



Healthy Homes

Spring 2014

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SPRING CLEANING HELPS KEEP KIDS SAFE

Spring is the traditional time of year to clean out and shine up the home. The medicine cabinet is probably not on anyone's list, but it should be.

Often parents keep left-over or expired medications. Getting rid of these, along with over-the-counter and prescription medications that don't have child resistant caps can make your home safer.

Some of the old standby's that every home with children kept that probably need to be removed:

1. **Syrup of ipecac:** The American Academy of Pediatrics no longer recommends that parents keep it in the home.
2. **Mercury thermometers:** These can easily break, exposing children to mercury and mercury vapors.
3. **Hydrogen Peroxide:** This may surprise some people. Experts believe that hydrogen peroxide isn't any more helpful than soap and water when cleaning a simple wound. It can actually be damaging to healthy skin cells.
4. **Baby Aspirin:** Remove aspirin or baby aspirin only if it is part of your children's medicine. There is a connection between the development of Reye's Syndrome and the use of aspirin to treat viral illness, like flu and chickenpox. It is still not known exactly

what causes the symptoms of Reye's Syndrome. Because of the risk, you should not give children or teenagers aspirin, unless it is prescribed by the doctor for a medical condition.

Leftover Medicines

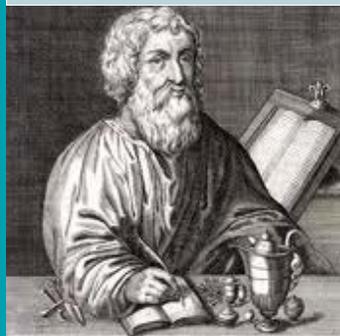
In general, you usually shouldn't have any leftover prescription medicine after your child finishes medical treatment for an illness such as an ear or throat infection. If you do, either you did not give all the doses of the medicine or the pharmacy gave you too much. Either way, you should remove the extra medicine so you aren't tempted to give it to your child later for another illness.

If your child has a condition like asthma or other long-term and ongoing medical condition, and you have leftover medicines because your pediatrician told you to stop giving it to your child temporarily, be sure to remove these medications once they have expired.

The [Federal Drug Administration](http://www.fda.gov) can provide more guidance about exactly how to dispose of medications, or you can call your local health department environmental department or pharmacy. www.fda.gov/drugs

Information excerpted from: Consumer Reports.org, accessed March 2014.; About.com—Sarah Aguirre, *Out With The Old and In With*

A HISTORY LESSON



"If you want to learn about the health of a population, look at the air they breathe, the water they drink, and the places where they live."
— Hippocrates,

the Father of Medicine, Fifth Century B.C.

Lead, because of its low melting point, was one of the first metals used by man. As early as the 4th century B.C., Hippocrates accurately described the symptoms of lead

poisoning. However, it was not until the 19th and 20th centuries that lead, as an occupational health factor, became a public issue. During Greco-Roman and medieval times *sapa*, a sweet lead acetate syrup, was added to both wines and food. This resulted in widespread lead intoxication.

Today, lead continues to be an environmental hazard. It can be in the air we breathe, the water we drink because of old piping, in paint in houses and in certain work environments. Vigilance is important! Lead is still a hazard that negatively impacts health.

Excerpted, Ohio Journal of Science. V88,n3 (June 1988), 78-84.



Blood Lead Levels in Children

What Do Parents Need to Know to Protect Their Children?

Protecting children from exposure to lead is important to lifelong good health. Even low levels of lead in blood have been shown to affect IQ, ability to pay attention, and academic achievement. And effects of lead exposure cannot be corrected.

The most important step parents, doctors, and others can take is to **prevent lead exposure before it occurs**.



