

Healthy Homes for Healthy Kids

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Healthy Homes
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Learning Objectives

Participants will:

- Be able to identify licensing requirements pertaining to health hazards within the home.
- Have a basic understanding of how to assess their homes for the following health hazards:
 - ✓ Lead-based paint
 - ✓ Carbon monoxide
 - ✓ Radon
 - ✓ IAQ
 - ✓ Pests
 - ✓ Pesticides
 - ✓ Accidents
- Be able to identify resources to help reduce hazards.

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- Name.
- City where your center is located.
- Identify an issue of environmental concern to you.

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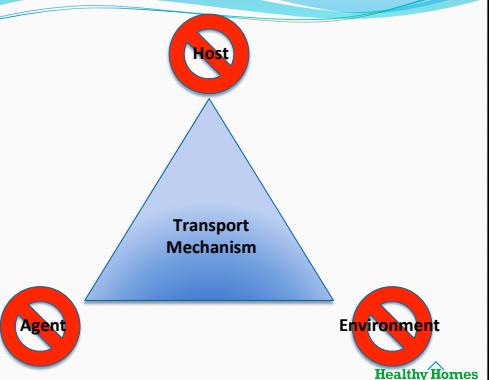
The House as a System

7 Steps to keeping a healthy home.

1. Start with people
2. Keep it Dry
3. Keep it Ventilated
4. Keep it Clean
5. Keep it Pest-free
6. Keep it Safe
7. Avoid contaminants



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Start with People

What are some ways that you, your staff, children or their parents can interfere with a healthy home?



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LEAD: Assessing Your Home



1. Visual assessment
2. Dust sampling
3. Inspection / Risk Assessment

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LEAD: Assessing Your Home

Visual assessment



1. Open your windows and look inside.
2. Inspect exterior painted surfaces.
3. Inspect soil.
4. Inspect interior painted surfaces.

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LEAD: Prevention



- Shoes off at the door.
- Maintain painted surfaces.
- Consider window replacement.
- Lead-safe cleaning practices.
- Lead-safe work practices.

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IAQ: Assessing Your Home



- Second-hand smoke (ETS)
- Radon
- Carbon Monoxide
- Asthma triggers and allergens
 - Fragrances
 - Mold & mildew
 - Dust mites and other pests
 - Pet dander

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IAQ: Prevention



- No smoking
- Test for radon
- Install carbon monoxide detector
- Reduce sources of air contamination
 - Keep it dry
 - Keep it clean
 - Keep it ventilated
 - Keep it pest-free

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Pests: Assessing Your Home

- Access
- Food
- Water
- Harborage (a home inside a home)



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Pests: Prevention

Eliminate access
Remove 2 out of 3:

- Food
- Water
- Harborage

Non-toxic traps



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Resources for Providers

Lead

- City of Grand Rapids
- State of Michigan
- Healthy Homes Coalition CLEARCorps

Carbon Monoxide

- Local rehab programs
- Healthy Homes Coalition

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Resources for Providers

Radon

- KCHD
- Healthy Homes Coalition

Asthma

- Asthma Network of West Michigan
- Local rehab programs

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Green Cleaning Cards

[www.healthykidsgr.org/
uploads/
GreenCleaningFinal.pdf](http://www.healthykidsgr.org/uploads/GreenCleaningFinal.pdf)



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Questions & Answers

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