

# Thank you

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Causewave Community Partners

Common Ground Health

Finger Lakes Children's Environmental Health Center

Monroe County Department of Public Health

Rochester Area Community Foundation

RENEW (Rochester ENergy Efficiency and Weatherization)

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Coalition to Prevent Lead Poisoning

[www.theleadcoalition.org](http://www.theleadcoalition.org)

Rochester Healthy Homes Partnership

[www.ehsc.urmc.edu/healthyhomes](http://www.ehsc.urmc.edu/healthyhomes)

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# Healthy Homes, Healthy Families

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A GUIDE TO PROTECTING YOUR FAMILY'S HEALTH  
BY MAKING YOUR HOME A SAFER ENVIRONMENT



MONROE COUNTY 2025 EDITION

THIS BOOKLET INCLUDES PRACTICAL TIPS FOR REDUCING ENVIRONMENTAL HAZARDS IN YOUR HOME AND REGIONAL INFORMATION FROM ORGANIZATIONS THAT OFFER RESOURCES TO IMPROVE HEALTH

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## ACKNOWLEDGMENTS

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Many agencies in Monroe County offer services and information related to improving home environmental health. These agencies are linked through the Rochester Healthy Homes Partnership. Partnership members who assisted in the development of this book include: City of Rochester, Coalition to Prevent Lead Poisoning, Finger Lakes Children's Environmental Health Center, Finger Lakes Occupational Health Services, Monroe County Department of Public Health, Rochester ENergy Efficiency and Weatherization (RENEW) Climate Fund, and the University of Rochester Environmental Health Sciences Center.

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# Americans spend 90 percent of their time indoors.

—EPA, 2022



# Healthy Homes, Healthy Families

## WHAT IS AN ENVIRONMENTAL HEALTH HAZARD?

Environmental health hazards include physical hazards or toxins that may enter our bodies through air, food or water. Some environmental health hazards can make you sick right away; others show no signs for many years, so it is important to understand and avoid them now.

## WHO IS MOST AT RISK?

Environmental hazards usually have the biggest impact on children because they affect their developing bodies while in the womb and after birth, not to mention that their hand-to-mouth behavior, size and activities, such as crawling, subject them to additional hazards. Early life exposures to environmental contaminants can lead to many health problems later in life, including neurological problems, obesity, heart disease and cancer.

Environmental hazards can also be passed from a pregnant person's body to their unborn baby or to the baby through breast milk. This means those who are pregnant or breastfeeding should also avoid exposure to environmental hazards.

## WHY FOCUS ON HOMES?

Americans, especially children, spend most of their time indoors. Environmental health hazards in homes can have major effects on families' health, like asthma, lead poisoning or even cancer.

## WHAT CAN I DO?

This booklet describes some common home environmental health hazards and suggests simple ways to reduce these hazards in your home. Refer to page 31 for national and state resources.

## PARTNERS IN HOME HEALTH

Improving home environmental health requires a combination of physical and behavioral changes. Collaboration among residents, property owners and local organizations to address home hazards is essential for protecting the health of children and families. Throughout this guide, we offer tips for residents and property owners, as well as resources for addressing larger problems.

## THESE EIGHT PRINCIPLES CAN HELP CREATE A HEALTHIER HOME. KEEP IT:

- 1 DRY**
  - Use vent fans or open a window while showering and cooking.
  - Find and fix water leaks right away.
- 2 CLEAN**

Practice the healthy housekeeping tips mentioned throughout this guide.
- 3 PEST-FREE**

Discourage pests from entering your home by taking away their food, water and shelter (see page 17).
- 4 SAFE**
  - Reduce clutter and clean up spills to reduce falling hazards.
  - Set water temperature at 120°F or lower to prevent scalding.
  - Cover outlets to prevent electric shock, and lock chemicals away to prevent unintentional poisonings.
  - Keep the poison control center number in your cell phone (1-800-222- 1222).
- 5 CONTAMINANT-FREE**
  - Use safer chemical alternatives whenever possible.
  - Follow instructions carefully whenever you are handling a chemical.
  - Refer to sections of this booklet for reducing exposure to chemical hazards.
  - Avoid using pesticides to get rid of pests (see page 17).
- 6 VENTILATED**

Tightly sealed homes can trap environmental hazards. Especially in newer homes, make sure your ventilation system allows fresh air to enter the house.
- 7 MAINTAINED**

Have appliances (furnace, water heater, fireplace) inspected annually by a professional. Fix hazards such as broken handrails, electrical hazards and peeling paint right away.
- 8 THERMALLY CONTROLLED**

Keep your home at a safe and comfortable temperature to protect your health. Use fans, heaters, air conditioning, insulation, and weatherproofing to help manage extreme heat or cold.