Update on Blood Lead Levels in Children

- Children can be given a blood test to measure the level of lead in their blood.
- Until recently, children were identified as having a blood lead level of *concern* if the test result is 10 or more micrograms per deciliter of lead in blood. Experts now use a new level based on the U.S. population of children ages 1-5 years who are in the top 2.5% of children when tested for lead in their blood (when compared to children who are exposed to more lead than most children).
- In the past, blood lead level tests below 10 micrograms per deciliter of lead in blood may, or may not, have been reported to parents. The new, lower value means that more children likely will be identified as having lead exposure allowing parents, doctors, public health officials, and communities to take action *earlier* to reduce the child's future exposure to lead.
- What has *not* changed is the recommendation for when to use medical treatment for children. These new recommendations do not change the recommendation that chelation therapy be considered when a child is found with a test result of greater than or equal to 45 micrograms per deciliter of lead in blood.

Actions for Parents

Parents can take simple steps to make their homes more lead-safe.

- Talk to your local health department about testing paint and dust in your home for lead if you live in a home built before 1978.
- Common home renovation activities like sanding, cutting, and demolition can create hazardous lead dust and chips by disturbing lead-based paint. These can be harmful to adults and children.
- Renovation activities should be performed by certified renovators who are trained by EPA-approved training providers to follow lead-safe work practices.
- Learn more at EPA's Renovation, Repair, and Painting rule Web page: <http://www.epa.gov/lead/pubs/renovation.htm>.
- If you see paint chips or dust in windowsills or on floors because of peeling paint, clean these areas regularly with a wet mop.
- Wipe your feet on mats before entering the home, especially if you work in occupations where lead is used. Removing your shoes when you are entering the home is a good practice to control lead.
- Remove recalled toys and toy jewelry from children. Stay up-to-date on current recalls by visiting the Consumer Product Safety Commission's Web site: <http://www.cpsc.gov/>.

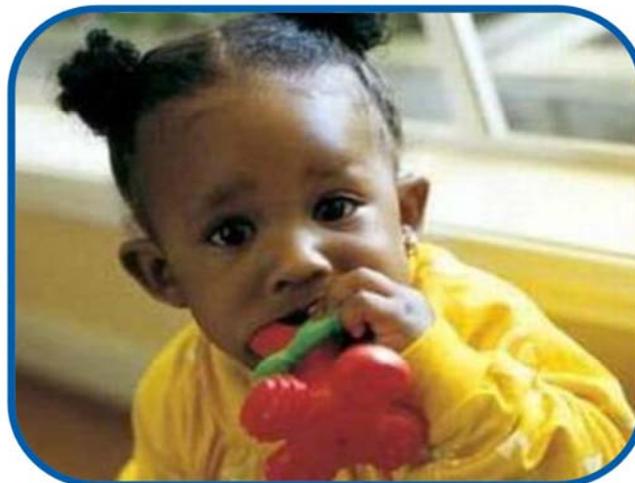
Lead can be found in a variety of sources. These include:

- paint in homes built before 1978.
- water pumped through leaded pipes.
- imported items including clay pots.
- certain consumer products such as candies, make up and jewelry.
- certain imported home remedies.

Background

Effect of a Different Blood Lead Level

- In the past, blood lead level tests below 10 micrograms per deciliter may, or may not, have been reported to parents. Identifying a child's blood lead equal to or above 5 micrograms per deciliter means more parents should learn that their child has an elevated blood lead level.
- Even though no medical treatment is recommended for children with blood lead levels lower than 45 micrograms per deciliter, parents will know they need to learn about sources of lead exposure and find out if one or more unrecognized sources of lead are present in their home. Parents then can follow the Centers for Disease Control and Prevention (CDC)'s recommendations to control exposure to lead.
- No changes are recommended to the existing CDC guidelines for the evaluation and treatment of children requiring chelation (those with BLLs \geq 45 micrograms per deciliter).



New Recommendations to Define Elevated Blood Lead Levels

- In January 2012, a committee of experts recommended that the CDC change its "blood lead level of concern." The recommendation was based on a growing number of scientific studies that show that even low blood lead levels can cause lifelong health effects.
- The committee recommended that CDC link lead levels to data from the National Health and Nutritional Examination Survey (NHANES) to identify children living or staying for long periods in environments that expose them to lead hazards. This new level is based on the population of children aged 1-5 years in the U.S. who are in the top 2.5% of children when tested for lead in their blood. Currently, that is 5 micrograms per deciliter of lead in blood. CDC's "blood lead level of concern" has been 10 micrograms per deciliter.
- The new value means that more children will be identified as having lead exposure earlier and parents, doctors, public health officials, and communities can take action earlier.
- The committee also said, as CDC has long said, that the best way to protect children is to prevent lead exposure in the first place.

