

july/august
2011

HEALTHY HOMES



COMMUNITY PARTNERS FOR HEALTHIER HOMES



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Pool safety is everyone's responsibility.

Drowning can be a silent catastrophe, one that can happen in the few minutes you take to answer a phone call or run inside for a towel. Florida leads the country in drowning deaths of children ages 1-4. Explore WaterproofFL.com to learn the steps you can take to secure your pool and protect Florida's children.

LAYERS OF PROTECTION ① SUPERVISION ② BARRIERS ③ EMERGENCY PREPAREDNESS

Layer 1. Supervision: Supervision, the first and most crucial layer of protection, means someone is always actively watching when a child is in the pool.

Layer 2. Barriers: A child should never be able to enter the pool area unaccompanied by a guardian. Barriers physically block a child from the pool.

Layer 3. Emergency Preparedness: The moment a child stops breathing there is a small, precious window of time in which resuscitation may occur. But only if someone knows what to do. Even if you're not a parent, it's important to learn CPR. The techniques are easy to learn and can mean the difference between life and death. In an emergency, it is critical to have a phone nearby and immediately call 911.



**Pool Drowning Deaths by County of Drowning, Ages 1 — 4,
2008—2009, and Pools by County, 2006**

Florida overwhelming has the highest unintentional drowning death rate in the nation for the 1-4 year old age group. The majority of drowning deaths in Florida in this age group occur in swimming pools. Adult supervision of children around water is crucial. While not a substitute for adult supervision, layers of protection, like door and window alarms, pool fences, locked doors, and pool alarms are also very important aids in helping prevent drowning and near-drowning.

The chart below shows the number of swimming pool drowning deaths in 2008-2009 for the 1-4 year old age group in the counties with the highest numbers. The number of residential swimming pools in each county is based on the “Survey of Residential Swimming Pools Assessed by Florida County Property Appraisers” conducted by the Office of Injury Prevention, Florida Department of Health, in the summer of 2006.

County of Drowning	Number of Deaths			Rank: Deaths	Number of Residential Pools, 2006	Rank: Pools
	2008	2009	Total			
Broward	8	3	11	1	113,157	1
Miami-Dade	5	3	8	2	76,477	3
Lee	6	1	7	3	62,481	6
Brevard	2	4	6	4	43,153	9
Hillsborough	2	3	5	5	71,960	4
Orange	3	2	5	5	61,096	7
Sarasota	3	2	5	5	45,000	10
Hernando	2	2	4	8	19,932	11

Data Source; Death Master Database, Office of Vital Statistics, Florida Department of Health, December 9, 2009
 Case Definition: Underlying cause of death, W67, W68 or underlying cause of death W73, W74, and “pool” recorded in drowning description or injury place text fields.

Summer Cleaning Tips for a Healthy Home



- Remember to keep and store all cleaning supplies out of reach of children.
- Vent the clothes dryer outside of the home to prevent mold and mildew.
- Wash sheets and blankets in hot water weekly to reduce asthma triggers.
- Never run lawnmowers, grills, or other combustion devices inside the garage.
- Seal holes and eliminate open sources of food and water to keep out rodents.
- If attic has asbestos, it is safest to leave it alone or seek professional removal.
- Ensure proper ventilation in the attic to prevent excessive moisture and mold.
- Dispose of any expired medications.
- Install grab-bars in showers and tubs, and use non-stick bath mats.
- Check batteries in smoke alarms and install carbon monoxide detectors.
- Vacuum carpets frequently to remove allergens.
- Protect your family from lead poisoning by painting before older paint begins to chip and crack.
- When cleaning dust off windowsills, use a wet rag to contain the dust.
- Move blind cords and draperies out of reach to prevent strangulation.
- If working outside, take care to stay hydrated and prevent heat stress.
- Use cleaning gloves and a HEPA mask if removing rodent debris. Wear gloves when sticking hands in dark corners, boxes, and potential spider nests.
- It is summertime! take some time to relax and avoid stress.

