



Siouxland Healthy Homes Coalition

April 2024 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

Prescription Drug Safety

- Prescription drug abuse is the use of a prescription medicine in a way not intended by the prescriber
- Prescription drug abuse or misuse, includes everything from taking a friend's prescription painkiller to snorting or injecting ground-up pills to get high
- Prescription drug abuse may become ongoing and compulsive, despite the negative consequences

Most Commonly Abused Prescription Drugs

Signs and symptoms of prescription drug abuse depend on the specific drug. Because of their mind-altering properties, the most misused prescription drugs are:

- **Opioids** used to treat pain
- **Anti-anxiety medicines, sedatives and hypnotics** used to treat anxiety and sleep disorders
- **Stimulants** used to treat attention-deficit/hyperactivity disorder (ADHD) and certain sleep disorders

Prevention

- Make sure you're getting the right medicine
- Check in with your health care provider to ensure the medicine is working
- All medicine should only be taken as it is prescribed
- Ask your health care provider or pharmacist about both the effects and side effects of the medicine
- Never share prescription medicine
- Never take/use someone else's prescription medicine
- Don't order prescriptions online unless they're from a trustworthy pharmacy
- Talk with your children about the dangers of prescription medicine and set rules
- Keep prescriptions out of reach of children and in a locked cabinet
- Make sure your child is not ordering drugs on-line
- Properly dispose old and unused medicines

Participate in National Prescription Take Back Day

Saturday April 27, 2024
10:00 a.m. - 2:00 p.m.

Several pharmacies throughout Siouxland participate in this event

For poisoning questions call the Poison Help line at 800-222-1222

All prescription drug information courtesy of www.mayoclinic.org

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: May 20, 2024 11:00 a.m. - 1:00 p.m.

New members are always welcome! Please contact Alicia Sanders for more information: asanders@siouxlanddistricthealth.org.



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