



A Healthy Home for Everyone

Horn of Africa Services



**Let's go
around and
introduce
ourselves**





Today we will discuss about...

- ☐ Improving indoor air quality
- ☐ Preventing and controlling mold
- ☐ Preventing and reducing lead exposure
- ☐ Using safer cleaning practices

A whimsical scene featuring a small house constructed entirely from dense green foliage and bushes. The house has a steep gabled roof, a chimney on the left side, and a window with a cross-shaped frame. It sits in a lush field of white daisies with yellow centers. Several butterflies, including orange and black ones, are fluttering around the flowers. The background is a soft-focus landscape with more greenery under a hazy sky.

**Why is a healthy home
environment important to you?**

Importance of Healthy Homes

- On average, a person spends 85-90% of their time indoors.
- Unhealthy home environments can cause many different health problems:

Poor indoor air quality and Mold

Eye/nose/throat irritation, headaches, dizziness, respiratory problems/asthma, heart disease. Poor indoor air quality can also cause or contribute to the lung infections, lung cancer.

Lead

Abdominal pain, constipation, nausea, depression, forgetfulness, irritability. Exposure to high levels of lead may cause anemia, weakness, and kidney damage. Very high lead exposure can cause death.

Hazardous Cleaning products

Eye injury, skin irritation and rashes, breathing problems, lung damage, childhood poisonings, birth defects.



Indoor Air Quality

- ☐ Indoor Air Quality (IAQ) is the quality of air inside a home, school, office or other buildings.
- ☐ Air pollution may be 2-5 times — and sometimes more than 100 times higher than outdoor levels. This can be concerning because most people spend about 90% of their time indoors.

Sources of Indoor Air Pollution

Materials used to build homes:
paint, flooring, insulation

Scented products: candles,
perfumes, incense

Fuel-burning appliances: gas
stoves, wood stove or fireplace,
gas/oil-fired water heater



Excess moisture

Items inside our homes:
toys, furniture, carpets

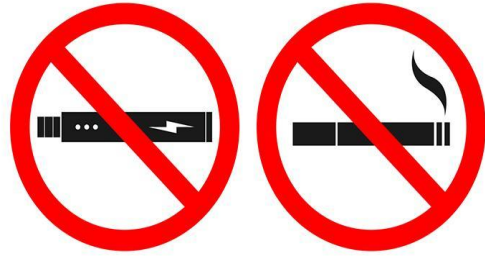
Animal hair dust and dander

Can you think of some sources?

Improving Indoor Air Quality- Household Activities



Don't use scented products



Don't smoke/vape indoors



Use a HEPA vacuum



Run kitchen and bathroom fans



Don't wear outside shoes inside the home



Damp your duster before dusting



Mop frequently

Improving Indoor Air Quality- Ventilation



When the outdoor air quality is good, open windows and doors



Place fans in windows to blow contaminated air out and pull new air in

Outdoor air quality impacts indoor air quality

Guide to Air Quality Index Categories



GOOD

0-50



MODERATE

51-100



UNHEALTHY FOR
SENSITIVE GROUPS

101-150



UNHEALTHY

151-200



VERY
UNHEALTHY

201-300



HAZARDOUS

301-500

Check your area's outdoor air quality online at: pscleanair.org or airnow.gov

Improving Indoor Air Quality- **Air cleaners**



Box fan filters are low cost and easy to make air cleaners



Box fan



20"x20"x1" furnace filter
(MERV 13 or FPR 10)



