



# The Healthy Home



## Pueblo Indoor Air Quality Initiative

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**The mission of PuebloCAREs is to improve the health of our community through sustained community action aimed at reducing toxic environmental exposures.**

We work to educate the public on ways to reduce exposure to indoor radon gas, mold, lead sources, and hazardous household waste/chemicals.

If your organization would like a presentation on any of the topics listed above, please call us at 719-214-9215, or email at [pueblo.cares@gmail.com](mailto:pueblo.cares@gmail.com).

### Skeletons in the Closet

Almost every home contains some form of hazardous waste living inside. Anything from paint to window cleaner to motor oil can be considered hazardous. Solid, liquid or gas items that can be flammable, corrosive, toxic or just plain bad for the environment or your family's health should be used, stored and carefully disposed of properly.

Hazardous materials can be found all over the home, from the kitchen to the bathroom to the garden or the garage. Sources of household hazardous waste (HHW) include:

- Cleaning agents
- Solvents
- Paints and varnishes
- Electronics
- Ammunition
- Pesticides
- Aerosols

- Automotive products
- Many more...

Improper disposal of hazardous waste such as flushing it down the drain will pollute drinking water. Local wastewater treatment plants do not clean all hazardous waste from water. Also, stormwater is not treated, so liquids poured down storm drains directly pollute local

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### What is HHW?

Household Hazardous Waste (HHW) is waste that can catch fire, react, or explode under certain circumstances, or that is corrosive or toxic.

*-EPA, Household Hazardous Waste*

### The Word is Out About Radon

What do the staff of the Forest Service, the Pueblo Sheriff's Office, the Pueblo City-County Health Department, the East Side Neighborhood Association, Green Drinks and the Pueblo Christian Child Care Association have in common? They all invited PuebloCAREs to give a

presentation on radon to their staff or members during the months of January, February and March. In total, PuebloCAREs gave 22 radon presentations, distributed approximately 700 radon test kits, and appeared in the media (newspapers, radio and

TV) 10 times during the first quarter of the year. We're getting the word out that radon is a serious health risk with a fixable solution, but we need your help to reach your staff and community members! Call us to schedule a presentation to your organization.

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# The Healthy Home

## Recipes for Healthy Cleaners

### All Purpose Cleaner

2 tsp. borax  
2 tsp. white vinegar  
2 tsp. Pure Castile soap  
Mix ingredients in a quart spray bottle. Add water and clean with confidence!

### Window Cleaner

2 tsp. white vinegar  
1 qt. warm water  
Rub dry with newspaper to avoid streaking.

### Air Fresheners

Commercial fresheners mask smells, coat nasal passages and deaden nerves to diminish sense of smell. Instead:

- Find source of odors and eliminate them;
- Keep homes and closets clean and well ventilated;
- Grow lots of houseplants.

Simmer on the stove: cinnamon sticks, orange peel, and/or cloves in water.

### Garbage Disposals

Grind ice and lemons or limes.

### Drain Cleaners

Pour 1/2 c. borax in drain followed by 2 c. boiling water.

### Toilet Bowls

Pour 1/4 cup baking soda into bowl and drizzle with vinegar. Let sit for 1/2 hour. Scrub and flush. Add borax for stains.

- [www.ecocycle.org](http://www.ecocycle.org)

## HHW Collection Day

May 22, 2010  
9:00 a.m. - 1:00 p.m.  
Colorado State Fair Grounds  
Enter through Gate 3 (Mesa Ave.)  
\$5 entrance fee per vehicle

## Recipes for Healthy Pest Control

Try these remedies for the following pests:

**Fruit flies:** place a bowl with apple cider vinegar and a few drops of dish soap on the counter to attract the flies.

**Miller moths and flies:** place a bowl of soapy water under a light. The

moths are attracted to the light, but cannot get out of the soapy water when they fall in.

**Deer and rabbits in the garden:** blend cayenne pepper or jalapenos in a blender with water, and spray on plants or shrubs.

