



# Siouxland Healthy Homes Coalition

## October 2023 Newsletter

### Fire Prevention Week: October 8-14, 2023

#### Cooking safety starts with YOU.

Pay attention to fire prevention.™

FIRE PREVENTION WEEK™



- According to NFPA, cooking is the leading cause of home fires
- Nearly half (49 percent) of all home fires involved cooking equipment
- Cooking is also the leading cause of home fire injuries
- Unattended cooking is the leading cause of home cooking fires and related deaths
- NFPA data shows that cooking is the only major cause of fire that resulted in more fires and fire deaths in 2014-2018 than in 1980-1984

#### Safety Tips

- Always keep a close eye on what you're cooking. For foods with longer cook times, such as those that are simmering or baking, set a timer to help monitor them carefully.
- Clear the cooking area of combustible items and keep anything that can burn away from the cooking area, this includes items such as dish towels, oven mitts, food packaging, and paper towels.
- Turn pot handles toward the back of the stove. Keep a lid nearby when cooking. If a small grease fire starts, slide the lid over the pan and turn off the burner.
- Create a "kid and pet free zone" of at least three feet (one meter) around the cooking area and anywhere else hot food or drink is prepared or carried.

Fire Prevention Week is observed each year during the week of the October 9<sup>th</sup>. This week is in commemoration of the Great Chicago Fire, which began on October 8, 1871. The fire killed more than 250 people, left 100,000 homeless, destroyed 17,400 structure and burned 2,000 acres of land.

All information courtesy of: Sioux City Fire and Rescue

#### 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](http://www.siouxlanddistricthealth.org) and search for "Healthy Homes".

**Childhood Lead Poisoning Can Occur at Any Age:** Lead based paint in homes built before 1978 is the #1 cause of lead poisoning. Most lead poisoned children do not look or feel sick. The only way to know if your child is lead poisoned is through a blood lead test. At the minimum, children should be tested for lead at 12 and 24 months. Children who live in or regularly visit a home that was built before 1978 should be tested more frequently. Talk with your child's health care provider about a blood lead test for your child.

**Upcoming Healthy Homes Meeting Date:** Monday November 13, 2023; 11:00 a.m. - 1:00 p.m.  
**New members are always welcome!** Please contact Alicia Sanders for more information: [asanders@siouxlanddistricthealth.org](mailto:asanders@siouxlanddistricthealth.org).



The Siouxland Healthy Homes Coalition is coordinated by the Siouxland District Health Department  
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[www.siouxlanddistricthealth.org](http://www.siouxlanddistricthealth.org)