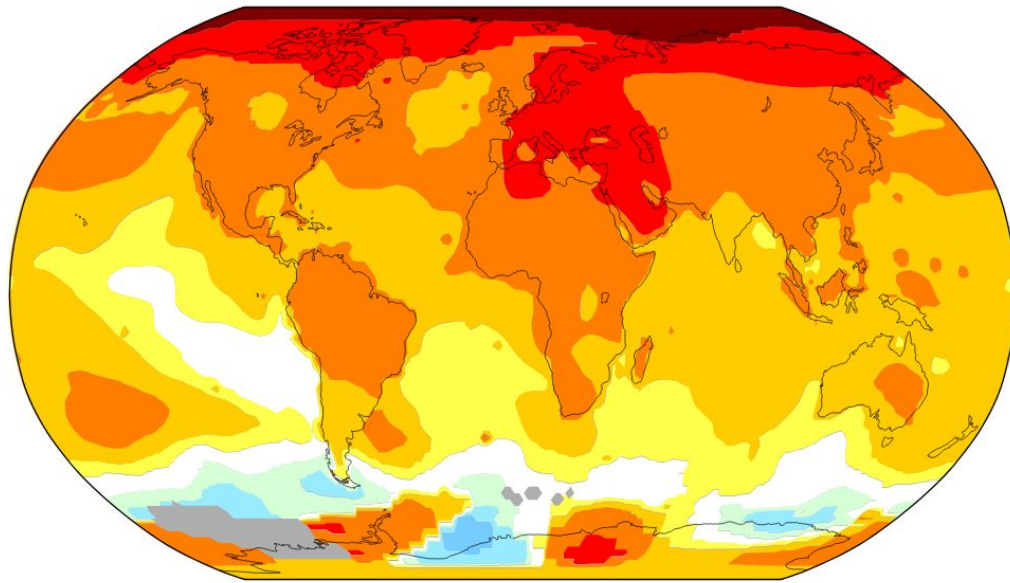
Optional: Duct tape or bungee
cords



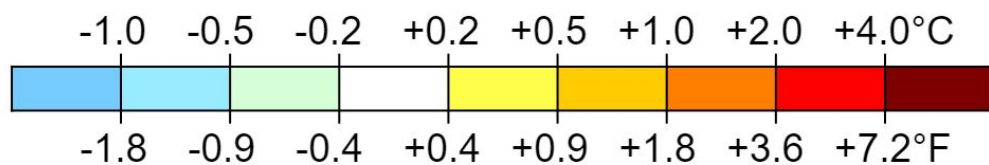
Puget Sound Clean Air Agency found these fans can reduce certain types of air pollution by up to 90%

What is Climate Change?

Temperature change over the past 50 years



Trend from 1973 to 2023



As a result of greenhouse gas emissions, more heat is trapped in the Earth's atmosphere causing temperatures to rise around the world.

Temperatures in some areas are rising faster than in others.

An illustration of five stylized people in a discussion. From left to right: a woman with long red hair wearing a dark blue dress; a man with a dark beard and blue hair wearing a yellow sweater; a man with blonde hair wearing an orange and black striped shirt; a woman with dark curly hair wearing a teal top; and a woman with blonde hair wearing a light blue polka-dot top. They are all facing right, engaged in conversation. Above them are four large, colorful speech bubbles: a yellow one with a textured pattern, a pink one with three white dots, an orange one, and a dark blue one with three white dots. A light blue textured speech bubble is also visible behind the dark blue one.

Discussion

- What are some ways that you've experienced impacts of climate change?
- What information would be most helpful to you to help reduce the risk of health impacts resulting from climate change?



Knowledge Check

**Can you name two
sources of indoor
air pollution?**

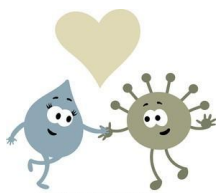


Mold

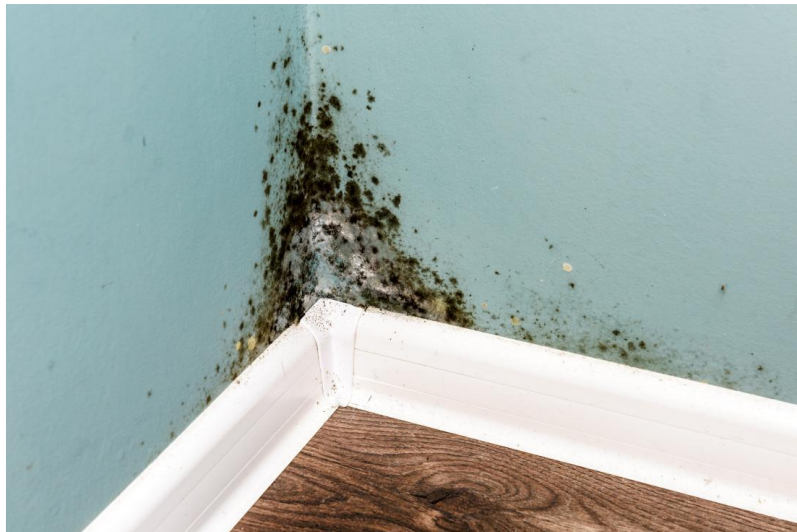
- ☐ A Fungus
- ☐ Natural and alive
- ☐ Spreads by producing tiny spores
- ☐ Many types and needs water to grow

