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DRAFT. Not for release. Approved for release by: Trish Factor

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Urgent Confidential For information only Reply requested

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Message Title: Galion City Health Department distributes FREE kits in support of National Healthy Homes Month

Message:

Every day Americans are exposed to health hazards in their homes. According to the United States Environmental Protection Agency, Americans spend about 90 percent of their time indoors. Indoor hazards include mold, lead, radon, carbon monoxide, tobacco smoke, and pests. As Americans spend so much of their time indoors, these hazards can have negative effects on health including lead poisoning, carbon monoxide exposure, and injuries such as falls.

Despite the many hazards in homes, these health issues are preventable. There are seven principles of having a healthy home. Healthy homes are dry, clean, and safe. These homes are well-ventilated and well-maintained as well as free of contaminants and pests. It is important to have a healthy home to reduce rates of lead poisoning, asthma, and falling hazards.

The Galion City Health Department is joining the Ohio Department of Health to promote healthy homes for all Ohioans. In celebration of Healthy Homes Awareness Month, the Galion City Health Department is providing lead dust clean-up education and distributing Healthy Home supplies during Third Friday events as well as at the Galion Public Library, Monday June 11, 2018 from 6-8pm. Clean-up kits include a bucket, dust masks, gloves, cleaning solution, heavy duty paper towels, and a carbon monoxide detector. Kits are available to all families with children under the age of 6 living in homes built prior to 1978.

"Ohio Healthy Homes, Building a Foundation for Healthy Lives" underscores the importance of having and maintaining a healthy home to support wellness throughout people's lives.

Families can maintain a healthy home by understanding the seven principles of a healthy home.

- Keep it dry. Prevent water damage and mold growth by checking your plumbing, your roof, and your draining system for leaks. Make sure your basement remains dry.

- Keep it clean. Remove clutter and contaminants from your home. Use a high-efficiency particulate air (HEPA) vacuum and wet cleaning methods to remove small dust particles and lead-based paint dust.
- Keep it safe. Install smoke and carbon monoxide detectors. Put fire extinguishers in your home. Address possible home safety hazards, which can include uneven steps or missing railings.
- Keep it well-ventilated. Increase the amount of fresh air in your home. Eliminate tobacco smoke and test your home for radon and carbon monoxide.
- Keep it contaminant-free. Reduce your exposure to lead and other contaminants in your home. If your home is connected to a well, have the water tested regularly.
- Keep it well-maintained. Inspect, clean, and repair your home routinely. Check your gutters, downspouts, air filters, heating system, and batteries in smoke alarms regularly.
- Keep it pest-free. Seal cracks and openings to prevent insects and rodents from entering your home. Keep food in airtight containers and clean up any spills and extra food immediately.

For more information visit the Galion City Health Department website at www.galionhealth.org or contact Andrea Barnes, Director of Environmental Health at andrea.barnes@galionhealth.org or 419-468-1075 ext 1265.



A Healthy Home
♻️ more environmentally-friendly, too!

