatly decreases risk for chronic disease, obesity, and health disparities. It also keeps you living longer and decreases your cost of healthcare.

This building has been designed with amenities to improve your fitness and health

Fitness Area

- The fitness area is located on the 2nd floor.

Bike Storage and Repair

- Bike storage is located in the basement. Contact management for assistance.

Activity Space

- On site there is a multi-purpose classroom located on the 1st floor.

Apartment Maintenance Checklist



Every Spring Fall Month

Check for water damage			X
Check for rodents and pests			X
Clean refrigerator coils and drip pan	X		
Check plumbing traps and drains	X	X	
Check hot water heater for leaks			X
Check bath and kitchen fans		X	
Clean kitchen range hood screens			X
Clean dryer vents and screens			X
Clean A/C coils, drains, pans	X		
Check smoke and CO alarms	X	X	
Replace air conditioner filters	X		
Replace dehumidifier filters		X	

Report any leaks or ventilation concerns by calling Maintenance.

Your Green & Healthy Home:



Walbrook Mill Apartments



Notify maintenance staff immediately if you see:

- Pests or evidence of pests including markings, feces, or nibbled food
- Mold or water damage
- Pipe and faucet leaks



Call 410.464.2200



Green Cleaning

“Green” cleaning products avoid volatile organic compounds (VOCs) to create a healthier indoor environment and reduce outdoor smog.

Look for products labeled:

- Unscented
- Concentrated
- Biodegradable
- Non-toxic
- Low or no-VOC
- Phosphate Free
- GreenSeal Certified
- Designed for the Environment

Avoid products labeled:

- Anti-bacterial
- Anti-microbial
- Highly flammable or combustible
- Danger
- Poison
- Corrosive
- Chlorine
- Bleach or Ammonia

Native Landscaping

- All plants in your community including trees, shrubs, flowers, and grasses are native or adaptive to the region.
- They are appropriate to the soils and microclimate and are more resistant to drought, disease, insects, low levels of nutrients, and major storm events.
- Take a moment to appreciate the landscaping and how it positively impacts the environment with its beauty, and minimizing the need for fertilizers, pesticides, herbicides, and irrigation.



Saving Water & Energy

Tips to save energy in your home:

- Turn off/unplug small appliances when not in use (such as TV, coffee maker, etc). These items always draw on power; this is called a “vampire” or “phantom” load.
- Unplug cellphone / laptop chargers when not in use to remove phantom/vampire loads.
- Turn off lights when you leave the room and use natural light whenever possible
- Keep the refrigerator tightly closed
- Use CFL or LED light bulbs



Did you know? High efficiency bulbs and LED lights reduce energy use by up to 80%



Tips to save water:

- Take shorter showers, and turn off the water when brushing teeth
- Run full loads in the dishwasher when possible

Laundry Tips:

- Use cold water
- Wash full loads only
- Use moisture sensor when drying clothes (check tags for air drying)
- Clean the lint screen between dry cycles to improve air circulation

To conserve energy on laundry, only use hot water on excessively soiled or oily linens.

Ventilation & Comfort

Do:

- Adjust your air register louvers to allow more or less airflow, based on what feels good for you
- Call Maintenance if your air register filters haven't been changed for more than three months
- Contact Management for help with your thermostat's scheduling feature, or if your home is consistently too hot or too cold.

Don't:

- Place furniture or other belongings blocking an air register
- Attempt to repair any equipment on your own
- **Use the thermostat as an accelerator** to ramp up hot or cold air quickly as this wastes a lot of energy (and money)

Ventilation

- Your home has been weatherized to reduce the amount of air leaking in or out.
- In order to ensure enough air moves through your home, your bath fan will run at a low speed to make up ventilation air not provided by the air handler. If you notice this, no need to be concerned—your ventilation system is not broken, but working exactly as designed.
- Your bath fan is also equipped with a humidity sensor to keep the relative humidity at a comfortable 30-60%



Did you know? All paints, coatings, adhesives and sealants used in this building have low or no volatile organic compounds (VOC).



Smoking Policy

This property is an entirely smoke-free location.

Why is Smoke Free Housing Good?

- Smoking is the #1 cause of lung cancer and shortening of lives
- Secondhand smoke is the third leading cause of preventable death
- Secondhand smoke can cause Sudden Infant Death Syndrome (SIDS) in babies
- Limiting exposure to smoke improves your chances of avoiding heart disease and other problems
- Smoking poses a fire hazard and damages interior finishes

If you want to quit smoking, call the Maryland Tobacco Quitline: 1-800-QUIT-NOW (1-800-784-8669) or visit smokingstopshere.com



THE SILENT KILLER

Carbon monoxide (CO) is a silent killer. CO is an odorless, tasteless and colorless gas.

Carbon monoxide (CO) monitors have been installed to prevent CO poisoning. This alarm functions as both a CO monitor and smoke detector. Do not dismantle or unplug your alarm. This alarm can be tested by pushing the button at the center. Gas ovens can be large producers of CO. **Do not use your oven to heat your home. Notify management immediately if the CO alarm is not functioning.**