Asthma  
accounts for  
more than  
14 million  
missed school  
days every year.

—American Lung Association



## Asthma Triggers in the Home

Asthma is chronic, meaning it cannot be cured. When you have asthma, the air passages in your lungs are very sensitive and can easily become inflamed and swollen. Different irritants, or “triggers,” cause asthma attacks in different people.

During an asthma attack the bronchial tubes (airways) become inflamed and irritated, fill with mucus and the muscles constrict. Symptoms of an asthma attack include coughing, wheezing, chest tightness and difficulty breathing. Untreated asthma can lead to hospitalization or death.

### **THERE ARE MANY POSSIBLE ASTHMA TRIGGERS IN THE HOME, INCLUDING:**

- Tobacco smoke
- Dust mites
- Mold
- Pets
- Pests
- Strong fragrances

### **WHAT YOU CAN DO IF YOU HAVE ASTHMA:**

- Go to the doctor for asthma follow-up visits at least every six months.
- Make sure your bedroom is asthma safe:
  - Lightly spray area with water before dusting or sweeping to keep dust out of the air.
  - Reduce clutter (this collects dust and attracts pests).
  - Don't let pets in the bedroom.
  - Use allergen dust covers on pillows and mattresses.
  - Wash and dry bedding on the hottest settings and vacuum carpets with a HEPA filter vacuum weekly.
  - Keep humidity in your home between 35% and 55%. Dust mites thrive in humid environments.

# How to Reduce Triggers

## TOBACCO SMOKE

- Quit smoking and encourage others to quit.
- Keep tobacco smoke out of your home and car.
- Ask smokers to smoke outside with a jacket that can be left outside (clothes trap and carry smoke inside with you).

## DUST MITES

- Reduce the amount of fabrics, pillows, carpeting and stuffed animals in the bedroom.
- Use allergen dust covers on pillows and mattresses.
- Wash bedding and washable stuffed animals weekly.  
IMPORTANT SAFETY NOTE: water that is hotter than 120°F can cause injury. If your water heater is set hotter than 120°F for any reason, install scald guards where needed in kitchens and bathrooms to prevent burns.

## HOUSEHOLD CHEMICALS

- Store safely, separate from food and away from children. Keep household chemicals in the original container.
- Never mix chemicals.
- Read and follow directions carefully.
- Use in a well-ventilated room with good airflow.
- Avoid using air fresheners.
- Choose non-toxic cleaning products without fragrances.
- Use safer alternatives to chemicals for cleaning, such as borax, vinegar and baking soda.

## MOLD AND MOISTURE

- Find and safely clean small amounts of mold with warm, soapy water. Allow the area to dry completely.
- Throw out water-damaged or musty/moldy materials.
- Find and fix water leaks right away.
- Use a fan that ventilates to the outside or open a window when cooking or showering to reduce moisture.

## PETS

- Keep pets out of bedrooms.
- Wash hands after touching pets.

## PESTS (RODENTS, COCKROACHES, ETC.)

Safely address the pest problem using integrated pest management (IPM, see page 18):

- Avoid using dangerous chemicals.
- Remove sources of food, water and shelter.
- Store food in sealed containers.
- Clean up crumbs and spills right away.
- Fix water leaks and insulate cold water pipes.
- Clean up clutter and take the garbage out often.
- Seal cracks and holes using steel wool, copper mesh, and/or caulk to keep pests out. Only leave pet food out while pets are eating.
- For bed bug infestation, call the Monroe County Department of Public Health at (585) 753-5171.