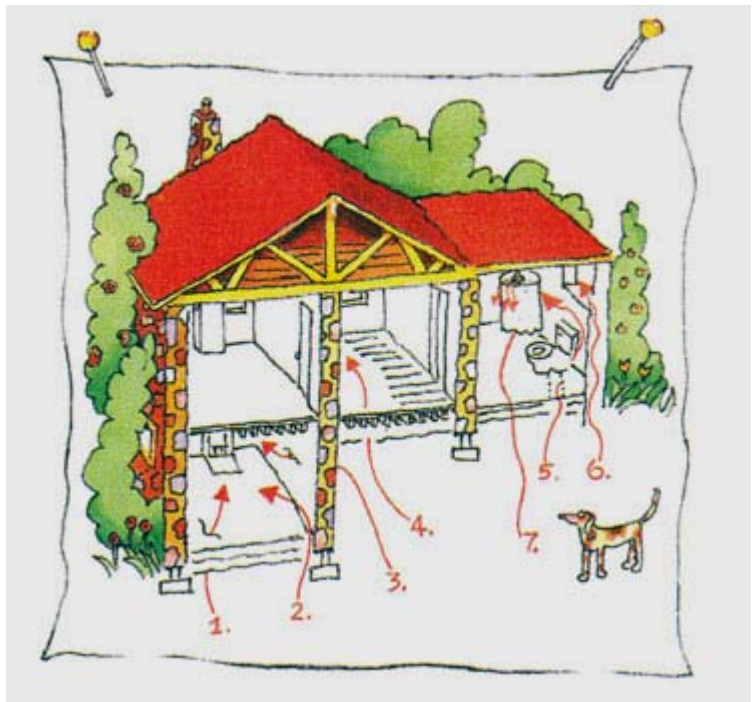
New Federal Radon Action Plan

Radon is an odorless, tasteless, naturally occurring radioactive gas. Radon is responsible for an estimated 20,000 lung cancer deaths each year. Radon gets in the home from the soil and rock underground, where it rises and becomes part of the indoor air environment. Radioactive byproducts of radon inhalation become trapped in the lungs, causing damage.

Fortunately, it is relatively easy to test for in the home. Levels of 4 picocuries per liter, pCi/L, require action, although levels below this still warrant attention. A new federal radon action plan developed at the national healthy homes conference will seek to demonstrate the importance of radon risk reduction, address finance and incentive issues to drive testing and mitigation, and build demand for service from professional nationwide industries. Learn more about the plan and how to protect yourself from radon at <http://www.epa.gov/radon>

RADON GETS IN THROUGH:

1. Cracks in solid floors
2. Construction joints
3. Cracks in walls
4. Gaps in suspended floors
5. Gaps around service pipes
6. Cavities inside walls
7. The water supply

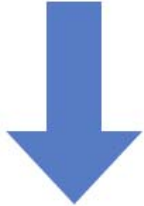


Source:

United States Environmental Protection Agency. (2010). Radon. Retrieved from: <http://www.epa.gov/radon>

FEDERAL GOVERNMENT ACTIONS TO REDUCE RADON RISK

DEMONSTRATE the importance of radon risk reduction



ADDRESS FINANCE and incentive issues to drive testing and mitigation



BUILD DEMAND for services from the professional, nationwide industry

- EPA, HUD, USDA, and HHS will collaborate on an interagency radon outreach initiative that builds on existing campaigns addressing home-based risks and or healthy homes.
- DOD will develop a communications campaign to educate all personnel – living both on and off base – about the health risks associated with radon exposure and solutions to address these risks.
- HUD will incorporate radon testing and mitigation into as many agency programs as possible to include public and other assisted housing.
- HUD will prepare a plan within the next 18 months to collect radon test results as part of its ongoing inspection protocol of public and assisted housing as the first step in conducting a baseline study of its housing stock.
- HHS will include radon in healthy homes activities (CDC National Center for Environmental Health).
- HHS will work to increase radon awareness among states participating in the National Comprehensive Cancer Control Program (CDC Division of Cancer Prevention and Control).
- HHS and EPA will explore including radon in environmental health tracking (CDC's National Center for Environmental Health).
- HHS will update the current Toxicological Profile for Radon (Agency for Toxic Substances and Disease Registry).
- DOE and HUD will promote radon awareness through their weatherization and healthy homes outreach.
- DOI will send a message on the hazards of radon to its approximately 70,000 employees.

