

# Healthy Neighborhood Program



Onondaga County Health Department

(315) 435-5431



# What is Healthy Neighborhood Program (HNP)

HNP assists families in identifying and reducing the burden of housing related illness through a healthy homes approach.

**The overall goals of the grant are:**



prevent fire deaths



carbon monoxide



Reduce asthma hospitalizations



improve air quality in the home



childhood lead poisoning



Pest management



# Reduce the burden of housing related illness through a healthy home approach

Accomplished through a grant from NYSDOH to provide education and materials on:



Fire safety



Lead poisoning



Asthma education



Slips, trips, and falls



Radon testing



Poison control



Carbon monoxide



Mold control



Pest management



...and more



# Healthy Neighborhood Program Staff



**Erika**

**Tim**



# Residential Safety



Reduce slips, trips, and falls hazards



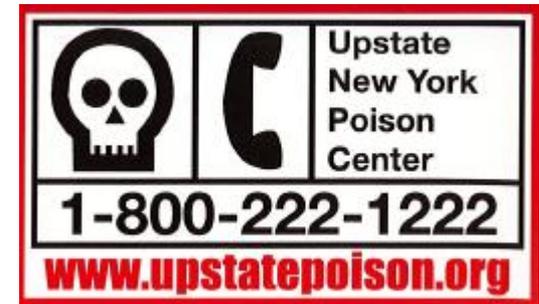
Information on mercury poisoning



Child safety items



Healthy Home Checklist



# Prevent fire deaths and carbon monoxide poisoning



Free smoke and carbon monoxide detectors



Practice E.D.I.T.H.(exit drills in the home)



# Indoor Air Quality



Radon Testing



Mold Control



Reduce smoking in the home



Smoking cessation



Educate on the dangers of second hand  
smoke exposure





# Pest Control



Store food in sealed containers



Keep floors and surfaces clean



Wash dishes daily



# Asthma Education and Action Plan!

## GREEN ZONE: GO!

You have **ALL** of these:

- Breathing is easy
- No cough or wheeze
- Can work and play
- Can sleep all night



Take These **DAILY CONTROLLER MEDICINES (PREVENTION)** Medicines **EVERY DAY**

No daily controller medicines required

Daily controller medicine(s): \_\_\_\_\_

\_\_\_\_\_

Take \_\_\_\_\_ puff(s) or \_\_\_\_\_ tablet(s) \_\_\_\_\_ daily.

For asthma with exercise, ADD: \_\_\_\_\_,

\_\_\_\_\_ puffs with spacer \_\_\_\_\_ minutes before exercise

**ALWAYS RINSE YOUR MOUTH AFTER USING YOUR DAILY INHALED MEDICINE.**

## YELLOW ZONE: CAUTION!

You have **ANY** of these:

- Cough or mild wheeze
- Tight chest
- Shortness of breath
- Problems sleeping, working, or playing



Continue **DAILY CONTROLLER MEDICINES** and **ADD QUICK-RELIEF** Medicines

Take daily controller medicine if ordered and add this quick-relief medicine when you have breathing problems:

\_\_\_\_\_ inhaler \_\_\_\_\_ mcg

Take \_\_\_\_\_ puffs every \_\_\_\_\_ hours, *if needed*. Always use a spacer, some children may need a mask.

\_\_\_\_\_ nebulizer \_\_\_\_\_ mg / \_\_\_\_\_ ml

Take a \_\_\_\_\_ nebulizer treatment every \_\_\_\_\_ hours, *if needed*.

Other \_\_\_\_\_

If quick-relief medicine does not HELP within \_\_\_\_\_ minutes, take it again and CALL your Health Care Provider

If using quick-relief medicine more than \_\_\_\_\_ times in \_\_\_\_\_ hours, CALL your Health Care Provider

**IF IN THE YELLOW ZONE MORE THAN 24 HOURS, CALL HEALTH CARE PROVIDER.**

## RED ZONE: EMERGENCY!

You have **ANY** of these:

- Very short of breath
- Medicine is not helping
- Breathing is fast and hard
- Nose wide open, ribs showing, can't talk well
- Lips or fingernails are grey or bluish



Continue **DAILY CONTROLLER MEDICINES** and **QUICK-RELIEF** Medicines and **GET HELP!**

\_\_\_\_\_ inhaler \_\_\_\_\_ mcg

Take \_\_\_\_\_ puffs every \_\_\_\_\_ hours, *if needed*. Always use a spacer, some children may need a mask.

\_\_\_\_\_ nebulizer \_\_\_\_\_ mg / \_\_\_\_\_ ml

Take a \_\_\_\_\_ nebulizer treatment every \_\_\_\_\_ hours, *if needed*.