# Asthma Resources

**Asthma Basics** is a free 50-minute online course that helps people learn about asthma. This course is for anyone with asthma, parents, caregivers, friends and family. It is ideal for school/childcare provider staff and the community at all levels. Participants learn about asthma, how to identify and manage asthma symptoms, how to understand the value of an Asthma Action Plan and how to respond to a breathing emergency. To learn more, visit [www.lung.org/asthmabasics](http://www.lung.org/asthmabasics). American Lung Association of the Northeast (Smoking & Health Action Coalition of Livingston and Monroe Counties) (585) 666-1403 [www.smokingandhealth.org/](http://www.smokingandhealth.org/)

**AirNow** monitors air quality and alerts people with asthma and other sensitivities when conditions are unsafe. Check the EPA's Air Quality Index (AQI) daily to know when it's best to limit outdoor activities, especially during smoke or pollution events. [www.airnow.gov](http://www.airnow.gov)

**Monroe County Department of Public Health - Indoor Air Quality** provides in-home environmental assessments of potential causes of poor indoor air quality such as furnace combustion, radon, and carbon monoxide. (585) 753-5075 [www.monroecounty.gov/eh-indoorairquality](http://www.monroecounty.gov/eh-indoorairquality)

**New York State Integrated Pest Management (IPM) Program** of Cornell University provides information on Integrated Pest Management. See "Household Chemicals" (page 18).

**New York State Smoker's Quitline** has trained specialists to support you and your quit plans. Provides a FREE starter kit for eligible NYS smokers, information about local quit programs and free help from Quit Coaches. 1-866-NY-QUITS (1-866-697-8487) [www.nysmokefree.com](http://www.nysmokefree.com)

**Smoking and Health Action Coalition of Livingston and Monroe Counties** provides education and policy information regarding creating smoke-free housing in multi-unit apartment buildings. (585) 666-1403 [www.smokingandhealth.org/](http://www.smokingandhealth.org/)

**University of Rochester Environmental Health Sciences Center** offers a virtual tour of a healthy home with information about how to reduce environmental health hazards in your own home. [www.ehsc.urmc.edu/healthyhomes](http://www.ehsc.urmc.edu/healthyhomes)



# General Home Hazards

There are a variety of general home hazards that can cause unintentional injuries such as poisoning, falling and choking.

## WHAT YOU CAN DO

- Set your water temperature at or below 120°F. If you have your water temperature set higher to control dust mites, install scald guards where needed in kitchens and bathrooms to prevent burns.
- Reduce clutter and make repairs to prevent falls.
- Keep chemicals (cleaners, medicine, etc.) away from children. Store them:
  - Away from food
  - High up
  - Behind childproof locks

## SAFE DRIVING

Always wear seatbelts in the car. Secure children in an age-appropriate car seat until their 8th birthday in accordance with New York State law.

## HELMET SAFETY

New York State law requires helmets when riding bikes, skateboarding, riding on a scooter, rollerblading and skating up until the age of 14. Older children and adults should also wear helmets to prevent serious injury.

## SAFE SLEEP

Always sleep babies on their back in an empty crib without blankets, bumpers or toys; items in the crib can cause your baby to suffocate. A baby that sleeps or naps with a parent or sibling can be crushed or suffocated. Even five minutes in an unsafe sleep environment can cause death. Your baby is safest without a blanket and sleeping on their back. For warmth, dress your baby in sleep clothing such as a one-piece sleeper.



Home  
accidents  
kill one  
person  
every 16  
minutes in  
the U.S.

—U.S. DEPARTMENT OF HOUSING  
AND URBAN DEVELOPMENT

# General Home Resources

## Get a Free Energy Audit

Did you know there are grant programs and low-interest loans for homeowners and landlords to make their properties healthier, safer and more energy efficient? You may qualify for grants or loans to increase energy efficiency, improve safety, install bathroom and kitchen fans, replace older appliances, clean or replace furnaces and hot water heaters, resolve lead paint problems, replace windows and doors, make emergency repairs, etc.

Call the **Action for a Better Community Energy Conservation Program** at (585) 442-4160, **AMPED** 585-419-6218, **NeighborWorks Community Partners Home Energy Services** at (585)-325-4170, or **Pathstone Corporation Home Rehabilitation and Energy Services programs** at (585) 546-3700 ext. 3025 to schedule a FREE energy audit and learn more about possible programs and grants. They can help you save money on your heating and cooling bills and make your home a healthier place to live, work and play.

