

TOOLKIT
THE ESSENTIAL GUIDE TO CARING FOR
EVERYTHING IN YOUR HOME

MAKING OUR HOMES



This material made possible by funds from
the California Department of Public Health,
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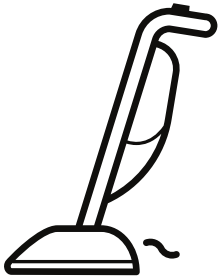
In Home Self-Assessment

Smoke



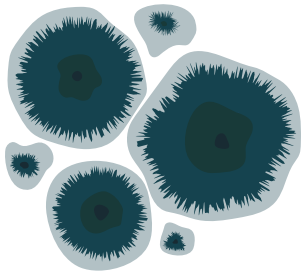
- Yes No** Household member/guest smoke inside the house?
- Yes No** Household member/guest smoke outside near doors/windows?
- Yes No** Household member/guest smoke outside away from property?

Dust & Dust Mites



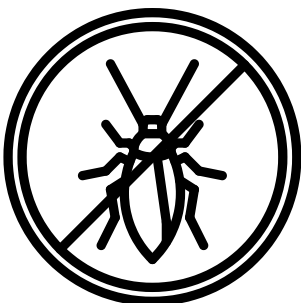
- Yes No** Is there dust in corners and on upholstered furniture?
- Yes No** Do you remove your shoes when entering your home?
- Yes No** Is there clutter and toys in corners and on floors?
- Yes No** Do you vacuum regularly?

Mold



- Yes No** Is there evidence of water damage, moisture, or water leaks?
- Yes No** Do you see or smell mildew in rooms and/or see standing water?
- Yes No** When you cook or shower do you open a window or turn on a fan?

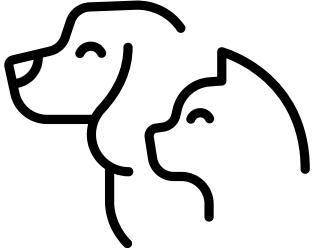
Household Pests



- Yes No** Food or garbage left uncovered?
- Yes No** Have you seen signs of pest droppings?
- Yes No** Are there holes in the window screens?

In Home Self-Assessment

Pets

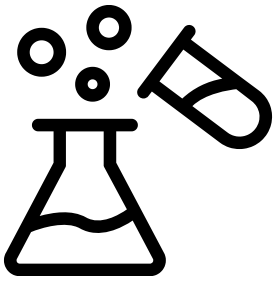


Yes No Do pets live inside the home?

Yes No Is there a person living in your home with a pet allergy?

Yes No Do pets sleep in the bedroom?

Chemicals



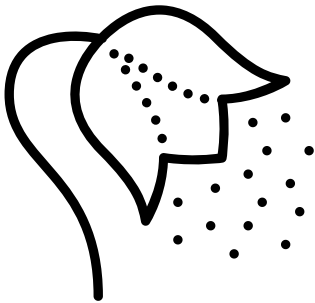
Yes No Do you use bleach products and/or oven cleaners?

Yes No Do you heat your home with your gas stove?

Yes No Does your gas stove have ventilation out of the kitchen?

Yes No Do you use pest sprays, scented products (dish soap, laundry soap, perfumes) and/or plug in air fresheners in your home?

Pollen



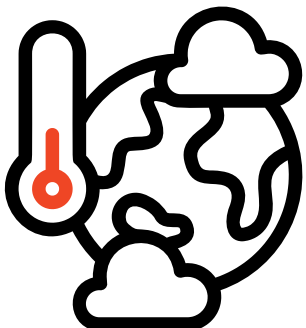
Yes No Is there someone in your home with pollen allergies?

Yes No Do you have and use air conditioning?

Yes No Do you open a window in the morning?

Yes No Has the air conditioner and/or heating filter been changed within the last year?

Climate Change



Yes No Do you have a plan in case of a natural disaster?

