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**For Release**  
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## **LEAD-FREE MV OBSERVES NATIONAL HEALTHY HOMES MONTH**

**UTICA, NY** – The COVID pandemic has likely increased environmental health risks as Americans are spending close to 90% of their time indoors. *National Healthy Homes Month* (NHHM), created by HUD’s Office of Lead Hazard Control and Healthy Homes (OLHCHH), recognizes the importance partnerships, the value of home assessments and the impact awareness can have on a person’s health; and to empower people to make change in order to create the healthiest home possible for themselves and their family.

NHHM was established to focus national attention on ways to keep people of all ages safe and healthy in their home. According to Caroline Williams, Lead-Free MV Program Manager, “There are easy actions local families can take right now to reduce the effects of environmental health hazards: structural dilapidation; roofing problems; heating, plumbing, and electrical deficiencies; water damage; mold; pests; lead-based paint; and high radon gas levels.” It is important to remember that these housing problems can contribute to a wide range of health issues, unintentional injuries, lead poisoning, and respiratory illnesses.

Funds are still available through the Lead Safe Utica & Utica Healthy Homes Program to address lead and other hazards in older housing located in Utica. To apply for assistance, eligible families living in the City of Utica can fill out the HomeOwnershipCenter’s Lead Safe Utica intake form at [unhs.org/lead-safe-utica-intake-form](https://unhs.org/lead-safe-utica-intake-form) or call 315-724-4197.

Easy actions can be taken all month to protect you family:

Week 1: Learn about the 8 Principles of a Healthy Home

Week 2: Follow the Healthy Homes Calendar

Week 3: Conduct a Healthy Homes ‘Do It Yourself’ Assessment

Week 4: Use the Room by Room Healthy Homes Checklist

Week 5: Review Hazard Specific Fact Sheets for any issues that are identified

Learn more about these and other actions you can take to keep your family safer and healthier at: [www.leadfreemv.org/healthyhomes](https://www.leadfreemv.org/healthyhomes).

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*The **Lead-Free Mohawk Valley Coalition** is a strategic initiative of The Community Foundation of Herkimer and Oneida Counties focused on Healthy Housing, specifically the reduction of household lead hazards in the Mohawk Valley. For information, visit [www.leadfreemv.org](https://www.leadfreemv.org) or call 315-724-4197. For more information on HUD’s National Healthy Homes Month 2021, visit [www.hud.gov/healthyhomes](https://www.hud.gov/healthyhomes).*