To learn more about preventing lead exposure, visit CDC's Web site at <http://www.cdc.gov/nceh/lead/>



DAMP DUST

Most lead paint is found in houses built before 1978. Peeling, chipping, or chalking paint is a hazard! Areas where paint rubs, like door frames, windows and even floors, can produce lead dust. Use rubber gloves and pick up visible chips and discard in a bag.

Clean areas regularly by damp dusting. Use rags or paper towels dampened with warm water. Baby wipes are also an option.

Discard dirty rags, paper towels, wipes and gloves in trash bags.



First Asthma-Friendly Childcare Center Recognized

A *Perfect Start Early Learning Childcare Center*, 2101 North 21st Avenue Tampa, Florida 33605 has been in business since 1968 when Bettye Griffin open the center under the name Pebbles Kiddie Koop, a name she called her daughter, Benettye . After her mother’s death, Benettye Griffin-Davis continued operations and has begun the process of instituting the comprehensive asthma management program. Center teachers are currently selecting members for their leadership team, which will consist of center staffs, parents, a Tampa Bay Asthma Coalition (TBAC) member, and a nurse practitioner to implement the program. Currently, 3 teachers have completed the Friendly Childcare Center on-line training, with 3 more staffers to follow in the coming weeks.

An Asthma Action Plan in a wall-chart format is easily accessible to administer medications to a child. Training on how to identify children with asthma and a phone log to communicate with parents is also part of the protocol. A healthy center environment will be maintained at all times, and planned parent education will be scheduled on a quarterly basis. The owner, who is herself a member of TBAC, is happy to lead her childcare center in this important effort.



Asthma and Childcare Centers

Florida Asthma-Friendly Child Care Center Award: The Florida Asthma Coalition has awarded 13 child care centers, with more on their way to achieving this award. These are centers where administrators, staff, families, and clinical partners are working together to help children with asthma properly manage their disease. Click the link for a list of awarded centers. [Awarded Asthma-Friendly Child Care Centers in Florida](#)

Florida Asthma-Friendly Child Care Center Mentors: The coalition has mentors across the state ready to help child care centers through the application process. Complete the following form to be connected to a mentor in your area. [Asthma-Friendly Child Care Mentor Sign-Up](#)

Florida Asthma-Friendly Child Care Center Criteria and Application Guide: Child care centers meeting criteria for excellence in asthma management can be recognized at the bronze, silver, gold, and platinum levels. Criteria for achieving the award and resources available to help you along the way are described in detail in the Asthma-Friendly Child Care Center Recognition Application Guide below. [Asthma-Friendly Child Care Recognition Application Guide.](#)

Florida Asthma-Friendly Child Care Center Training: The Asthma-Friendly Child Care Center training is one of the criteria for the award. Training is available to assist child care providers in Florida learn how to provide the best possible care for children with asthma. Child care professionals can earn 1 in-service credit hour by completing the free online training. Registration/participation instructions: [Asthma-Friendly Child Care Center Training Registration Instructions.](#)

Partner with Us To Promote the Training and Award in Your Local Area: We are happy to develop marketing materials with your organization’s logo and contact information. Click the link below to view a sample flyer. Contact us at FAsthmaCoalition@gmail.com.

[The Burden of Asthma in Florida, 2013:](#) This Florida Department of Health Asthma Program report provides a comprehensive view of the burden of asthma in Florida, including trends in asthma prevalence, disease impact, associated factors, health effects, environmental factors, clinical treatment, and education. Asthma is one of the most common chronic diseases of children in the United States, the third leading cause of preventable hospitalizations, a leading causes of school absenteeism, and the leading work-related lung disease. **Join the Coalition:** Membership is open to any individual or organization interested in asthma prevention, education, and disease management. There is no cost for membership. **Become a member by completing the [Membership Form](#) today!**

HEALTH CARE PROVIDER UPDATES AND EDUCATION - LEADCARE II

Reach the children most at risk with the LeadCare® II point-of-care test. Tackle health disparities early.