**The Home-Safe-Home program at LIFESPAN** provides a general home safety review for senior citizens that is geared toward preventing slips, trips, and falls. The “Safety and Security for Seniors” program can make minor home modifications, including installation of grab bars, smoke detectors, hand rails for stairs, door grips, handicapped toilet seats, tub transfer benches and bathtub seats. Homeowners may qualify for free services and/or hire LIFESPAN to make modifications paying cost of supplies and a nominal service fee.  
1900 S. Clinton Ave., Rochester, NY 14618, (585) 244-8400 ext. 151  
[www.lifespan-roch.org](http://www.lifespan-roch.org)

**The Injury Free Coalition for Kids of Rochester** is an injury prevention program whose mission is to work with a community coalition to learn more about how, when and where injuries to children occur, set priorities for injury prevention, develop new prevention strategies and study the impact of these strategies on the Rochester community. The ultimate goal of these activities is to reduce childhood death and disability from injury. As part of the Rochester Healthy Homes Partnership, we focus on home safety education, safe sleep and child passenger safety. We also provide bike safety education and helmets through the Kohl's Pedal Patrol. We work with teens on becoming smarter drivers and passengers through our Smart Teen Driving Program.  
(585) 273-4238  
601 Elmwood Ave., Box 655, Rochester, NY 14642  
[www.injuryfree.org](http://www.injuryfree.org)

**Monroe County Department of Public Health - Healthy Neighborhood Program.** City of Rochester residents living in zip codes 14605, 14606, 14608, 14611 and 14621 are eligible for FREE resources to make their homes healthier (giveaways may include cleaning supplies, carbon monoxide and smoke detectors, fire extinguishers and educational materials). Program staff will conduct a home visit and discuss strategies with participants.  
(585) 753-5073 or (585) 753-5124  
[www.monroecounty.gov/eh-hnp](http://www.monroecounty.gov/eh-hnp)

**Monroe County Department of Public Health - Housing and General Sanitation** addresses general housing complaints such as cockroaches, mice, garbage, odors and insects.  
(585) 753-5171  
[mchealth@monroecounty.gov/eh-housingrodentcontrol](mailto:mchealth@monroecounty.gov/eh-housingrodentcontrol)

**Rochester Fire Department** will install FREE smoke detectors and FREE carbon monoxide detectors for eligible city residence.  
Call 3-1-1

**University of Rochester Environmental Health Sciences Center** offers a virtual tour of a healthy home with information about how to reduce environmental health hazards in your own home. This site also links to the Rochester Healthy Homes Partnership, which comprises over 30 organizations in Rochester that offer services for general environmental health hazard issues.  
[www.ehsc.urmc.edu/healthyhomes](http://www.ehsc.urmc.edu/healthyhomes)



Household  
cleaners are  
the number  
one cause of  
poisoning of  
children.

—EPA



## Household Chemicals, Pesticides and Poisons

Many cleaning products, pesticides, medicines and other household chemicals are toxic and could be harmful to you and your children. Children are at the highest risk.

### WHAT YOU CAN DO PRACTICE SAFE STORAGE:

- Store medicine and household chemicals, like cleaning products, bleach, pesticides, automotive products and paint out of the reach of children.
- Use a locked cabinet whenever possible.
- Never leave household chemicals out or unattended.
- Store all products in their original container.
- Store chemicals separate from food products. Many chemical containers look like common food containers.

### PRACTICE SAFE USE:

- Read labels on household chemicals very carefully and follow directions.
- Keep the room well-ventilated and have good air flow while you are cleaning.
- Never mix different household chemicals.
- Avoid long-term storage of unused chemicals. Safely dispose of old or leftover chemicals.
- Consider using safer alternatives. Vinegar, baking soda and borax are excellent non-toxic cleaners.
- Use integrated pest management (IPM, see page 18) to deal with pests. If IPM doesn't work and you decide to use chemicals, call a professional.

# Household Chemicals, Pesticides and Poisons Resources

## **Monroe County Household Hazardous Waste Facility (EcoPark)**

Except recyclables that cannot be placed curbside. Monroe County also provides information on household chemicals, including mercury and pesticides. Regular collection. (no appointment needed) Excepts, electronics, CFL bulbs, scrap, metal, clothing and standard curbside recyclables. Special events allow residents to drop off household hazardous waste (appointment required) and medications. This service is free, but there is a small fee for some items such as refrigerant containing appliances and tires. Schedule online or call to make an appointment.