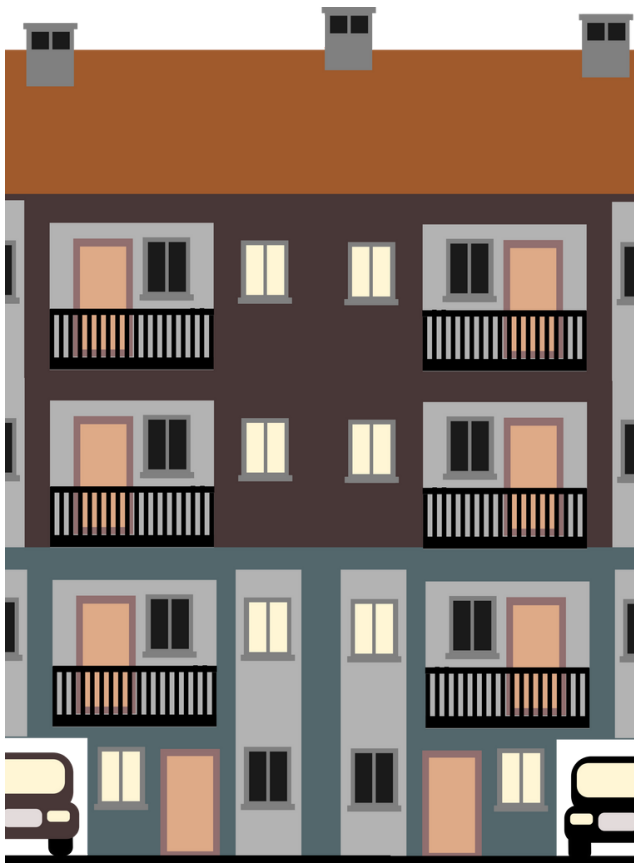
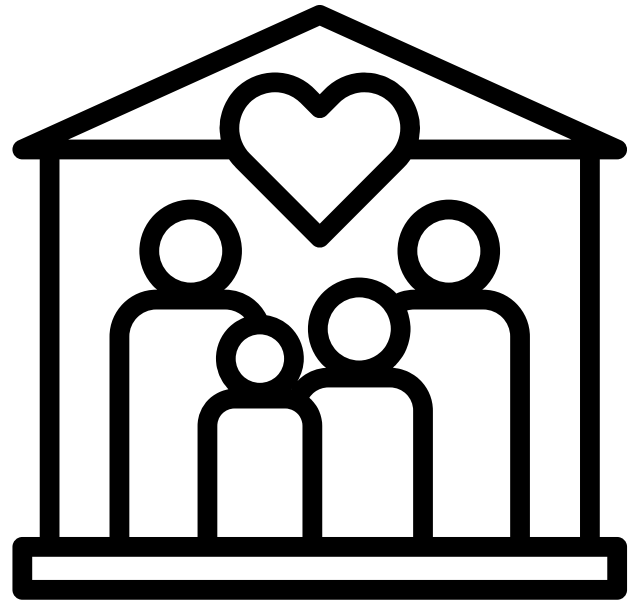
Yes No Do you live in an area at risk to wild fires?

Yes No Do you have a way to regulate temperature in your home?

Yes No Do you know where your nearest cooling center is?

INTRODUCTION

Everyone knows that toxins in our environment directly affect our health. Most people spend about 90 percent of their time indoors, which accounts for a major share of exposures to toxins such as: cleaning products, secondhand smoke and mold. Many indoor toxins can build up in small spaces with indoor levels reaching **10 times** that of outside toxins.



TOOLKIT WILL...

- Demonstrate how to make changes to improve indoor air quality and asthma triggers
- Provide information on environmentally friendly cleaning products
- Provide information on responding to climate change

TOBACCO, CANNABIS & ELECTRONIC CIGARETTE



Many chemicals in **secondhand smoke (SHS)** are classified as toxic and can cause health problems such as lung disease, heart disease, stroke, and cancer. SHS is a mixture of chemicals that contaminate indoor and outdoor air.

