Draft Group Facilitation Guide Last updated: March 17, 2014

| Lead | 2 |
|----------------------|---|
| Actions | 4 |
| Asthma | 4 |
| Additional Resources | 6 |
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Supplies: Sugar packets

Key points to cover:

- -
- Lead poisoning is preventableLead poisoning

2. Dip finger in sugar. May have 50 or so grains; visual of how much can poison a child.

If the above activities do not lead the group to touch on all key points, facilitator may use the following discussion guide to address key points:

- 1) If lead is a problem for kids, why talking to pregnant women?
 - a.
- history/bones/occupation) (blood test for women; calcium can help)
- b. Avoid NEW exposure
 - i. Lead paint banned in 1978. Homes built before then may have lead paint.
 - ii. Fix lead hazards by replacing or painting leaded windows and other parts of home.
 - iii. Hire EPA-certified firm or use lead-safe work practices if doing own work to avoid adding new hazards.
 - iv. Keep pregnant women and young children away during renovations/ repairs.
- c. Protecting baby after birth

i.

- i. Clean windowsills and floors weekly with soap and water
 - especially before eating and after playing outside
- 2) Are the windows in your house made of painted wood?
 - a.

ii.

before 1978

- d. Keep pests away
- 3) Healthy Housekeeping
 - a. Discuss healthy housekeeping techniques:
 - i. Work wet: lightly mist the area when sweeping and dusting to trap dust and keep it out of the air
 - ii.

floor, rinse mop before returning to soapy water. This removes about 80% more from the floor during mopping. Change rinse water after each room. Note: this also helps

- iii. Store and use chemicals safely: follow directions carefully; never mix chemicals; use in well-ventilated room; consider using safe chemical alternatives (many chemical cleaners can trigger asthma in sensitive individuals); store chemicals away from children and pets in clearly labeled containers
- iv. Reduce dutter to make cleaning easier, reduce dust, and help keep pests away
- b. If available, hand out alternative cleaner recipes, healthy home booklets, and DVDs.
- 4) Questions and wrap-up
 - a. Are there things in your home that could contribute to asthma? If so, how can you change them?
 - b. What are some ways to manage .27 T

Matte, TD and DE Jacobs. (2000). Housing and health: Ourrent issues and implications for research and programs. Journal of Urban Health 77(1): 7-25.