



PREVENTION WORKS

INTRODUCING

engage • educate • empower

The *Prevention Works* campaign is designed to engage, educate and empower our employees to better utilize the extensive benefits available to you as a Larimer County employee designed to proactively manage your health.

If your home was built before 1978...

- Check painted doors, windows, trim, and walls for lead.
- Check hardboard siding for asbestos.
- If painted walls, doors, windows, or trim contain lead, keep children away from peeling or damaged paint and prevent children from playing around the ground next to walls.

Water Sources

- Make sure private wells are sealed and capped.
- Consider testing your well for pesticides, organic chemicals, and heavy metals before you use it for the first time.
- Test private water supplies annually for nitrate and coliform bacteria to detect contamination problems early.



This quarter, our focus is...
HEALTHY HOME

Wellness extends well beyond the workplace and there are few easy steps you can take to make your home a healthier and safer place.



Remove leaves and debris from gutters regularly, and extend downspouts to drain away from the house.

Repair broken glass and seals in windows and doors.

Replace missing or broken shingles or flashings.

Do not leave open garbage containers near the home, this can attract critters.

Install and maintain fences completely around property, with openings less than 1/4 inch to keep pets and children safe.

- Clear window wells of trash and debris.
- Consider window well covers.



NEXT QUARTER'S FOCUS: MENTAL & EMOTIONAL WELL-BEING

5 MINUTES TO A HEALTHIER HOME



Do a 3-minute “clean sweep.” Pick one small area of your home - like your junk drawer or stairs - and take three minutes to sort the items and get rid of what you don't need.

Clutter can collect dust, mold, and other allergens and gives pests a place to hide. If clutter is left on the floor or stairs, it can cause you to trip and fall.

Program the number for poison control into your cell phone: 1-800-222-1222

Everyday in the United States, over 300 children ages 11-19 are treated in emergency departments for poisonings.



Make your home smoke free. Never let anyone smoke anywhere in or near your home.

Parents are responsible for 90% of their children's exposure to smoke.



Test your smoke alarm.

Using smoke alarms in your home cuts your risk of dying in a fire in half.



Check your locks.

Make sure locks function correctly and can be operated by a child in an emergency.

Wash your hands with warm, soapy water for at least 20 seconds (about the time it takes to sing the song “Happy Birthday” twice).

Each year, about 48 million Americans get sick from eating contaminated or improperly prepared foods.



Have 5 more minutes?

Log on to www.hud.gov/healthyhomes for information on topics like lead, mold, radon, asbestos, pests, and more!

Could radon be infiltrating your indoor air?

The Healthy Homes program of Fort Collins offers residents a FREE, comprehensive in-home assessment to evaluate your home's indoor air quality. Visit www.fcgov.com/healthyhomes/.

Important Links

Smoke and Carbon Monoxide Alarms

- www.poudre-fire.org/services/smoke-and-carbon-monoxide-alarms

Air Quality and Radon

- www.larimer.org/spotlights/2018/01/10/radon-awareness-programs
- www.fcgov.com/healthyhomes/

Water Quality

- www.larimer.org/health/clean-air-water-and-soil/drinking-water/water-sampling-lead-and-copper
- www.larimer.org/health/clean-air-water-and-soil/drinking-water/nitrate-or-nitrite-water-sampling-information



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