Mold spores under
a microscope



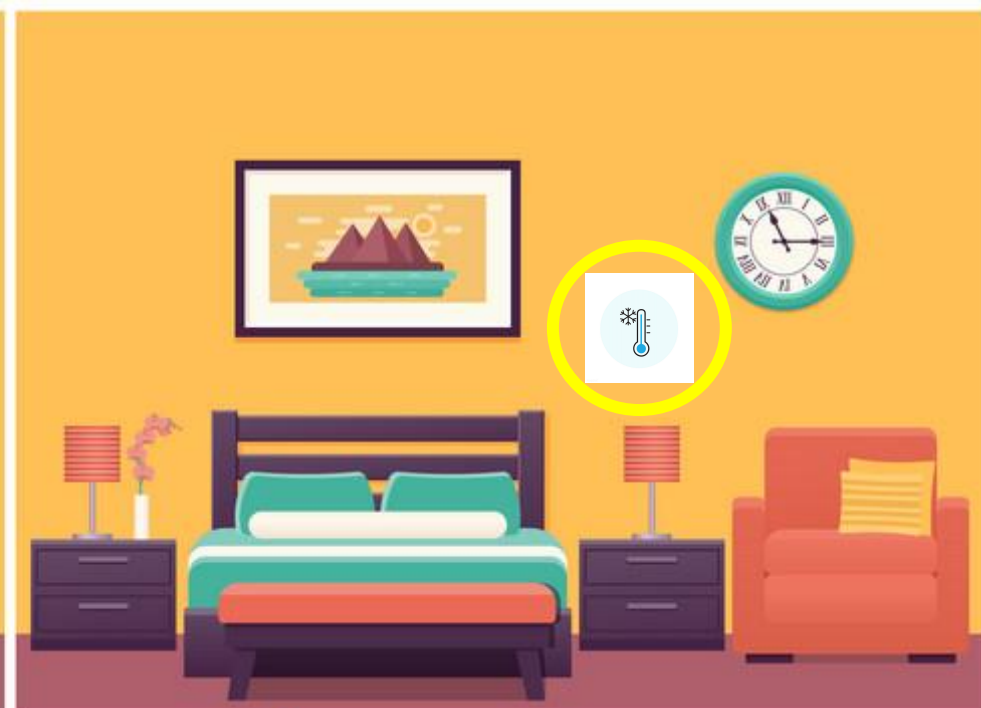
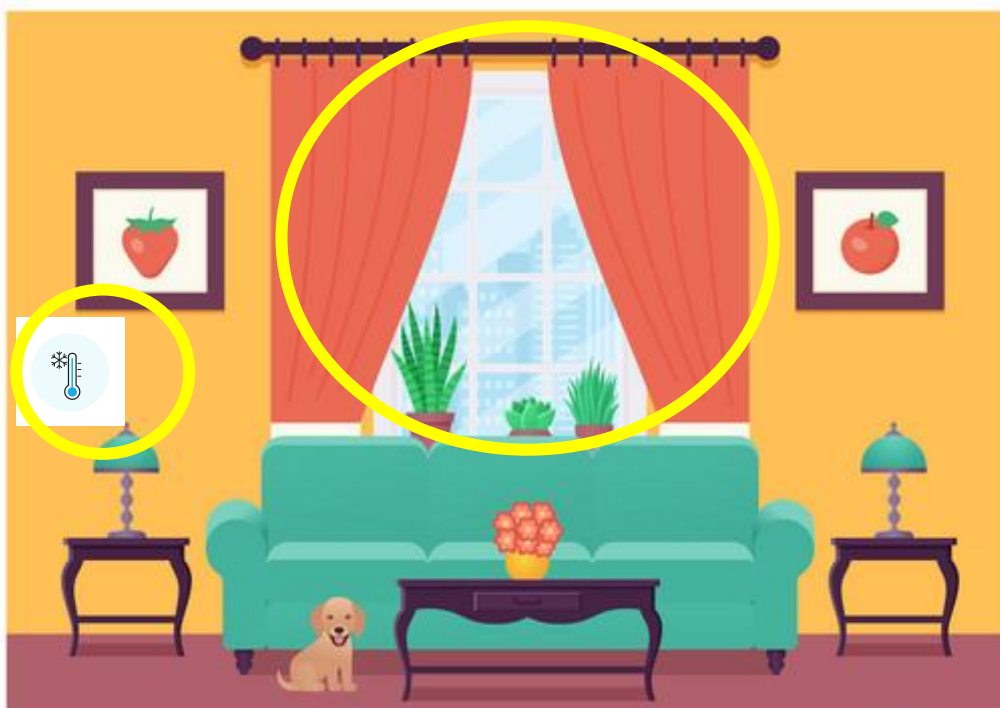


Mold Loves Water



There is no way to get rid of all molds and mold spores from your home. But you can control mold growth by keeping your home dry.

