



Richmond City Health District

Lead-Safe and Health Homes Initiative

Summer 2012, 1st Edition

June 1, 2012

Current Events

On Saturday April 28, 2012; The LSHHI hosted a booth at the Mayor's Health Expo. The LSHHI staff provided literature relating to Healthy Homes and lead prevention; conducted sessions on lead-safe practices, , making and using green and safe cleaning products, and reading product labels; and held drawings for Lead *DUSTBUSTERS* and Healthy Homes Kits.

What's in a Healthy Homes Kit?

- 9 volt batteries for smoke detectors
- 1 box of baking soda for cleaning use
- 1 bottle of vinegar for cleaning use
- 1 pk of N95 respirator/mask
- Disposable gloves
- 1 spray bottle
- Steel wool for sealing cracks for rodent control
- 1 tube of silicon caulk for tub and tiles
- 1 box roach bait stations to control roach infestation
- Pamphlets and brochures from LSHHI with instructions



What is a Healthy Home?

You may ask yourself, why is Healthy Homes important? Let us address some of your questions:

Studies have shown that many ailments and injuries stem directly from unhealthy or unsafe housing and living conditions. Those adverse health effects, along with their costs in lost work time, lost school time, and expensive medical treatments, can be reduced with healthy homes application.

Most of your family's time is spent in the home. The condition of your home can greatly affect your family and their health.

A healthy home is clean, safe, well-maintained, and well ventilated.

A healthy home is free of pests, mold, moisture, dust, dirt, and other household contaminants.

A healthy home is one that reduces the likelihood of, or does not contribute to, occupant illness or safety hazards.

Learn how to keep it dry, clean, well ventilated, contaminant-free, pest-free, safe and maintained with us!



Lead-Safe and Healthy Homes Initiative Program

In late 2010, the Lead-Safe Richmond Program transitioned into the Lead-Safe Healthy Homes Initiative (LSHHI). The aim of the Lead-Safe Healthy Homes Initiative, along with our many community partners, is to address home-based factors that can result in injury or illness and/or exacerbate or prolong existing health problems.

The LSHHI is a pilot program for Virginia and serves as a clearinghouse for healthy homes resources. We conduct Healthy Homes assessments through requests from Richmond citizens and referrals from our home visiting, medical, housing, and social services programs. As a part of the assessment, we provide clients with an understanding on the causes and effect linkage of housing related conditions to health outcomes, recommendations for prevention and remediation, and referrals for intervention.

If you would like to learn more about our program, or are interested in getting involved, our next Healthy Homes Initiative work group meeting is **Monday, June 4th** from **1-3pm!** You can also contact the LSHHI Outreach Education Coordinator Yvonne Johnson at **Yvonne.Johnson@vdh.virginia.gov** or Ashlee Halbritter, CDC Fellow at **Ashlee.Halbritter@vdh.virginia.gov**

Did You Know?

Mixing:

- 1/2 teaspoon baking soda,
- 1/2 teaspoon of dish detergent or liquid soap
- 2 cups of warm water

Will create a safe and green **All-purpose cleaner!**



Seven Healthy Homes Principles

1. Keep it dry!
2. Keep it clean!
3. Keep it well ventilated!
4. Keep it contaminant-free!
5. Keep it pest-free!
6. Keep it safe!
7. Keep it maintained!

TRAINING NEWS

The LSHHI will be hosting a hands-on demonstration/workshop (free of charge) on Lead-Safe Work Practices, June 20, 2012, 9 am—noon. RCHD first floor training room. Please **RSVP** Martin Jones at **Gregory.jones@vdh.virginia.gov** by June 15, as seats are limited.

Richmond City Health District
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Please visit our web site www.RCHD.com for links to Healthy Homes resources, public and private grant opportunities, speaker/presentation request, Healthy Homes Assessment requests, registration for workshops, photos of activities, and our quarterly newsletter.

SPECIAL FEATURES

Healthy Homes and Health

What's Bugging You - Could it be Bedbugs?

Bed bugs, with a typical lifespan of 6 to 12 months, are wingless, flat, broadly oval-shaped insects. They are the size of an apple seed at full growth and are most active at night.

Bed bugs don't transmit disease, but can cause itchy welts and stress. For more information check out : www.vdaes.virginia.gov/pesticides/bedbugs.shtml

Some Do's and Don'ts

- DO NOT bring used furniture into your home
- DO address bed bugs immediately and report the problem to the landlord
- DO NOT just throw a mattress out; cover it or destroy it.
- DO use a fabric mattress cover.
- DO keep sleeping areas clutter free.



Thank You to our Partners

The LSHHI appreciates the opportunity to share our knowledge of Healthy Homes with our many partners . It is exciting to see that the Healthy Homes concepts are taking hold in Richmond and that the philosophy, and many of the approaches, are being embraced by our partners and the Richmond community.

A special thanks to Juan Lizama of Richmond Hispanic Liaison office for translating a couple of our brochures into Spanish. We would also like to thank Rebuilding Together Richmond for inviting us to their "Skills Workshop" event and the Rebuilding Together regional meeting in March.

Finally, we would like to welcome the Richmond City Office on Aging & Disabilities as our newest referring partner.