Other \_\_\_\_\_

**CALL HEALTH CARE PROVIDER AGAIN WHILE GIVING QUICK-RELIEF MEDICINE. If health care provider cannot be contacted, CALL 911 FOR AN AMBULANCE OR GO DIRECTLY TO THE EMERGENCY DEPARTMENT!**

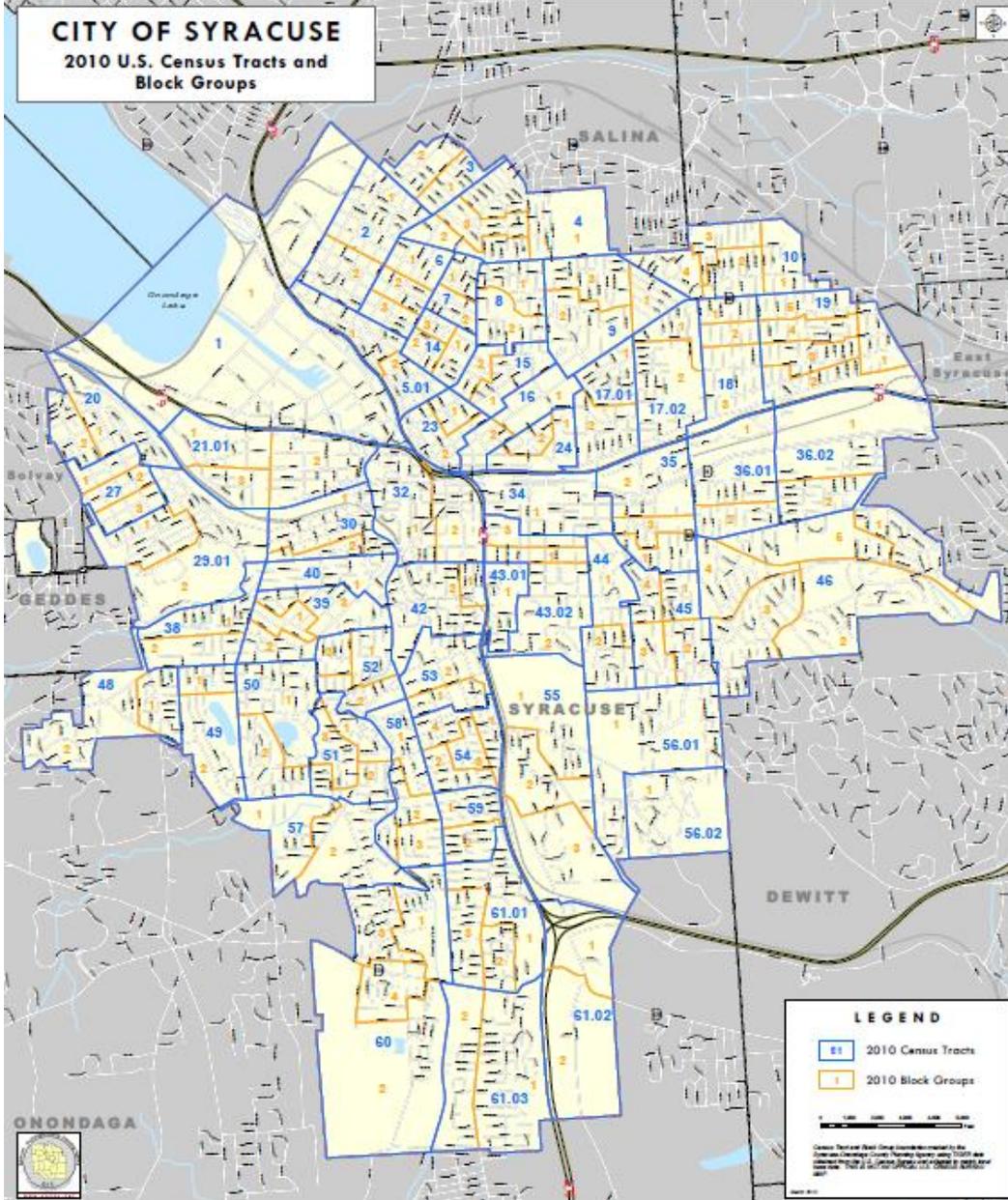




# Reducing Childhood Lead Poisoning



**CITY OF SYRACUSE**  
2010 U.S. Census Tracts and  
Block Groups



# We Missed You!

The Healthy Neighborhood Program Staff Was Here

## WE WANT TO KNOW:

Do you need smoke or carbon monoxide detectors?  
Does any of your family suffer from asthma?  
Have your children been tested for lead?



HELP US HELP YOU!

For information on asthma, home lead testing, **free** smoke and carbon monoxide detectors, and **free** cleaning supplies call the Healthy Neighborhood Program **(315) 435-5431** or email [healthyneighborhood@ongov.net](mailto:healthyneighborhood@ongov.net) today!



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