Activity:
Find 5
things that
can be
done to
reduce
moisture in
this home



Other preventive measures to reduce moisture in your homes

- ☐ Use easy to clean paint and wallpaper, especially in bathrooms.
- ☐ Install a timer switch on your bathroom fan and leave the fan on for 15 minutes after showering.
- ☐ Keep furniture away from walls where mold might grow.
- ☐ Stop moisture from coming in
 - Stop any leaks from the roof, poorly-drained gutters and plumbing.
 - Stop water from entering basements and crawlspaces.
 - Grade (slope) the ground so that it drains surface water away from home.



When is mold a problem?

You know you have mold problem when you smell the "musty" odor or see small black or white specks along your damp walls.



How to Clean Mold

If surface mold is less than 3-feet wide:

- Wear gloves, mask (N-95 recommended), and goggles
- Scrub using soap and water
- Rinse or wipe with clean water
- Let the area dry

If surface mold is more than 3-feet wide:

- Check with your landlord or call a professional





Lead

- ☐ A heavy metal
- ☐ Natural
- ☐ Used in many products
- ☐ Dangerous- there is no safe level of lead

**Activity: Talk to your elbow partner
and create a list of sources of lead**



Sources of Lead

Paint



Drinking Water



Spices



Soil



Workplace



Folk Medicine



Sources of Lead

Kohl, Surma, Kajal



Ceramics



Imported Candies



Cosmetics, Sindoor



Aluminum Pots



Toys



Activity: Lead in Paint



Check the King County Parcel viewer:

1. Search by your address
2. Click on “property report”
3. Look at “Year Built”

Check online

www.gismaps.kingcounty.gov/parcelviewer2/Parcel Viewer



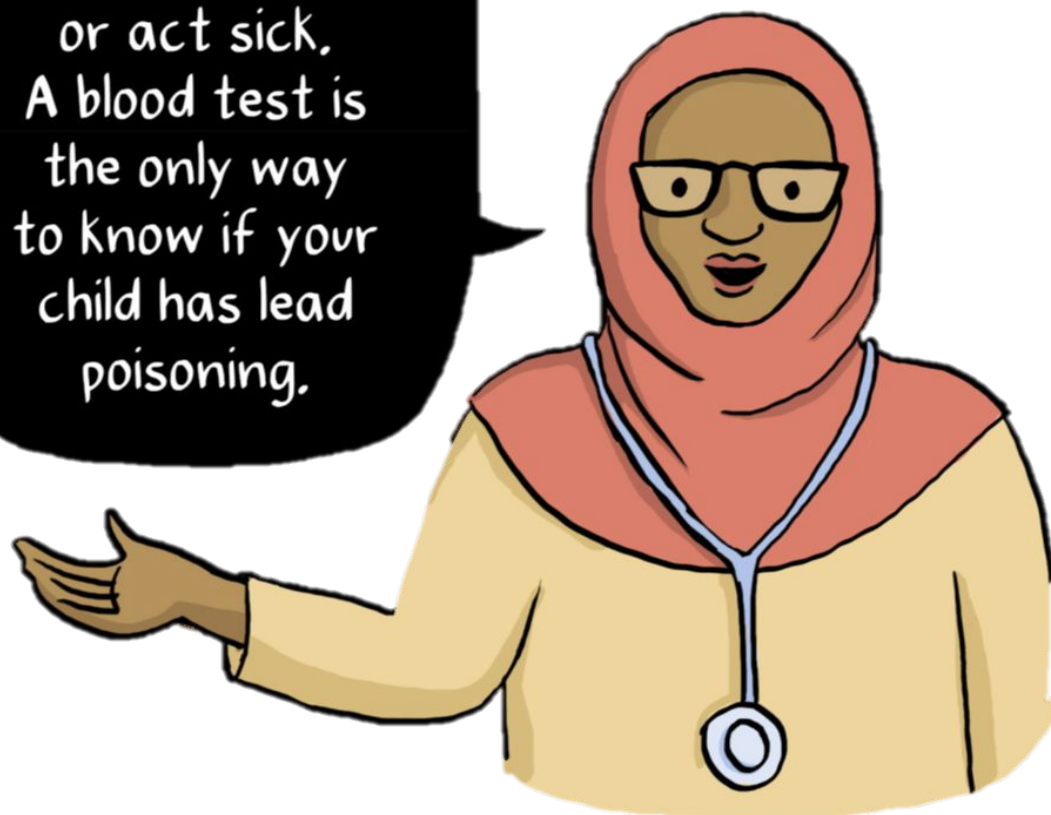
What is the one way to know for sure if you have been exposed to lead?



