Siouxland Healthy Homes Coalition

August 2020 Newsletter

**Vision:**
Working to create safe and healthy homes to support a healthy community.

**Mission Statement:**
The Siouxland Healthy Homes coalition is a comprehensive approach to: Educate and partner within the community to promote the 8 principles of a healthy home. Keep it Dry, Keep it Clean, Keep it Pest-Free, Keep it Ventilated, Keep it Safe, Keep it Contaminant-Free, Keep it Maintained, Keep it Thermally Controlled.

**Core Values:**
- Health focused
- Educating
- Advocating
- Leading
- Training
- Hearing the community
- Yielding results
- Helping
- Optimizing
- Motivating to action
- Engaging community partners
- Sustaining

For resources and to learn more about the Siouxland Healthy Homes coalition go to: www.siouxlanddistricthealth.org and search for "Healthy Homes".

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**Healthy Homes Meeting Dates:** Nov 16*, 11:00 a.m. - 1:00 p.m.
*Dates are subject to change or be cancelled

**New members are always welcome!** Please contact Alicia Sanders for more information on how to get involved: asanders@siouxlanddistricthealth.org

**Has Your Child Been Tested for Lead?** In Iowa, legislation requires all children entering kindergarten have at least one blood lead level test. Contact your child’s Physician to either schedule a blood lead test or check to ensure that your child has been tested for lead.

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**Teach Children How to Wash Hands**

Washing your hands is easy, and one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to schools, childcare facilities and hospitals.

**Key Times to Wash Hands**
You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- **Before**, during, and **after** preparing food.
- **Before** eating food.
- **Before** and **after** caring for someone at home who is sick with vomiting or diarrhea.
- **Before** and **after** treating a cut or wound.
- **After** using the toilet.
- **After** changing diapers or cleaning up a child who has used the toilet.
- **After** blowing your nose, coughing, or sneezing.
- **After** touching an animal, animal feed, or animal waste.
- **After** handling pet food or pet treats.
- **After** touching garbage.

**During the COVID-19 pandemic, you should also clean hands:**

- After you have been in a public place and touched an item or surface that may be frequently touched by other people, such as door handles, tables, gas pumps, shopping carts, electronic cashier registers/screens, etc.
- Before touching your eyes, nose, or mouth because that’s how germs enter our bodies.

**Follow 5 Steps to Wash Your Hands the Right Way**

1) **Wet** your hands with clean, running water (warm or cold) and apply soap.
2) **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3) **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4) **Rinse** your hands well under clean, running water.
5) **Dry** your hands using a clean towel, paper towel or air dry them.

Helpful Hint: After washing your hands, use the paper towel or your shirt sleeve to open the door.

Helpful Hint: When soap and water are not available, hand sanitizer should be used. Be sure to rub hands together for 20 seconds.

All information courtesy of www.cdc.gov

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The Siouxland Healthy Homes Coalition is coordinated by the Siouxland District Health Department
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www.siouxlanddistricthealth.org