(585) 753-7600 (menu option 3)

10 Avion Dr., 14624 (near the airport)

[www.monroecounty.gov/Ecopark/](http://www.monroecounty.gov/Ecopark/)

## **NYS Integrated Pest Management (IPM) Program of Cornell**

**University** provides information on integrated pest management (safer methods to address pest problems).

NYS Community, IPM program of Cornell University

2449 St. Paul Blvd.

Rochester, NY 14617

(585) 753-2562

[www.cals.cornell.edu/integrated-pest-management](http://www.cals.cornell.edu/integrated-pest-management)

Indoor air  
levels of  
pollutants may  
be 2-5 times  
higher than  
outdoor levels.  
Occasionally  
they can be as  
much as 100  
times worse.  
—EPA

# Indoor Air Quality (IAQ)

## ASBESTOS

Asbestos is a naturally occurring mineral fiber that was used in building insulation, floor and ceiling tiles and other materials until it was banned in 1989. When the material is broken or crumbling, fibers can be breathed in through the air. Long-term exposure to these fibers can cause asbestosis, lung cancer or mesothelioma.

## CARBON MONOXIDE

Carbon monoxide (CO) is an odorless, colorless, toxic gas. It comes from burning fuels (gas, oil, etc.). CO can kill you or make you ill before you are even aware it is present. Only a CO detector can detect it.

## FURNACE

If you have a hot air furnace, it greatly impacts your home's air quality. Make sure your furnace is working properly to avoid indoor air problems like dust and carbon monoxide.

## MOLD

Mold is a fungus that grows in moist, warm areas of the home, like the attic, basement, bathroom and kitchen. Certain molds can cause respiratory and sinus problems or asthma attacks. Many molds are harmless, but some can cause significant health problems.

## RADON

Radon is a colorless, odorless, naturally occurring, radioactive gas found in soil. Radon may enter basements of houses through cracks in concrete walls and floors or through dirt floors. It is the second leading cause of lung cancer in the United States.

## TOBACCO SMOKE

Tobacco smoke can cause many serious health problems. See pages 8 and 11 for more information.

## WHAT YOU CAN DO ASBESTOS

**If your home has asbestos that is in good condition—not cracked or crumbling—it does not pose a hazard.** However, contact an asbestos abatement and removal professional if you have asbestos in poor condition, are not sure or are planning to remodel.

To find asbestos abatement contractors go to the New York State Department of Health website:  
[www.health.ny.gov/environmental/indoors/asbestos/](http://www.health.ny.gov/environmental/indoors/asbestos/)

## CARBON MONOXIDE (CO)

**Install CO detectors near sleeping and living areas.** The Rochester Fire Department offers FREE smoke and carbon monoxide detectors for eligible city of Rochester residents. Call 3-1-1.

## FURNACE

**Have your furnace inspected annually by a professional.** Replace your furnace filter with a new, high-quality filter 3–5 times a year or as specified by your product. For disposable filters, choose one that is accordion-style and has a “MERV” (minimum efficiency reporting value) rating of 8–12. Get an Energy Audit and see if you qualify for a new furnace through a local grant program. See “Energy Audit” on page 14.

## MOLD

**Reduce moisture to prevent mold growth.** Use vent fans or open a window when showering or cooking. Insulate cold water pipes, fix water leaks and clean up spills immediately. Clean small amounts of mold with soapy water or vinegar. For bigger jobs, contact Monroe County Department of Public Health at (585) 753-5171.

## RADON

**Test your home.** Inexpensive kits can be purchased online or at any hardware store, or through the New York State Department of Health, Radon Division. This is also a great resource for radon information. 1-800-458-1158  
[www.health.ny.gov/environmental/radiological/radon/radon.htm](http://www.health.ny.gov/environmental/radiological/radon/radon.htm)

# Temperature Control

Maintaining a controlled living environment during extreme cold and heat events is crucial for both health and overall well-being. Prolonged exposure to extreme heat or cold can impair the body's ability to regulate temperature and negatively impact health, worsening heart disease and breathing conditions such as asthma and chronic obstructive pulmonary disease (COPD). Vulnerable groups, including children, older adults, pregnant individuals in those with pre-existing health conditions are especially at risk during extreme temperatures.

## What you can do:

### Apply for the Home Energy Assistance Program (HEAP):

HEAP is a federally funded program designed to help low-income households manage the cost of heating their homes. Benefits include:

- Emergency HEAP benefits, if you are in danger of:
  - Running out of fuel.
  - Having your utility service shut off
  - Assistance if your heating system is in need of repair.

