Appendix 8

Healthy Homes "On the Road" Kit

The Healthy Homes "On the Road" Kit was used in conjunction with the Healthy Homes Concepts presentation (Appendix 6). The kit included resource and reference materials, hands-on display items, and miscellaneous training materials. Staff found that it was simplest to transport items in a caddy with wheels.

Display items marked with "(asthma activity)" items were sometimes used in an activity with presentation attendees. At the beginning of the workshop, the presenter handed these items to members of the group. Before discussing asthma with the group, the presenter would ask participants to go around and describe what each item has to do with asthma. The purpose of this exercise was to get participants thinking about common items in the home and how they might be related to environmental health. Likewise, this discussion also got participants thinking about other healthy homes pieces they had already learned, and seeing how interconnected home health hazards can be.

1. Resource and Reference Materials (Please visit http://www2.envmed.rochester.edu/envmed/ehsc/outreach/communitypartners/Resources.html for copies of printed materials, or contact the corresponding author)
    a. Evaluations
    b. Resource Lists
    c. Recipes for safe alternative cleaners
    d. Flier describing healthy homes issues and linking to UR website
    e. Individual checklists for each hazard covered during the presentation
    f. Lead Hazard Control grant applications
    g. Fliers for local programs
    h. Booklet with healthy homes information and local resources described in depth
    i. Sign-in sheets

2. Presentation Materials
    a. Laptop
    b. Projector
    c. Extension and power cords
    d. Tape
    e. Pen
    f. Giveaways (popular giveaways include: spray bottles, mouse traps, over-door hangers, sponges/scrubbies, baking soda, vinegar, borax, bag clips/clothespins, small plastic food containers, toilet brushes)

3. Display Items

Item	Purpose
Generic spray bottle	demonstrate “working wet” discussing alternative cleaners (mixing your own)
Bottle of chemical cleaner	dangers of chemical cleaners (asthma activity) chemicals can trigger asthma attacks
Child safety locks (various)	keep chemicals locked away from children and pets; demonstrate how they work, various kinds
Some combination of: toothpaste & athlete’s foot cream, window cleaner & sports drink, parmesan cheese & Comet, floor polish & olive oil, mouthwash & floor cleaner, juice bottle and floor cleaner	demonstrate chemical look-alikes; importance of keeping chemicals and food separate
Two-sided bucket, or two buckets	demonstrate lead-safe mopping (one bucket for cleanser, one to rinse mop)
Carbon monoxide detector	demonstrate what they look like, different kinds (may be beneficial to demonstrate sound depending on audience, e.g., refugees)
Radon test kit	Demonstrate types of kits, what they look like, cost
MERV1 furnace filter	Demonstrate what NOT to use
MERV8 or MERV10 furnace filter	Demonstrate what to use (for this particular kind of furnace and low-cost filter options)
Dust mite pillow cover	(asthma activity) keeps dust mites out of pillows, reduces allergens
Stuffed animal	(asthma activity) holds dust mites. Can wash regularly in 130°F water to kill dust mites.

Item	Purpose
Placebo inhaler	(asthma activity) emergency response to asthma; want to reduce use by controlling triggers
Smoking cessation hotline card (or other asthma or smoking resource)	(asthma activity)local resource to help reduce asthma triggers discuss influence of smoking on asthma
Mouse traps	(asthma activity) controlling pests helps control asthma
Rat traps	demonstrate importance of knowing difference between pests (mouse vs rat) large visual for demonstrating how to set traps
Sealable plastic food containers	(asthma activity) control pests to reduce asthma triggers by keeping food in sealed containers
Steel wool and/or copper mesh	(asthma activity) plug holes in walls/foundation to keep rodents out and reduce asthma triggers
Caulk or expanding foam	(asthma activity) seal cracks to keep pests out fix leaks to reduce moisture and mold issues
Cockroach bait stations	(asthma activity) cockroaches are an asthma trigger. Control them safely. demonstrate how to control roaches (and ants, with ant bait) safely
Bed bugs	Point of interest for many trainees…many have not seen a bed bug demonstrate size of pest (why they're so good at hiding) – many people mix up dust mites and bed bugs, this helps show the difference (there is a picture of a dust mite in the presentation) supplied by county health department; preserved in alcohol