- HUD's Power Saver Loan Program will make radon mitigation an explicitly eligible/allowable expense within the 25% non-energy related set-aside.
- USDA will develop working agreements with nonprofits that can assist 504 home repair grantees and loan recipients in funding mitigation efforts whenever radon is found at or above the EPA 4 pCi/L action level.
- USDA will educate Rural Housing Guarantee Program lenders and State Housing Finance Authorities about radon risks and encourage the testing of existing homes in Zones 1 (high) and 2 (medium) areas.
- USDA will leverage financing through renovation/repair programs and essential community programs to test and mitigate radon in schools and daycare facilities.
- VA will promote radon testing and mitigation through a comprehensive disclosure of the radon health risk to borrowers.
- VA will explore providing a radon mitigation cost set-aside through its Home Loan Guarantee program.
- EPA, HUD and USDA will engage the philanthropic community to support radon risk reduction in the context of their support for local healthy homes programs.
- EPA and Treasury will work together to facilitate the deductibility of radon testing/mitigation costs within Health Spending Accounts.





- DOD will review and update, as appropriate, the Unified Facility Criteria to reflect current standards for radon measurement, mitigation, and radon-resistant new construction for low rise buildings (e.g., multifamily, schools, daycare facilities).
- DOD will identify the universe of low-rise buildings in high radon potential areas (Zone 1) and, for those buildings not previously addressed, develop a testing and mitigation plan for those at or above the EPA 4 pCi/L action level.
- EPA will invest in new standards of practice for school measurement and mitigation, multifamily mitigation, and quality assurance.
- DOE will finish the radon study as part of the National Evaluation to determine whether the Weatherization Assistance Program (WAP) impacts radon levels in homes.
- DOE will test various remediation protocols to determine what level of effort is required when radon is discovered in a home or when the level rises after WAP services are delivered.
- DOE will add a healthy homes curriculum to WAP training requirements that includes radon identification and remediation protocols.
- DOE will include training, described above, as part of DOE's routine health and safety training such that every worker in the WAP network will be trained over the next 2 years.
- HUD's Healthy Homes Production Program grantees will check for sources of radiation, such as from radon, as required by HUD's Healthy Homes Rating Tool. Mitigation is required for high radon levels.
- USDA will collaborate with the Cooperative Extension Service (CES) to focus their testing efforts on new and existing Rural Housing financed properties.
- USDA will educate multifamily housing developers about radon risks and what construction mitigation strategies can be used when radon is found.
- USDA will promote radon testing and mitigation through Rural Development Housing and Community Facilities Programs.
- DOI, through the National Park Service, will test approximately 5,000 residential units for radon.
- DOI, through the Bureau of Indian Affairs, will test approximately 3,500 residential units and 500 schools, and will work with Tribes to increase awareness of the radon risk.
- GSA will explore testing for radon and mitigating high levels in childcare facilities through the Federal Real Property Program.
- GSA will promote professional radon services to federal tenants.

FREE



BACK TO SCHOOL

PHYSICALS AND IMMUNIZATIONS

-  **Parent or legal guardian must accompany child at all times.**
-  **Immunization record is required for free immunizations to school-aged children.**
-  **Free school physicals for any school-aged (K-12) child entering Florida schools for the first time.**
-  **No sports, Head Start or child care physicals will be available.**

SATURDAY, JULY 30, 2011

UCH-Carrollwood Auditorium
9 a.m. – 12 p.m.

7171 North Dale Mabry Hwy., Tampa, FL 33614
Walk-ins Only • Call (813) 443-3048

SATURDAY, AUGUST 6, 2011

Walden Lake Medical Arts Center
9 a.m. – 1 p.m.

1601 West Timberlane Dr., Plant City, FL 33566
Appointment Required • Call (813) 443-3048

**– IMMUNIZATIONS ONLY –
Sulphur Springs Health Center**

9 a.m. – 1 p.m.

8605 N. Mitchell Ave., Tampa, FL 33604
Immunizations Only
Walk-ins Only • Call (813) 443-3048

SATURDAY, AUGUST 13, 2011

**Howard W. Blake High School
Project LINK/St. Joseph's Hospital**
9 a.m. – 1 p.m.

1701 North Boulevard, Tampa, FL 33607
Appointment Required • Call (813) 443-3048

University Area Community Health Center
9 a.m. – 1 p.m.