**Cooling Assistance Benefit:** if eligible, you may receive funding for the purchase and installation of an air conditioner or fan.

- Assistance will be available for the installation of the AC unit.
- If an air conditioner cannot be safely installed, a fan will be provided instead.

## Stay Safe in the Heat

Cooling centers are free places to go to cool down on very hot days. These centers are a great way to stay safe and healthy when it's too hot at home.

### Monroe County Resources and Contacts

Rochester residence can **learn more and apply for HEAP** by contacting the **Monroe County Department of Human Services**. (585) 753-6477.

**AMPED:** Offers residents individualized energy advice including connections to the resources, vetted installers, and programs they need to make smart energy choices at home. [www.ampedproject.org](http://www.ampedproject.org)

**Cooling Assistance Benefit** to find information on cooling assistance. [www.otda.ny.gov/programs/heap/#cooling-assistance](http://www.otda.ny.gov/programs/heap/#cooling-assistance).

**New York State Cooling Centers** website provides information on cooling centers around New York State. [www.apps.health.ny.gov/statistics/environmental/public\\_health\\_tracking/tracker/#/ccmap](http://www.apps.health.ny.gov/statistics/environmental/public_health_tracking/tracker/#/ccmap)

There are more  
than 1,300  
deaths  
annually due  
to extreme  
heat in the U.S.  
-EPA, 2024



# Lead Hazards

## LEAD POISONING

Lead is a toxin that affects the brain, heart, bones and kidneys. Because of children's growing brains and bodies, lead poisoning has a greater impact on children than adults. Even small amounts of lead in children's bodies can cause permanent learning and behavioral problems, often with no physical symptoms. This can include a lower IQ, hyperactivity and behavioral problems.

## LEAD HAZARDS IN THE HOME

Lead poisoning occurs when harmful amounts of lead are swallowed or breathed in. Homes built before 1978 are at risk for containing hazardous leaded dust and paint. Lead can also be found in soil, jewelry, toys, home remedies, ceramics, candy or water.

## LEAD IN ROCHESTER

Lead paint in homes was banned in the United States in 1978. Paint in homes built before then may contain lead. Most of the homes in the city of Rochester were built before 1978, which puts them at risk for lead hazards.

In 2005, the city of Rochester passed an ordinance that adds a lead hazard assessment to city inspections of rental properties.

One in  
38 U.S.  
children  
has lead  
poisoning.  
— CDC



## WHAT YOU CAN DO

- Have your child tested for exposure to lead. By NYS law, children must be tested at age 1, again at 2, and whenever a potential risk of lead exposure exists. If you are pregnant, your doctor should assess your risk for lead exposure.
- Have your home professionally tested for lead if it was built before 1978. In Rochester, call (585) 428-6520.
- Wash children's hands and toys with soap and water frequently.
- Have your child eat and drink foods rich in iron, calcium and vitamin C. Keep children away from cracking or peeling paint. Cover bare soil with grass or mulch.

Use lead-safe cleaning techniques:

- Wash windowsills and floors weekly with soapy water.
- "Work wet"—lightly dampen the cloth or floor when you dust or sweep.
- Clean often with soap and water

**Renters** - talk with your landlord about safely addressing potential lead hazards. If you are a renter, you cannot be evicted for requesting a lead inspection of your home. Contact your Neighborhood Service Center about a FREE lead inspection (see page 30).

**Homeowners** - apply for a lead hazard reduction grant from the City of Rochester or Monroe County.  
[www.cityofrochester.gov/HomeRepairGrants/](http://www.cityofrochester.gov/HomeRepairGrants/)

If your home was built before 1978, use Lead Safe Work Practices when doing any renovation or repair work that disturbs any painted surface. If hiring, find a contractor certified by the EPA under the Renovation, Repair and Painting rule (RRP) following federal guidelines ([www.epa.gov/lead/lead-renovation-repair-and-painting-program](http://www.epa.gov/lead/lead-renovation-repair-and-painting-program)). Pregnant people and children should stay away from the property until work is completed.

# Lead Hazards Resources

**City of Rochester Lead Hazard Control Grant Program** provides financial assistance for eligible property owners to address lead hazards as well “Healthy Home” interventions in the city of Rochester. Go to [www.cityofrochester.gov/HomeRepairGrants/](http://www.cityofrochester.gov/HomeRepairGrants/) to learn more about this program or call (585) 428-6520.