A blood test

Blood Lead Testing

Most children with lead in their bodies don't look or act sick. A blood test is the only way to know if your child has lead poisoning.



Your child needs a blood lead test if they...

- ☐ live in or regularly visit a house built before 1950
- ☐ live in or regularly visit a house built before 1978 that has recent or ongoing repairs or improvements
- ☐ live in foster care
- ☐ have a friend or sibling with an elevated blood lead level
- ☐ have a parent or caregiver who works with lead either at their job or their hobby
- ☐ come from a country outside the U.S.
- ☐ use traditional remedies or cosmetics
- ☐ are covered by Apple Health/Medicaid

Knowledge Check

**Can you name
two ways we can
prevent exposure
to lead?**





Safer Cleaning Practices

- ☐ Dangerous chemicals are common in cleaning and disinfecting products which can cause illnesses in people using these products and people in the spaces where they are used.
- ☐ Safer cleaning and disinfecting options are available.

Have you or anyone you know ever been harmed while cleaning?

Cleaning and Disinfecting



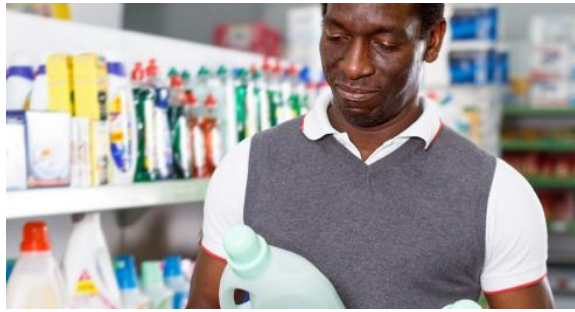
Cleaning means removing “dirt.”



Disinfecting means killing “germs.”

Cleaning is always the first step as disinfectants do not work on dirty surfaces.

Safer Cleaning and Disinfecting Checklist



Read labels and Instructions



Wear gloves and eye protection



Clean before disinfecting



Use EPA-registered Disinfectant



Open window or turn on fan



Keep children safe from chemicals

Choose safer, more environmentally-friendly products

Look for these signal words



Safest

Find products with these logos on the front or back

Please note: EPA Safer Choice products are the safest in their class, even if it says CAUTION on the label.