13601 North 22nd Street, Tampa, FL 33613
Walk-ins Only • Call (813) 443-3048

SATURDAY, AUGUST 20, 2011

SouthShore Community Resource Center
9 a.m. – 1 p.m.

201 14th Avenue SE, Ruskin, FL 33570
Appointment Required • Call (813) 443-3048

Webb Middle School
9 a.m. – 12 p.m.

6035 Hanley Rd., Tampa, FL 33634
Walk-ins Only • Call (813) 443-3048

**OUR MISSION: No child shall miss one day of school due to lack of a physical examination or immunizations.
APPOINTMENT LINES OPEN JUNE 1, 2011**



2011

Back to School Coalition of Hillsborough County: AHCA, Amerigroup, Be Wise – Immunize (The Kiwanis Club of Tampa), BOCC Head Start/EHS, Catholic Charities Mobile Medical, Citrus Health Care, Hillsborough County Health Department, Hillsborough County Health & Social Services, Hillsborough County Public Schools, Plant City Kiwanis Club, Project LINK, Shriners Hospital for Children – Tampa, St. Joseph's Children's Hospital of Tampa, South Florida Baptist Hospital, Suncoast Community Centers, Tampa General Hospital, United Health Care, University Area Community Development Corporation, University Community Hospital, USF Pediatrics & Ronald McDonald Care Mobile

Join
Lead Alert
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Notification

When
official alerts
are issued, you'll
receive an e-mail
with information &
photos.

Visit:
www.hillscountyhealth.org
Community Health, Lead Program
Look for "Lead Alerts" or email
hills_chd_lead_alert@doh.state.fl.us

*This
includes
recalls for safety
issues & other
hazardous
products.*



Great interactive tools to educate and learn
about home safety hazards. Tour each room of an interactive
house at Home Safety Council's website.

<http://www.mysafehome.net/>

Recent product recalls due to lead include Toy Story 3 bowling game, Mymichelle clothing, GAMMA sports children's tennis racquets, and American girl crafts beads and bracelet kits. Visit www.cpsc.gov for more information.



Imported by G.A. Gertmanian
Los Angeles, CA 90031
#190051
MADE IN CHINA
JN 145-0710



Lot number is stamped on bottom of racquet



CAUTION:
Contains functional sharp points.
Use under adult supervision.

Create beautiful ribbon
bracelets with pearly beads!

Ages 4+



New Crib Standards

Beginning June 28, 2011, all cribs manufactured and sold (including resale) must comply with new and improved federal safety standards. The new rules, which apply to full-size and non full-size cribs, prohibit the manufacture or sale of traditional drop-side rail cribs, strengthen crib slats and mattress supports, improve the quality of hardware and require more rigorous testing. The details of the rule are available on CPSC's website at www.cpsc.gov/businfo/frnotices/fr11/cribfinal.pdf By 12/28/2012 all cribs in use for business or public accommodation must comply.



Renovation, Repair, and Painting (RRP) training

Training includes:

- Interactive training from experienced trainers
- Covers potential liability to Certified Renovators & firms
- Covers insurance requirements
- Newsletter available for updates on regulation changes
- Instructors available for consultation
- Course package includes required forms and caution signs

Class approved by Florida Construction Industry Licensing Board for 7.5 CEU points in Florida only.

ESHI provider #0001350
Course #0608492
Effective 3/9/2010

**Contact James Rizk, CIH, FLAC for more information
(813) 626-8156**

no-cost training

**OPPORTUNITIES:
CALL (813) 307-8071 FOR FULL INFORMATION.**

HEALTH CARE PROVIDERS AND STAFF
at your office:

“LEAD SCREENING GUIDELINES AND PROTOCOLS”

By request
Call (813) 307- 8015 Ext. 7112, 7108, or 7105

COMMUNITY MEMBERS
“How to Have a Healthy Home”
Call 307-8015 ext. 7112 or 7108
for class schedule and location.