**City of Rochester Lead Ordinance** requires that all pre-1978 rental homes be assessed for lead hazards. FREE lead inspections are available by request for anyone residing in the city of Rochester. Property owners are required by federal law to address lead hazards using EPA Renovation, Repair and Painting (RRP) lead safe certified firms.  
(585) 428-6520  
30 Church St., City Hall, Room 028B, 14614  
[www.cityofrochester.gov/lead/](http://www.cityofrochester.gov/lead/)

**The Coalition to Prevent Lead Poisoning (CPLP)** is an education and advocacy organization composed of hundreds of individuals and community organizations dedicated to eliminating childhood lead poisoning and other environmental home health hazards. Located in Rochester, NY our mission is to provide leadership and advocacy to empower communities and their residents to prevent childhood lead poisoning by sharing information, educational materials and best practices, and working towards public policy change. The Coalition is comprised of members who share the following conviction: childhood lead poisoning can and must end. Free lead poisoning prevention educational resources in multiple languages are available on request.  
(585) 224-3125  
[director@theleadcoalition.org](mailto:director@theleadcoalition.org)  
[www.theleadcoalition.org](http://www.theleadcoalition.org)

**The Housing Council at PathStone** provides lead information, landlord education, foreclosure prevention, pre-purchase counseling and fair housing education in the city of Rochester.  
(585) 546-3700  
75 College Ave., 4th Floor, 14607  
[www.thehousingcouncil.org](http://www.thehousingcouncil.org)

## **Monroe County Department of Public Health Childhood Lead Poisoning Prevention Program**

- Provides medical case management and educational outreach to Monroe County families for all children with elevated blood lead levels.
- Conducts environmental investigations of primary and secondary residences of children with elevated venous blood lead levels.
- Provides community-wide education on lead poisoning issues to the general public, health professionals, property owners, painting contractors, parent groups, etc.
- Responds to complaints of improper/unsafe lead hazard control activities.

As resources allow, Monroe County provides FREE Lead Safe Work Practices training courses open to any professionals seeking EPA RRP (Renovation, Repair and Painting) certification as well as homeowners. See website for details.  
<https://www.monroecounty.gov/eh-leadpoisoning>  
(585) 753-5087

**NeighborWorks® Community Partners Rochester** offers a loan program that provides resources to make repairs to owner-occupied houses, including lead paint remediation. Available to homeowners in Monroe County.  
(585) 325-4170  
570 South Ave., 14620  
[www.nwcprochester.org/](http://www.nwcprochester.org/)

**Finger Lakes Children’s Environmental Health Center** provides information concerning environmental exposures in children, pregnant or lactating women and women planning a pregnancy.  
Call Center (585) 275-3638  
[www.golisano.urmc.edu/FLCEHC](http://www.golisano.urmc.edu/FLCEHC)  
(Se Habla Español) 844-352-3420 (844-FLCEHC-0)

**Western New York Lead Poisoning Resource Center’s Rochester Office** works to increase blood lead testing and provides education, support and consultation regarding lead poisoning to health care providers and local health departments.  
Call (585) 276-3105.  
[www.urmc.rochester.edu/childrens-hospital/lead-poisoning-resource-center](http://www.urmc.rochester.edu/childrens-hospital/lead-poisoning-resource-center)



# Nutrition

## SUMMER MEALS

With locations all over Rochester serving anyone under the age of 18, there is no reason any child should go hungry once school gets out in June. Go to [www.healthikids.org](http://www.healthikids.org) to learn where to get FREE healthy and delicious meals all summer long, or call 2-1-1.

## REGIONAL FARMERS' MARKETS

Regional Farmers' Markets are a great place to get low-cost fresh fruits and vegetables. There are over 30 markets in our area, including ones open year-round, evenings, workdays or weekends. Many accept WIC and SNAP benefits. Many farmers' markets also accept credit and debit cards.

For a list of farmers' markets in our area and throughout New York State, visit [www.agriculture.ny.gov/AP/farmers\\_markets.html](http://www.agriculture.ny.gov/AP/farmers_markets.html). The hours and location for some markets may change seasonally and over time. Be sure to check with the market before visiting.

