

CORONAVIRUS & HEALTHY HOMES



Keep Your Home Safe From Health Hazards During COVID-19

Be aware of increased health risks from spending a significant amount of time in older housing, with relatives, or at a childcare provider during this stay at home period.

1. VISITING

Limit your children's contact with other people. Consider postponing visits or trips with grandparents and other older people. Maintain social connections with friends and family by mail or with supervised phone calls and video chats.

QUICK FACT

Lead poisoning and COVID risks can be reduced by washing your hands and face

2. PLAYING

While school is out, children should not have in-person playdates. While outside or playing in public spaces wear a mask and stay 6 feet from anyone not in your own household. Wash your hands and face when coming inside.

3. WORKING

When returning from work outside the home, change your clothing or uniforms, then put them immediately into the laundry, sanitize items you brought home from work and wash your hands.

4. EATING

Make sure children are getting regular nutritious meals that are high in iron and rich in calcium like milk and dairy. Wash your hands before eating.

5. REMOVING

Take off shoes when coming inside. Don't bring outside viruses or lead dust into your home.

6. WASHING

Wash children's face and hands with soap and water for at least 20 seconds when coming indoors, before meals, and before naps and bedtime. Wash household items several times daily particularly toys, pacifiers, and objects children put in their mouths.

7. CLEANING

Wet wipe, clean, and disinfect windowsills and frequently touched surfaces (tables, doorknobs, switches, handles, phones, remotes, sinks, etc.) daily to reduce viruses, contaminants, and lead dust. Keep toddlers and young children from touching or playing near windows. Don't put fans in windows with peeling or chipping paint.

8. MOPPING

Wet mop or damp mop floors weekly. Don't dry sweep; it can spread viruses, lead dust and asthma triggers. Even a wet Swiffer type mop can help – change the pad often.

Clean with Bleach Solution

Mix 5 Tablespoons (1/3 cup) bleach per gallon (16 cups) of water

OR

Mix 4 teaspoons bleach per quart (4 cups) of water

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9. PROTECTING

Keep children away from chipping or peeling paint. Block it with furniture or whatever you can safely use until it is repaired. You can even tape paper or cardboard over a hole in the wall until repairs can be made. Don't let children teethe on railings, windowsills/wells or frequently touched surfaces.

10. NOTIFYING

Contact your landlord if paint needs repair. Don't let anyone make unsafe repairs while the family is in the home. Make sure there is proper clean up after work is done and before you return.

11. INSPECTING

Contact your local housing agency or health department's lead poisoning prevention programs. They can let you know you whether they can conduct home inspections or add you to their waiting list.

REMINDER:

Current rules in some locations may not permit contractors to work in housing units. Cleaning and barriers may currently be the best option.

12. TESTING

If you have concerns about lead poisoning contact your child's healthcare provider or your local health department's childhood lead poisoning program. If you are concerned about possible symptoms from the COVID-19 coronavirus, contact your healthcare provider or urgent care center. Do not go to a medical office without calling first.

If you have limited English proficiency, translated materials and interpretation services are available.

The Center Translation Services:

<https://www.thecenterutica.org/our-services/interpretation/>

Renovation, Repair, and Painting:

[Childproof Your Home Improvements English; En Español \(PDF\)](#)

Protect Your Family from Lead:

[Protect Your Family From Lead; Proteja a Su Familia Contra el Plomo; Hãy Bảo Vệ Gia Đình Của Bạn Khỏi Bị Nhiễm Chì Ở Trong Nhà; Вашем доме: защитите свою семью от свинца; إحم أسرته من الرصاص الموجود في بيتك; Badbaa di Qoyska Halista \(PDF\)](#)

Information and resources during the "Stay at Home" order

Center for Disease Control (CDC)

COVID: Website <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children.html>

Oneida County

COVID: Hotline 315-798-5431 | Website <https://www.ocgov.net/oneida/health/Coronavirus>

Lead Poisoning: Phone 315-798-6400 | Website <https://ocgov.net/oneida/envhealth/childlead>

Mental Health: Hotline 1-800-678-0888

Family Services: Helpline 315-798-5439

Mohawk Valley Housing and Homeless Coalition / 2-1-1

Phone 844-3425-211 | Website <https://www.mvhomeless.org/>

Legal Services of Central New York

Helpline 877-777-6152 | Website <https://www.lscny.org/>

Utica Neighborhood Housing Services / HomeOwnershipCenter

Phone 315-724-4197 | Website <http://www.unhs.org/lead-safe-utica/>