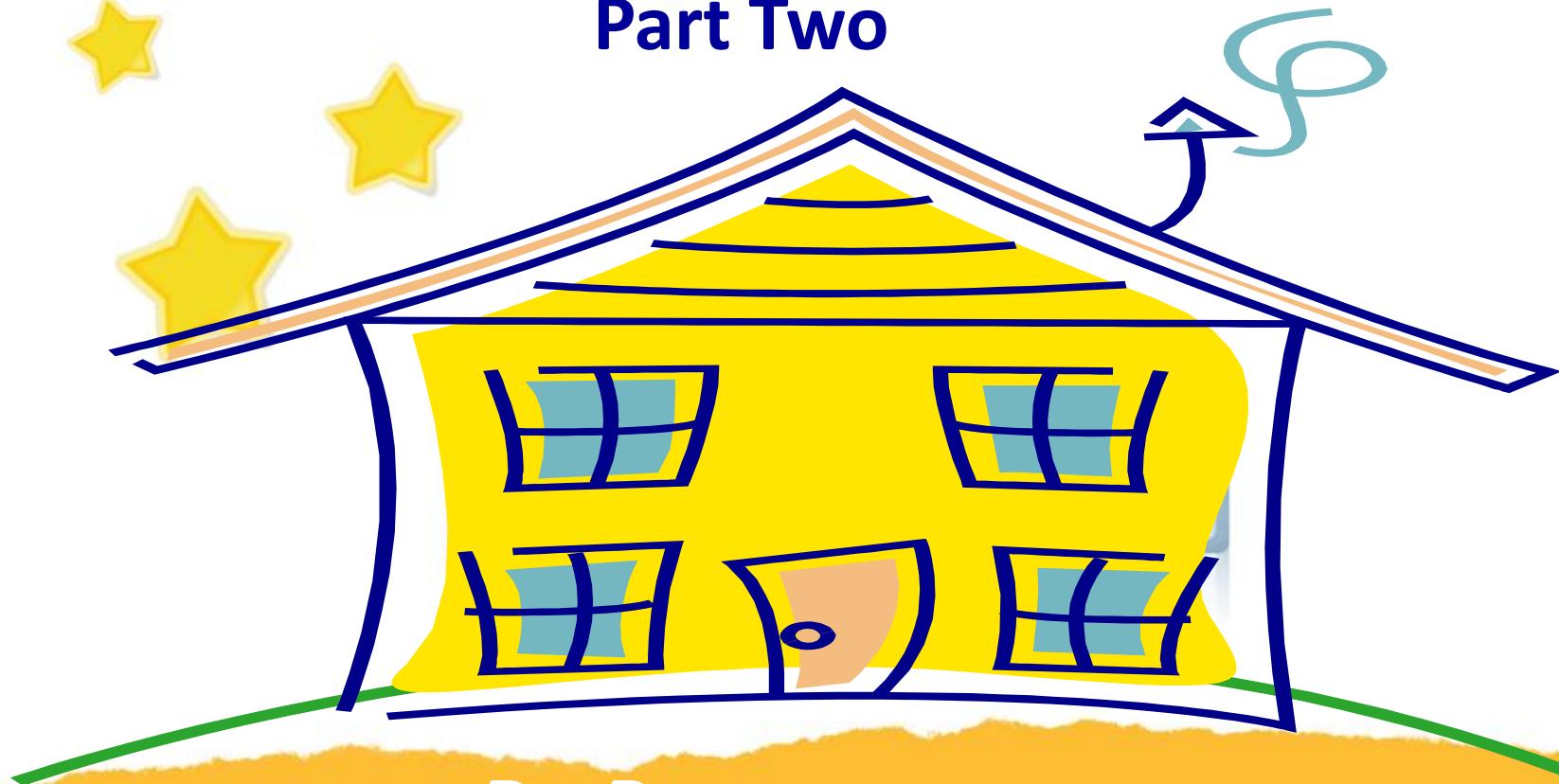


LSU AgCenter's
Help Yourself to a Healthy Home

Part Two



By Presenter

Title

LSU AgCenter - LaHouse Resource Center

Acknowledgements



- Information adapted from the Healthy Homes Partnership's publication:

Help Yourself to a Healthy Home

Available at:

<http://www.healthyhomespartnership.net/book.html>



Introduction



- Today's session will cover pages 29-54 of the *Help Yourself to a Healthy Home* publication

Lead – WHAT and WHERE is it?

- **Highly toxic heavy metal**
- Lead has been used in paint, water pipes, toys, gasoline and pottery
- Even the soil outside your home or business may have lead in it.

Lead – WHY be concerned?

- **Lead poisoning** – a buildup of lead over time causing damage to the brain and nervous system
- **1 out of 9** American **children** has too much lead in their bodies
- **High levels** can cause lack of muscular , eye-hand coordination, convulsions, coma and death

Lead - HOW?



**Lead Poisoning
can cause
permanent
damage to
children.**

Lead – Questions to Ask

- Was your home or business **built before 1978?**
- Is paint cracking, chipping or flaking or creating lead dust?
- Has your home or childcare facility been recently renovated?

Lead – Questions to Ask

- Is there lead in the soil outside your home or childcare facility?
- Does someone in the household work where lead is used?
- Have children under 6 years of age had a blood test for lead?

Lead –You can protect children from lead poisoning by

- Lead screening all children between ages 0 to 6, others exposed
- Keep home or facility **CLEAN**
- Keep pets out
- Use lead safe work practices
- Have water tested & let run



Activity



Drinking Water –Quality?