Empty calories from added sugars and solid fats total 40% of daily calories for children and adolescents

—CENTERS FOR DISEASE CONTROL

## FIVE REASONS TO SHOP AT A FARMERS' MARKET

- 1 The fruits and vegetables you buy at the farmers' market are the freshest and tastiest available.
- 2 Locally grown and raised foods are often considered superior when it comes to higher levels of protein, vitamins and minerals. Keep stomachs full and have children eat whole-grain breads, beans and green leafy vegetables like spinach for iron. They should drink low-fat milk and eat yogurt and cheese for calcium.
- 3 Some food found in grocery stores is processed and grown using pesticides or hormones. Most food found at the farmers' market is minimally processed and many farmers go to great lengths to grow the most nutritious produce possible.
- 4 Farmers are passionate about the produce they grow and often have recommendations on ways to prepare produce. Most markets offer free samples and many have cooking demonstrations with delicious recipes for you to taste and take home.
- 5 Farmers' markets are fun for the whole family. Meeting your local community is an excellent way to feel connected to the world around you, increasing health for body, mind and spirit.

**Foodlink** operates Urban Farm Stands in the city of Rochester from July through October, and the Curbside Market visits several locations during the growing season, bringing fresh, affordable produce to city neighborhoods. For more information, go to [www.foodlinknny.org](http://www.foodlinknny.org)



# Legal and Financial Information

Renters, property owners and owner-occupants may face issues such as the withholding of rent and code enforcement. Others may have difficulty obtaining grants/loans or accessing resources to make homes healthier. There are several legal and financial organizations in Rochester that can offer assistance and information to help with these issues.

## RESOURCES

**City of Rochester Neighborhood Service Centers (NSC)** provide support for tenants and owner-occupants for quality-of-life issues like heating problems, unsanitary conditions, etc. Residents may also contact their NSC for free lead inspections of pre-1978 homes in the city of Rochester.

Northwest Quadrant NSC (585) 428-7620  
71 Parkway - First Floor, Rochester, NY 14608

Northeast Quadrant NSC (585) 428-7660  
500 Norton St., 14621

Southwest Quadrant NSC (585) 428-7630  
923 Genesee St., 14611

Southeast Quadrant NSC (585) 428-7640  
320 N Goodman Street - Suite 209, Rochester, NY 14607

**The Housing Council at PathStone** provides information on apartment listings, public and subsidized housing listings, grants and foreclosure prevention.  
(585) 546-3700  
info@thehousingcouncil.org  
75 College Ave., 4th Floor, 14607  
www.thehousingcouncil.org

**Legal Aid Society of Rochester, NY, Inc.**, provides direct civil legal services, including lay advocacy and related human services for adults and children.  
(585) 232-4090  
One West Main St., 14614  
www.lasroc.org

**NeighborWorks® Community Partners Rochester** provides homeownership and financial literacy education, home and energy improvement loans and grants, purchase mortgage lending and lead hazard evaluations, including clearance testing and risk assessments. Most programs available throughout Monroe County.  
(585) 325-4170  
570 South Ave., 14620  
www.nwcprochester.org/

**Legal Assistance of Western New York (LAWNY)** provides FREE legal assistance to people with civil legal problems, such as withholding rent as a tenant, a landlord not making repairs and fair housing rights.  
Phone: (585) 325-2520, TTD: (585) 325-2547  
One West Main St., Suite 400, 14614  
www.lawny.org

**Rochester Housing Authority** provides low-income housing in the city of Rochester and programs to teach life skills and self-sufficiency. They work with local organizations to improve quality of life in Rochester.  
(585) 697-7180  
675 W. Main St., 14611  
www.rochesterhousing.org

## NATIONAL AND STATE HEALTHY HOMES RESOURCES

**Centers for Disease Control and Prevention (CDC)**  
www.cdc.gov

**Department of Housing and Urban Development (HUD)**  
www.hud.gov

**Environmental Protection Agency (EPA)**  
Region 2 Office (serving NJ, NY, Puerto Rico, the US Virgin Islands, and eight tribal nations) 1-877-251-4575 (toll free)  
www.epa.gov/aboutepa/epa-region-2

**National Center for Healthy Housing (NCHH)**  
1-877-312-3046 (toll free), www.nchh.org

**National Environmental Health Association (NEHA)**  
1-866-956-2258 (toll free), www.neha.org

**New York State Department of Health**  
www.health.ny.gov