If you are interested in partnering with many other community businesses, agencies, organizations, and committed individuals in working to ensure our community and homes are healthy places to live,

**join the more than 60 other groups
who are currently collaborating.**

**Community Partners for Healthy Homes
(813) 307- 8015, ext. 7108
*Educational opportunities are offered.***

**Free Home Hazards Identification Training
and
New Home-Buyer Education
scheduled for groups upon request.
(813) 307-8071**



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**Managing Editors:
Cynthia Keeton
Cindy Hardy**

Family Support & Resource Centers

UPCOMING EVENTS JULY 2011

BRANDON

Kindergarten Transition

All aboard the kindergarten express. Author and former K5 teacher Luana Mitten will teach your child and family about transitioning to kindergarten.

Registration is required. Tuesday, July 26 from 6pm to 7:30pm.

Automotive Class

Learn to do basic check of your vehicle safety. This class will cover general maintenance such as changing your air filter, changing your oil and checking your tire pressure. For individuals 16 years and older. Thursday, July 28 from 6pm to 8pm.

CENTRAL TAMPA

Electrician Class

Learn more about your home's electrical system. This class will cover quick system checks you can perform safely before you call an electrician, such as checking the breakers. For individuals 18 years and older. Tuesday, July 19 from 6pm to 8pm.

Yoga

Yoga is the perfect way to ensure overall health and physical fitness. Through meditation, breathing exercises you can banish all your stress and lead a healthy life. Tuesday, July 12 from 6:30pm to 7:30pm.

NORTH TAMPA

Summer Program Registration

Children entering the 3rd, 4th, and 5th grades will learn to be *Too Good for Drugs and Violence* by discovering social skills such as: communication, goal setting, dealing with emotions, conflict resolution, respect for self and others, money management skills at the child level, FCAT skills, and arts & crafts. Lunch will also be provided. Classes will be held on Mondays and Wednesdays from 10:30am to 2:30pm. Please call to place your child's name on the interest list prior to the registration date. Registration will be held on Friday, July 1 from 5:30 to 6:30pm.

Flooring Class

Learn how to lay a laminate floor efficiently and safely. For individuals 16 years and older. Saturday, July 23 from 5:30pm to 7:30pm.

SOUTH COUNTY

Basic Computer Classes: English and Spanish

Learn how to use basic programs for work or school such as navigating the Internet and Microsoft Word in this 6 to 8 week class. Registration is required. Classes begin Monday, July 6. English class begins at 1pm, Spanish class begins at 2pm.

Coffee & Careers Employability Workshops

Sign up for an interactive 2 day job skills training that will focus on job searches and what employers are looking for in regards to work skills, resume/cover letter writing, interviewing skills, dressing the part, and getting and keeping the job. Registration is required. Workshops will be held on Monday, July 18 and Wednesday, July 20 from 9am to 12pm.

TOWN 'N COUNTRY

Hurricane Preparedness Event

Learn how you and your family can prepare for this hurricane season. Hurricane preparation packages will be given away while supplies last. Registration is not required but encouraged. Tuesday, July 19 from 6pm to 7:30pm.

Infant Playgroup

Caregivers and babies play together enhancing infant development and the adult/child relationship. This class is filled with music, finger plays, bubbles and a parachute! For non-walking infants. Wednesday, July 27 from 10am to 11am.

Florida Blood Services Bloodmobile, July 8

Donate blood, give the gift of life. One donation may save up to three lives.

Brandon: 12:30pm to 2:30pm

Central Tampa: 1pm to 4pm

North Tampa: 1pm to 4pm

South County: 8:30am to 11:30am

Town 'N Country: 9am to 12pm

Child Development Playgroups

Caregivers and children play together enhancing development and the adult/child relationship, led by a trained facilitator. Check Center calendars for times and dates.

www.familysupporthc.org

This 4th of July, Practice Safety Around Fireworks



- Never point or throw fireworks at a person or an animal.
- Do not allow children to ignite or play with fireworks.
- Never try to re-light or fix fireworks that do not light on the first try.
- Never put your face or any part of the body directly over a firework.
- Keep a bucket of water or fire extinguisher handy in case of fire.
- Sparklers burn at temperatures near 2,000 degrees. Use common sense!
- Only light one firework at a time, then back away to a safe distance.
- Check your local laws regarding the legality of firework displays.