Forty percent of families served by federal health programs, such as Medicaid and WIC, do not follow through with prescribed blood lead testing at a reference lab. Yet the prevalence of elevated blood lead for these children is 5 times higher than the general population.

Point-of-care testing with the LeadCare II provides an immediate opportunity to treat and educate, minimizing the health and learning problems that come from lead exposure. **Point-of-care testing reaches those at risk, eliminating need for follow up. Rapid results mean you can educate and begin intervention immediately, while parents are still in your clinic. LeadCare II's accurate result empowers parents and communities to act**

without delay.

Over 535,000 children in the U.S. have harmful blood lead levels. Have these children in your community been identified?

Who should be tested?

Federal law requires that **all Medicaid eligible children** be tested at 12 and 24 months and ages 36 to 72 months if they have not previously been tested. Who is at risk for lead exposure? Children are considered at risk if any of the following are true⁴: Child lives in or frequently visits a home built before 1950 or a recently renovated home built before 1978. Child has a sibling or frequent playmate with elevated blood lead levels, Child's parent or primary caregiver works with lead. Examples include: battery recycling or manufacture, lead smelting, lead mining,

auto repair, shipbuilding, construction, plumbing, and glass manufacture, Child is a recent immigrant, refugee, or foreign adoptee, Child has a household member who uses traditional, folk, or ethnic remedies or cosmetics or who routinely eats food imported informally (e.g., by a family member).

The LeadCare II System was developed with the **Centers for Disease Control and Prevention (CDC)** so children can be screened for lead wherever they already receive healthcare or services. It is the only CLIA-waived point-of-care blood lead testing system.

Accurate, early diagnosis is crucial so that children can be treated to prevent serious health and learning consequences. Blood lead testing also guides lead remediation and enforcement actions to eliminate lead

eliminate contamination in housing, consumer products, and the environment. **No safe levels.** Evidence continues to grow that even low blood lead levels may affect learning. Elevated blood lead levels have been associated with **avoidable special education costs of \$3,331 per child** and a decrease in lifetime earnings.



To learn more contact Cynthia O. Keeton to request an on-site Childhood Lead Poisoning Screening and Case Management In-service Training at 813 307-8015 ext. 7108 or email your request to: hillschdfeedback@doh.state.fl.us

This article was excerpted on 10/16/13 from leadcare2.com/Public-Health-Providers. Please visit the site for the full article and sources.

LEAD ALERT NETWORK

Elevated levels of lead, a heavy metal, in the blood, particularly of children, can cause serious health problems and developmental delays.

Ensuring your child is tested at recommended intervals and that they are not exposed to lead in the environment, especially at home, is important. Check with your child's health care provider to see if your

child has been tested or needs to be retested.

Lead can be in dust, dirt and soil in and around your home, in lead plumbing pipes, in paint that contains lead, and in some products and toys.

To find out if toys or products contain lead or to report unsafe products, visit the Consumer Products Safety

Commission website: saferproducts.gov/Default.aspx

Consider enrolling in the Lead Alert Network. For more information about LEAD, call or email 813-307-8071

hillschdfeedback@doh.state.fl.us with

Subject line: LEAD POISONING

LEAD ALERT NETWORK

Automatic email response system that notifies you when toys or other products are recalled.

Just sign up! Email: FHH_LPPP@doh.state.fl.us and request to be added.

Why Go Smoke-Free?

The no-cost amenity that saves time and money



PREVENT LEAD CONTACT YARDS

Bare soil can hold lead that is in vehicle exhaust. It's important to prevent children from playing in bare soil. Plant grass on areas or cover the soil with mulch or wood chips.



Are you interested in a policy that can help you save time and money, increase occupancy, and even improve the health of your tenants? Affordable and popular, smoke-free housing is gaining traction, be a part of the movement!

