

RESOURCES

The Lead-Safe and Healthy Homes Initiative (LSHHI) offers free group workshops to the Richmond City communities. A minimum of 6 participants, and not to exceed 25, is required for a group session. Pending on topics, each session runs between one hour to two hours long. We can also provide a customized (fees applied) half-day or day-long workshop covering multiple topics.

To schedule a session, please call Yvonne Johnson at (804) 205-3727.

Please visit our website at www.HealthyHomesRCHD.com for more information on resources, calendar of events, requesting a free Healthy Homes Assessment, etc.

You can also learn more about Healthy Homes by following us on **Twitter** at twitter.com/HealthyHomesVDH and/or on **Facebook** by searching **Lead Safe and Healthy Homes Initiative** in the search box.



www.HealthyHomesRCHD.com
twitter.com/healthyhomesVDH

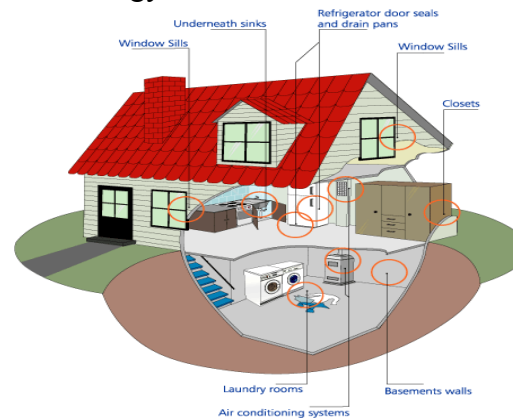
OUR SERVICES

- Lead Inspection
- Free Healthy Homes Assessments
- Healthy Homes Education
- Landlord/Tenant Education
- Low Cost Intervention
- Referrals for Remediation
- Client follow-up for progress made

Our services are implemented through an integrated approach that considers the well-being of the occupants, the structure, and the potential health and safety hazards. We do this by adhering to the 8 Principles of Healthy Homes:

Keeping it

- Dry
- Clean
- Pest-free
- Safe
- Contaminant-free
- Ventilated
- Maintained
- Energy efficient



Richmond City Health District
Lead-Safe and Healthy Homes Initiative
400 E. Cary Street, Richmond, VA 23219
(804) 205 - 3500 x7



Richmond City
Health District

**A HEALTHY
HOMES....
AWARENESS AND
WORKSHOPS FOR
OUR COMMUNITY**



VDH VIRGINIA
DEPARTMENT
OF HEALTH
Protecting You and Your Environment



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Why Should We Be Concerned About Hazards In Our Home?

Did you know?

- **Young children and the elderly spend about 70% of their time in the home.** Hence they are more likely to be injured or get sick from household hazards.
- **The entire Richmond City is considered high risk for childhood lead poisoning** and that 83% of the housing stock was build before 1978 and may still contain lead-based paint.
- **Richmond was named US Asthma Capital (3 times)** and that asthma is the number one medical reason for missed school and work. Things such as droppings left by pest and roaches are very potent asthma triggers, and poor ventilation and mold can further aggravate respiratory symptoms.
- **40% of the City's building code violations were for unlawful accumulation of refuse.** Trash not properly disposed can become harborage for rodents, snakes, bees, flies, etc and a trip hazard for young children.
- **Before signing a lease a renter has the right** to conduct a walk-through to note any defects, so to enable him/her to make the right decision as to whether the lease and housing conditions are acceptable to his/her living requirements.

Training and Workshops

- **Healthy Homes and Lead Poisoning Prevention**—This session will introduce the 8 integrated principles of Healthy Homes and best practices to promote occupant health and safety in homes. In addition this session will have open and lively discussions about choices & consequences (cause and effects) and solutions to unsafe housing conditions including lead-based paint hazard. Learn about how simple changes to small things can make a difference to your health and your love ones!

Training and Workshops

- **Toxic Household Chemicals and Making Your Own Safer and “Greener” Household Cleaners** —There are safer, cheaper, and just as effective products for common household maintenance. With so many misperceptions about products in the marketplace, and the health effects from toxic exposures, let us help clear the air. As part of this session participants will learn how to understand labels and instructions to make sure household products are used safely and properly. In addition this session will demonstrate how to make green cleaning products such as *How in 5-minutes one can clean a 30-day old food stain from carpet without leaving toxic residue and leftover chemicals to be stored.*
- **Best Practices and Alternative Methods of Controlling Household Hazards**— Does “cleanliness” have a smell? Advertised household cleaning products can be misleading with their commercial sound bites or pretty packaging. Is bleach the best solution for mold killing? Absolutely NOT! For individuals with asthma or contact allergy sensitivity, unintended allergy attacks and poisoning can occur from fume or residue left behind from the use of a household product. Learn about best practices and alternative safe options for home maintenance and housekeeping without hurting yourself or your love ones (especially those with sensitive health issues). The session covers lead paint safety, mold & pest control, ventilation, air contaminant removal, and more. . . .
- **Effective Asthma Trigger Controls-In Home**—*It is a simple as...* Are you tired of asthma attacks, frequent doctor visits, missed days from school or work because of asthma? In this session you will learn how to recognize and control in-door asthma triggers. Various simple low-toxic or “greener” options will be discussed.

Training and Workshops

- **Tenant / Landlord Education**— Ever wondered what are the key ingredients for fostering better communication with your landlord, to reduce conflict, and to get needed repairs done? Under the VA Residential Landlord and Tenant Act, both landlords/property managers and tenants have certain obligations and rights to ensure the property is safe and maintained. Through scenarios and case studies, discussions will center on understanding rights and responsibilities and the dos and don'ts as a renter, so to enable one to live in a safe, healthy and affordable home.

This topic can be customized for landlords and their agents to promote and incorporate Healthy Homes practices into their properties.

- **Fire Safety and Injury Prevention**— In VA, 60% of all hospitalizations involved injuries from unintentional fire, burn, or poisoning occurring in homes. Recent statistics in Richmond show that 38% of ambulance responses to household calls were due to injuries caused by trips and falls. Many of these injuries are preventable, and this session will focus on how to control hazards and prevent injuries from occurring.
- **Integrated Pest Management (IPM)** - Pests cause health problems: trigger asthma and allergy attacks; transmit diseases through bites and contaminated food; and some cause structural damage that lead to health and safety issues. Discussions will center on learning about the effects of pests on health, recognizing infestation signs, and using integrated approaches to remove conditions favoring pest infestation. These approaches include: selecting low-toxic or ‘greener’ options that are effective in pest control and protective of occupants health; and collaborating with exterminator, landlord, and/or neighbors to control pests.