SHS is one of the leading indoor triggers related to asthma symptoms. It can enter an apartment from the open window of a smoking tenant or from patios and balconies. **Smoke** can move through light fixtures, cracks in walls, crawl spaces, and into and out of doorways.

Smoking **tobacco** and **cannabis** may lead to a greater risk of bronchitis, cough, and phlegm production. Cannabis policies mirror existing tobacco-free laws.

Electronic Cigarette (vaping) is a trigger for asthma and just like tobacco, smoke can travel through buildings causing health concerns to others.

Actions you can take:

- Choose not to smoke or vape in your home or car
- Do not allow anyone to smoke or vape in your house or near your children
- Talk to your children about living a smoke-free lifestyle.
- For more information on quitting call the California Kick It helpline
1-800-300-8086



Cannabis



What is Cannabis?

Cannabis, also known as Marijuana comes from the dried flowers of the hemp plant, Cannabis Sativa.

- The active ingredient with cannabis is Tetrahydrocannabinol (THC)
- When smoked, THC effects the brain and other organs.
- THC can change how the mind and body work.

Short-Term Effects

- Mood
- Memory
- Distorting perceptions
- Problem-solving
- Body movement
- Heart rate

Long Term Effects

- Daily cough
- Daily Mucus
- More frequent colds and flu

KICK / T
California

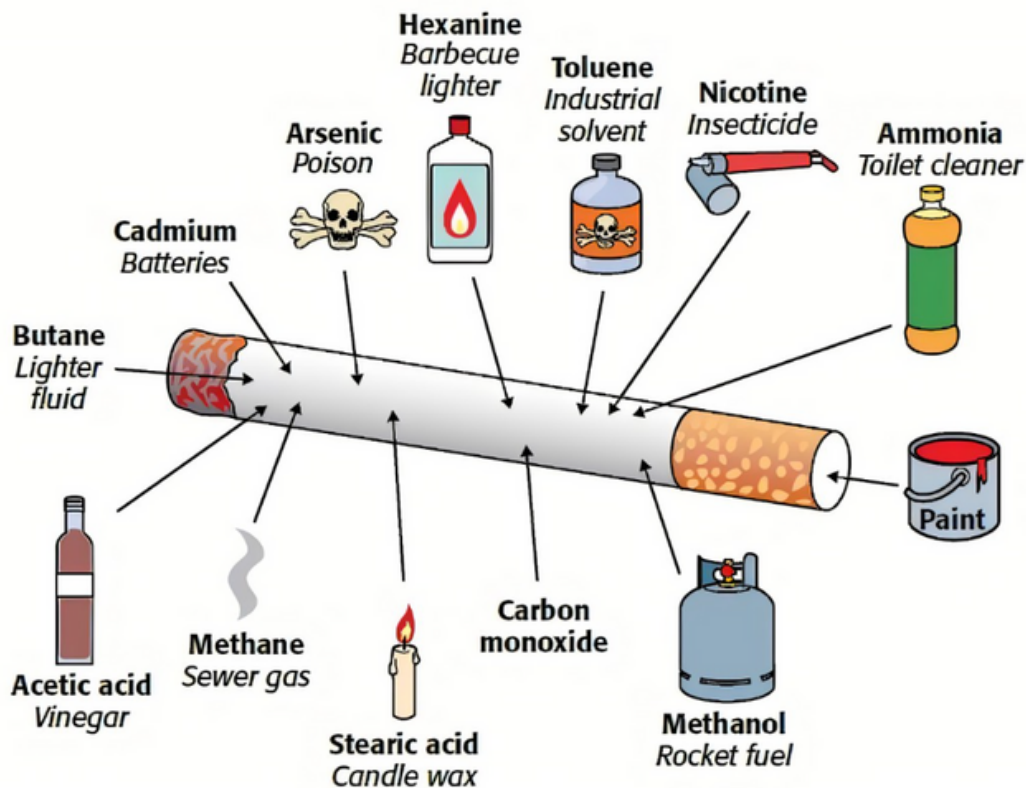
Call for FREE help to
quit smoking!
1-800-300-8086

What's in Tobacco Smoke?