SAVES TIME AND MONEY

- At the end of a lease, smoke-free units require less turnover time due to fewer preparation and repainting needs.
- Smoke-free policies can eliminate the need to repair or replace infrastructure damaged by burns or nicotine stains.

WHAT TENANTS WANT

- In one Florida survey of 421 managers of smoke-free properties, 99.5% of managers agree that smoke-free policies do not hurt occupancy and 30.1% believed that they increased their occupancy.
- There are more than 500 smoke-free housing properties and 73,000 smoke-free units across Florida.
- More than 80% of adults in Florida are non-smokers and the vast majority of tenants - four out of five - would prefer to live in smoke-free housing.



HOW'S THE AIR OUT THERE?

Until the bare soil is covered, move play areas away from bare soil and away from the sides of the house. If you have a sandbox, cover the box when not in use. A cover will also protect from animals using the area for waste.

Source: Centers for Disease Control and Prevention, Prevention Tips, www.cdc.gov, March 2104

Spring time in Florida generally means pollen, enormous amount of pollen. Live oak trees can grow to be magnificent in size with beautiful green canopies, but they can produce an amazing amount of pollen. It can be an exceptionally trying time for those with environmental allergies and asthma. Knowing the [air quality conditions](#) can help you prepare for how to handle days when you or your children must be outside. The [AIRNow.gov](#) website has information that is easy to use.

There are plenty of other things that pollute the air and are called "particulates" for measuring, so even people who don't have allergies, asthma or other respiratory conditions can benefit by knowing the air quality and how to lessen their exposure.

AIR QUALITY INDEX FOR PARTICLE POLLUTION		
Air Quality Index	Air Quality	Health Advisory
0-50	Good	None. Air quality is considered satisfactory, and air pollution poses little to no risk.
51-100	Moderate	Air quality is acceptable; however, unusually sensitive people should consider reducing prolonged or heavy exertion outdoors.
101-150	Unhealthy for Sensitive Groups	People with heart or lung disease, older adults, and children should reduce prolonged or heavy exertion. The general public is not likely to be affected.
151-200	Unhealthy	Everyone may begin to experience health effects; people with heart or lung disease, older adults, and children may experience more serious health effects and should avoid prolonged or heavy exertion.
201-300	Very Unhealthy	Everyone may experience more serious health effects; people with heart or lung disease, older adults, and children should avoid all physical activity outdoors. Everyone else should avoid prolonged or heavy exertion.
301-500	Hazardous	Health warnings of emergency conditions. The entire population is more than likely to be affected.

HOUSEHOLD CLEANING THAT'S SAFE



Spring has sprung in Florida! Pollen covers cars, grass, pets, sidewalks - everything! Cleaning is a must to freshen up the home and yard.

It's important to keep the home living environment clean so the inhabitants clean breathe easier, play safer, and live healthier. Try these 10 tips for safer spring cleaning:

Don't rush because you are tired or hurried.

Let's face it, this is tiring work. If you can't do the job over a couple of days, take 5-10 minute breaks. Drink water and sit with your feet up. A few minutes of rest can help you finish the job with a little more energy and less risk of injury.

Be extra careful moving large boxes, furniture, or appliances.

Using proper lifting tech-

nique - keeping your back straight and using the power in your legs, can prevent back strain or more serious injury. Be sure to wear shoes when moving heavy items. If it's too heavy - GET HELP! It won't be the end of the world if you clean around it and move it later.



Use ladders and step stools safely.

Doing anything on ladders or step stools can be hazardous. If you must use them, don't climb to the top or lean too far to either side of a ladder. A good rule of thumb is that your belly button should not go beyond the sides of the ladder. If possible, have someone steady the ladder for you. If that's not possible, be sure the ladder or step stool is firmly planted on a non-slip surface and wear shoes that are non-skid.

Be careful when walking

on wet surfaces.

Cleaning usually involves water. Always wear non-skid shoes when working around water or cleaning solutions on floors or decks. If children are around, you may need to block access to the area while it is wet.

Keep stairs, landings, and walkways clear of boxes, bags, and other clutter.

It's a great time to declutter. Just make sure that the "clutter" is out of walk paths and not likely to fall over.