Safe enough

Select products that do NOT have the words CAUTION, WARNING, DANGER or POISON



Somewhat harmful

Select products that have the words CAUTION or WARNING



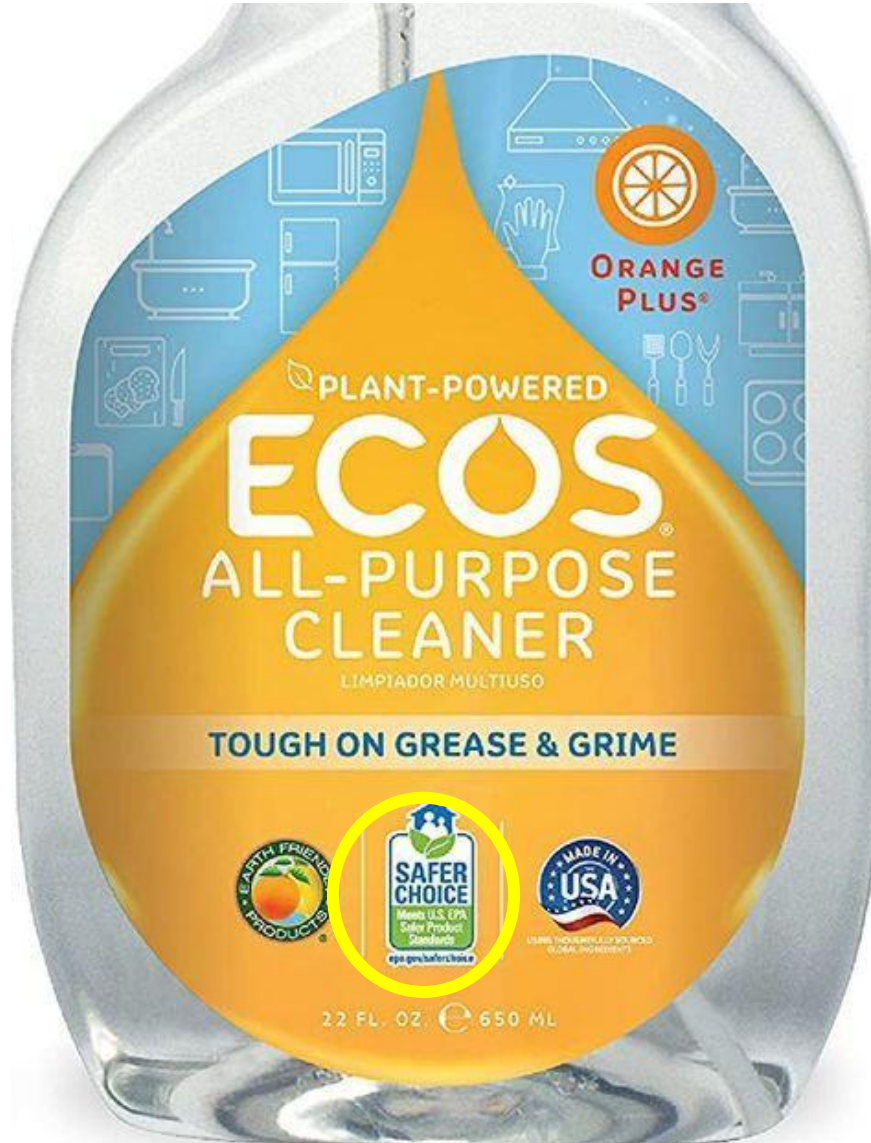
Avoid

Avoid products with the words DANGER or POISON. They are most harmful for you and your family.

Activity: Find the Signal Words



Activity: Find the Signal Words



Effective recipes for your safer cleaning kit



Tub and sink cleaner

-  Sprinkle baking soda in the tub or sink
-  Wet the surface with sprinkles of water
-  Scrub with a sponge and rinse when finished



Drain cleaner

-  Pour 1/2 cup baking soda in drain
-  Pour 1/2 cup white vinegar in drain
-  Wait a few minutes
-  Pour boiling water down the drain
-  Repeat if needed

Note: Vinegar smell goes away once dry



Toilet bowl cleaner

-  Sprinkle baking soda in the toilet bowl
-  Add 2 or 3 drops of liquid dish soap
-  Scrub with toilet brush and flush when finished

Effective recipes for your safer cleaning kit



Floor cleaner

 1 tablespoon of liquid dish soap

 1 gallon of warm water

Mix dish soap with warm water in a bucket.
Mop directly onto floor

Note: Adjust recipe depending on liquid dish soap you use.



Counter cleaner

 1 cup of water

 1 teaspoon of liquid dish soap

 Mix dish soap and water in a spray bottle. Spray counters and wipe with a microfiber cloth

When finished, rinse cloth with hot water or put in a washing machine and air dry



Window and mirror cleaner

 Pour 1/2 cup vinegar in spray bottle

 Fill the rest of the spray bottle with water. Spray and rub with a lint free cloth or newspaper

Note: Do not apply to painted surfaces.



Knowledge Check

**What words or logos
tell you a product is
dangerous/ hazardous?**

What are PFAS?

PFAS ARE A GROUP OF CHEMICALS USED TO PREVENT GREASE, STAINS, AND WATER FROM STICKING. THEY CAN BE IN MANY PRODUCTS, INCLUDING:



Comic by Public Health—Seattle & King County. Artwork by Amy Camber

PFAS Risks to Human Health:



We are still learning more about PFAS every day. Nearly 100 percent of people living in the United States have PFAS in their blood.

Reflection Time

- What is your biggest takeaway from today's presentation?
- Are there any safe practices you learned about today that you want to start using in your home?