You may already know that nicotine is the drug in tobacco that gets smokers addicted. Cigarette smoke has more than 7,000 chemicals and about 70 are known to cause cancer.

Some of the cancer-causing chemicals:

- **FORMALDEHYDE:** Used in embalming fluid
- **BENZENE:** Found in rubber cement
- **POLONIUM:** Radioactive and very toxic
- **VINYL CHLORIDE:** Used to make pipes and tennis shoes



Thirdhand Smoke

According to the California Department of Public Health

... Thirdhand Smoke (THS) is the residue from cigarettes, vapes, and cannabis products that stick to surfaces such as walls, furniture, floors, as well as a person's hair, skin, and clothing. Toxic residue builds over time and can remain for years.

Infants and children are at increased risk for exposure due to activities like crawling on the floor and putting non-edible objects in their mouth.

Long-term exposure to THS may cause the following health risks:

- Asthma
- Heart disease
- Cancer
- Respiratory illness

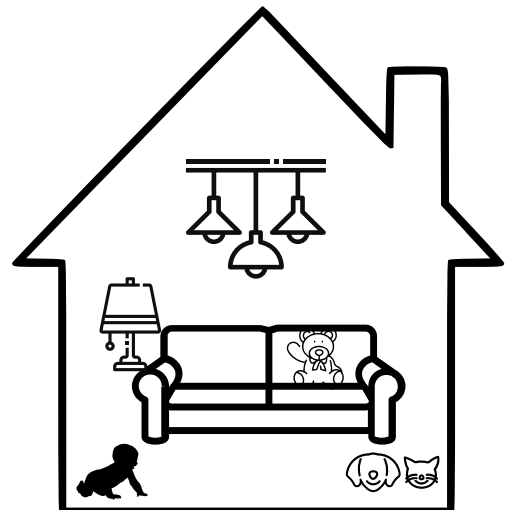
Exposure to THS

... is higher for those living in multi-unit housing because previous tenants may have smoked indoors, and conventional cleaning methods will not eliminate THS.

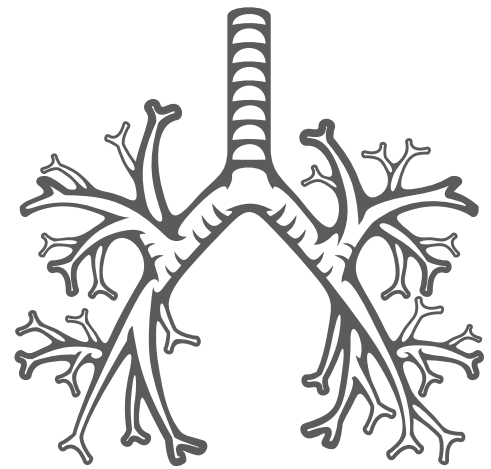
Exposure to THS may cause asthma triggers and respiratory tract infections. Children are at particular risk of THS due to them crawling and playing around THS contaminated furniture.

Actions you can take:

- Ask the property manager if previous tenants ever smoked or vaped inside.
- Do not allow smoking or vaping inside your home.
- Do not allow smoking or vaping in your car.



Asthma



What is asthma?

Asthma is a chronic disease that affects more than 26 million Americans and affects airways in the lungs.

Asthma occurs when the airway in your lungs (bronchial tubes) become inflamed and constricted. The muscles of the bronchial walls tighten, your airways produce extra mucus that blocks the passage of air in and out of the lungs.

Asthma can't be cured, but its symptoms can be controlled by avoiding asthma triggers.

What are signs of an asthma attack?

- Coughing – often worse at night and early morning
- Wheezing – a whistling sound when breathing
- Chest tightness – like something is pressing on or squeezing your chest
- Shortness of breath – feeling like you can't get enough air into your lungs

What triggers asthma?

Common triggers include smoking/vaping, air pollution, dust, cockroaches, pet fur, mold, pollen, and flowers.

How do I manage my asthma?