- What is in the water?
- Is it safe?
- Does where water come from make a difference?
- Testing your drinking water
- Action Steps to take



Drinking Water – may contains:

- Bacteria & Virus
- Nitrates
- Lead & Copper
- Pesticides
- Harmful Household Chemicals
- Gas & Oil

Drinking Water

- **Bacteria and Viruses**

Cause -

- Upset Stomachs
- Diarrhea
- **Just one drink** can make you sick (Especially in children, the sick, the elderly and pregnant women)



Drinking Water

Nitrates

- From animal, human waste, fertilizer
- Can cause
 - Blue Baby Syndrome
 - Don't get enough oxygen
 - Must get immediate medical help
 - Birth defects – Miscarriages
- **Make sure the water is safe for baby formula**

Drinking Water

Lead and Copper

- **Metals that come from your plumbing**
 - Lead pipes in older homes or lead solder
 - Copper pipes are reddish-brown in color
- Too much copper causes:
 - Colic in babies
 - Upset stomachs and diarrhea for adults



If you have lead or copper pipes:

- **Clear our pipes**
 - First draw in the morning, or when it hasn't been used for a while
 - Let run for 2-3 minutes
- **Never use hot water for:**
 - Cooking
 - Drinking
 - Making Formula



Drinking Water

Harmful Chemicals

- Pesticides
- Gas and Oil
- Small amounts can cause:
 - Kidney problems
 - Liver damage
 - damage to other organs
 - cancer and pregnancy problems

Always read labels
Properly use and dispose

Public Water Supplies

- Water tested for 80 different chemicals
 - Tell you when it is unsafe
 - Boil Water notices
- Caution – does not solve all water problems
- Water Utilities notify once a year
 - Can call anytime
- Problems occur when water reaches the house
 - Lead pipes or solder
 - Copper piping



Private Water Supplies

- Your responsibility to ensure safety
- Test water
 - Test AT LEAST every two years at a laboratory
 - for nitrates, bacteria and viruses
 - for other pollutants, if problems
- Testing by independent laboratories
- Local Extension or Health Dept. can help with testing procedures and labs

Drinking Water Supply

- Your water supply is local
 - May be groundwater under your house
 - May come from river or near- by lake



Protect your Water Supply

- Know your well's location
 - Is it uphill from:
 - Animal pens
 - Manure
 - Pet Waste
 - Septic Systems
 - Dumps
 - Places where chemicals are stored



Help Protect Water Supplies

- Follow labels when using poisons for bugs or weeds
- Watch how you store chemicals outside
 - Make sure labeled and tightly sealed
- Do not throw chemicals in garbage or down the drain
- Clean up after your dog

Drinking Water Action Steps

- Protect children – test them for lead poisoning
- Find out if your home or business has lead
- Test your well water
- Use the proper water filters for your water supply

Hazardous Household Products

- Household products are called hazardous if they can harm people when not used in the right way.
- Not every product is hazardous and some are more dangerous than others.
- Children can be poisoned if products are stored or thrown away unsafely.



Should You Be Concerned?

- Children's bodies are small - even small amounts of some chemicals cause problems
- Eating, drinking or breathing some products can be harmful
- Some adverse reactions show up quickly
- Some problems don't show up until later

Activity



Questions to Ask

- Do you use hazardous household products safely?
- Can you cut down on the hazardous products in your home or business?

Questions to Ask

- Do you store hazardous household products safely?
- How do you get rid of leftover products?

Signal Words on Labels

- Caution – less powerful
- Danger - powerful
- Warning – most powerful



Action Steps

- Buy what you need
- Use known safe products
- Read and follow directions
- Never mix two products together
- Never mix bleach and ammonia
- Keep hazardous products in a cabinet out reach of children



Action Steps cont...

- Buy childproof containers
- Recycle products when you can
- Never dump leftover products
- Find out about community hazardous waste collection sites.
- **Post the Poison Control Center phone number 1-800-222-1222**

Pesticides

- Bug spray, flea powder, rat poison, and garden weed killer are all types of pesticides. They have chemicals in them that kill the pests
- Pesticides can pose a hazard to small children.
- The greatest danger is poisoning.

Should You Be Concerned?

- $\frac{1}{2}$ of households with children under 5 store pesticides within their reach
- Children crawl and play on floors
- Put things in mouth
- Real danger is not used properly

Questions to Ask

- Why do you have pests?
- Do you use pesticides properly?
- How do you store and dispose of pesticides?



Action Steps

- Reduce the use of pesticides
- Keep a clean home
- Keep pests out of your home
- Use pesticides properly
- Store and dispose of Pesticides properly

Home Safety

- Chances of getting hurt at home are higher than at work or school; young children are curious and get into everyday items that can hurt them
 - Fires are one of the main causes of death in the home
 - Choking and suffocation also cause any deaths in the home
 - Drowning kills more than 1000 children ages 14 and under each year
 - More than 1 million children under 5 are poisoned each year

Home Safety – Questions to Ask

- Slips, Trips and Falls
- Is your Home Poison- Proof?
- Fires and Burns



Home Safety – Questions to Ask

- Choking
- Watch Out
Around Water



Home Safety – Action Steps



- Prevent slips, trips and falls
- Position proof your home or center
- Prevent fires and burns

Home Safety – Action Steps

- Prevent choking and suffocation
- Drowning: Watch out around water
- Some other safety concerns,
 - Guns
 - Scooters
 - Skateboards



Seven Principles of a Healthy Home

1. Keep it DRY
2. Keep it CLEAN
3. Keep it SAFE
4. Keep it Well-VENTILATED
5. Keep it PEST - FREE
6. Keep it CONTAMINANT-FREE
7. Keep it WELL MAINTAINED



Post Test



Questions?