Don't carry too much at once, especially on stairs.

Make sure to keep one hand free to steady yourself or hold a stair railing.

Always follow cleaning product label safety instructions and recommendations.

Cleaning supplies often

create toxic fumes. Be sure to have fresh air by opening windows or using fans. Don't mix products unless you know exactly how they will react together. Try to use just one product per job. Wear rubber gloves to protect your hands.

Wear a mask in dusty areas.

If there is a lot of dust or pollen, wear a mask to prevent inhalation, especially if you have allergies or asthma.

Don't leave buckets of water around your home.

Not only can these easily spill, they are drowning hazards for young children.



Put away all cleaning supplies when you are done.

These are attractive to children and pets so store supplies properly in child-proof cabinets.

Source: Household Cleaning 101 Blog



DROWNING CAN BE PREVENTED

Centers for Disease Control and Prevention statistics for drowning aren't pretty.¹ Drowning and near-drowning can be prevented. Nothing tops adult supervision when children are around water. Barriers to water can also add a layer of protection.

- About one in five people who die from drowning are children 1- 4 years of age and younger. For every child who dies from drowning, another five receive emergency department care for nonfatal submersion injuries.
- More than 50% of drowning victims treated in emergency departments (EDs) require hospitalization or transfer for further care. These nonfatal drowning injuries can cause severe brain damage

that may result in long-term disabilities such as memory problems, learning disabilities, and permanent loss of basic functioning (e.g., permanent vegetative state).

- Nearly 80% of people who die from drowning are male.
- Children ages 1 to 4 years have the highest drowning rates.

For more information on risk factors for drowning and how you can ensure the best protection from drowning, visit Waterprooffl.com. [Safe Kids Tampa](http://SafeKidsTampa.com) is a great local resource for information.

BE PROACTIVE— PREVENT DROWNING

¹ Centers for Disease Control and Prevention, <http://www.cdc.gov/homeandrecreationalafety/water-safety/waterinjuries-factsheet.html>, accessed 3/14

Clean Air Fair 2014

PLEASE JOIN US at this *free event* in honor of
Clean Air Month!

Date: Thursday, May 1, 2014 Time: 11:30 am - 1:30 pm

Location: Poe Plaza, downtown Tampa (On Franklin at Jackson Street)

-
- Environmental and Community Exhibits • Prize Drawings for Gift Cards and Local Attractions • Complimentary Refreshments and Food Items • Transportation and Bike/Pedestrian Exhibits
 - Health and Safety Information • Live Music •
-

This Year's Theme:

“*Environmental*
Stewardship
Begins With ...”



Join us as an exhibitor by calling the number below or email us at
jenkinsm@epchc.org ... or just be our guest and stop by.

We look forward to seeing you there!



Scan the blue box with your
smart phone for the
Clean Air Fair location

The Environmental Protection Commission
of Hillsborough County
3629 Queen Palm Drive · Tampa · FL 33619
(813) 627.2600 ext 1271 • www.epchc.org

Our Vision:
Environmental
Excellence
In a
Changing World

Jr. Lead Detective Program



Getting children engaged in healthy behaviors, with parents and caregivers setting good examples, can help establish habits that lead to a lifetime of healthier and safer living.

The **Jr. Lead Detective Program** teaches children, parents and caregivers basic information about lead poisoning prevention, good hand washing, and ways to be safe at home. Presentations are scheduled upon request.

Contact the Childhood Lead Poisoning staff at Florida Department of Health - Hillsborough County (813) 307-8071 or email: hillschdfeedback@doh.state.fl.us



FLORIDA DEPARTMENT OF HEALTH HILLSBOROUGH COUNTY

CHILDHOOD LEAD POISONING PREVENTION
AND HEALTH HOMES PROGRAM
Post Office Box 5135
Tampa, Florida 33675-5135

Phone: 813-307-8071
Fax: 813-272-6918
Email: hillschdfeedback@doh.state.fl.us
Subject Line: Lead Program

We're on the web!
www.hillscountyhealth.org



Mission: Protect, promote and improve the health of all people in Florida through integrated state, local and community efforts.