Work with your doctor to make an asthma action plan:

- Learn about asthma medications
- Identify the triggers that cause your asthma symptoms
- Find ways to avoid your triggers
- Stay away from secondhand smoke
- If you smoke or vape, **it's important to quit!**



Ways to Regulate Your Home Temperature

Today, Americans spend about 90% of their lives indoors. Add in the COVID-19 pandemic, plus its lockdowns and quarantines, and you can bet we're spending even more time huddled in our houses!

Below is a list of ways to regulate your house temperature.

- Use air conditioning program at 78 degrees.
- Draw curtains to keep the sun's rays from getting into your rooms and heating them up.
- Open windows to keep cool and close doors to stay warm.
- Use fans to help circulate the air and help you cool off.
- Add plants to absorb toxins so we have clean air.



Find a Cooling Center Location

To find the cooling center location that is closest to you call the toll-free PG&E number: 1-877-474-3266



Common Pollutants In Each Room That Affect A Home's Air Quality

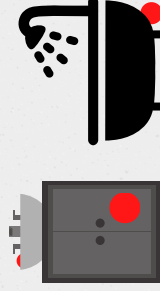
Cooling Centers: A place open to the public to go cool off during hot days such as; community centers, parks, recreation sites, and libraries.
Call PG&E for more information
1-877-474-3266

Bedroom: Dust and dust mites
How to address: Vacuum regularly, wash bedding weekly, and wipe all surfaces with damp cloth weekly.



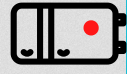
Bathroom: Mold, mildew, bacteria, viruses, and excessive moisture.

How to address: Open a window while showering or cleaning



Kitchen: Carbon dioxide, cleaning products, and gas stoves.

How to address: Open a window, consider fragrance free cleaning products, and always use gloves to protect skin.



Yard: Pollen, dust, and pesticides.
How to address: Take shoes off before entering house, keep windows closed, and empty vacuum outdoors.



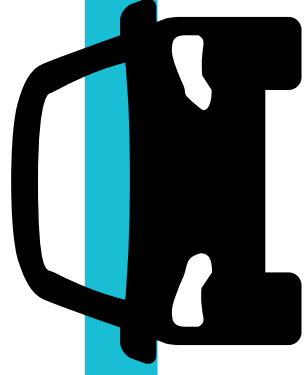
Garage: Carbon monoxide, paints, solvents, mold and mildew.

How to address: Wash off surfaces and dry completely, fill leaky plumbing, open window when cooking and showering.



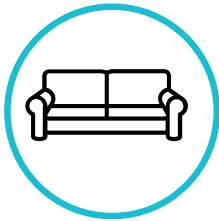
Living areas: Carbon monoxide, tobacco smoke, pet dander.

How to Address: Encourage smokers to quit, ventilate house well, make use of air filter, and vacuum house regularly.



Homemade All Natural Cleaning Recipes

Do you want to know how to make natural cleaning products? You probably already have many of the ingredients you need at home.



Living Areas

Tip 1: In a glass jar, mix 2 parts olive oil or vegetable oil with one part lemon juice. Shake well and apply to furniture using a clean towel.

Tip 2: Squeeze a lemon and place lemon peel where ants are entering home.



Bathroom

Tip 1: Use equal amounts of white vinegar and warm water to clean as well as stop mold.

Tip 2: Ceramic tile cleaner – in 2 cups of hot water, mix ½ tsp vegetable oil-based liquid soap and 3 TBSP vinegar. Spray and wipe clean.



Laundry

Tip 1: Laundry Detergent – use ¼ cup pure laundry flakes, ¼ cup 20 Mule Team Borax, and ¼ cup water soda.

Tip 2: Bleach Substitute – mix ¼ cup Borax to 2 cups water. The Borax brightens colors with a mild bleaching action.



Kitchen

Tip 1: Sprinkle Baking Soda on a used lemon half and use as a scratch-free scrubber on counter tops and tiles.

Tip 2: Deodorize your trash cans by sprinkling Baking Soda in the bottom.