**Ants:** place cornmeal

near anthills. The ants eat the cornmeal, but cannot digest it, so it kills them.

Of course, prevention is the best pest control! Clean up spills or food debris that attract pests. Keep lids on trash cans, drain standing water, and remove trash in a timely manner.

IN EVERY HOME THERE ARE PRODUCTS THAT NEED SPECIAL CARE. YOU'LL RECOGNIZE THEM BY THESE WARNING SIGNS.



### TOXIC

Cleaning Fluids  
Rat poison  
Pesticides



### CORROSIVE

Battery acids  
Drain Cleaners  
Oven Cleaners



### REACTIVE

Pool chemicals  
Ammonia  
Bleach



### FLAMMABLE

Gasoline  
BBQ starter  
Solvents

## Save the Date — HHW Collection Day May 22

PuebloCARES is teaming up with the Pueblo City-County Health Department to offer the residents, of the City and County of Pueblo, a Hazardous Waste Collection Day. The following items will be collected for a \$5 entrance fee per vehicle:

- Fertilizers & Pesticides
- Household Cleaners, Poisons, Chemicals
- Old, Non-controlled Medications
- Mercury Items (Fluorescent bulbs, thermostats, thermometers)
- Paint & Stains
- Lead Acid Vehicle Batteries
- Dry Cell, Alkaline Batteries (AAA, AA, C, D, 6V, 9V)

No biohazardous waste, electronics or yard waste.

For more information, call the Recycle Hotline: (719)583-4924.

## Skeletons in the Closet, continued from page 1

rivers and lakes. Throwing items in the household trash can lead to physical injury to sanitation workers and contamination of soil at landfills.

Tips for using and disposing of hazardous chemicals include:

- Use in well-ventilated area
- Reduce the amount you buy and use
- Recycle chemicals when available
- Carefully read all the

- directions
- Label and store in a place out of reach of children
  - Never mix products together
  - Call your local health department for disposal options (719)583-4924

Better yet, use alternatives which lower or eliminate the HHW in your home. For example, name brand paints now have products that contain low levels of Volatile Organic

Compounds (VOCs). Old mercury thermostats and thermometers should be replaced to avoid breakage and spillage. Natural alternatives to pest control and homemade household cleaners are easy to make and cost pennies (see recipes on page 2). PuebloCAREs will be offering classes on how to make your own cleaners during April, May and June. For more info call: (719) 214-9215.



## Do-It-Yourself Classes for Radon Mitigation

For the handy homeowner who would like to save some money by installing a radon mitigation system themselves, PuebloCAREs is offering Do-It-Yourself classes in April, May and June.

These classes are designed

to provide sufficient information to the homeowner in order for him/her to make many of the basic necessary repairs that can significantly reduce elevated radon levels in their home. The same methods that will be taught are used in detailed fashion by professional certified radon mitigators to reduce your family's exposure to radon gas.

To register, please call the Radon Hotline at: (719) 252-6258.

### Do-It-Yourself

#### Radon Mitigation Classes

April 28

May 13

June 19

To register, please call the Radon Hotline: 719-252-6258

## Current PuebloCAREs Partners

PuebloCAREs partners provide invaluable support to the project in a variety of ways: inviting us to present to their staff; distributing flyers to their constituents; co-sponsoring public events with us; etc. We are grateful for the support of the following partners:

- U.S. EPA
- Citizens for Clean Air and Water in Pueblo
- Citizens for Clean Air in Pueblo for Education, Research, Action
- Pueblo City-County Health Dept.
- Pueblo County Commissioners

- Pueblo West Metro District
- Salt Creek Neighborhood
- Eastside Neighborhood Assoc.
- Eastwood Heights Neighborhood Assoc.
- Bessemer Assoc. for Neighborhood Dev.
- Peppersauce Bottoms Neighborhood
- Access for All
- Mountain Park Environmental Center
- Senior Resource Development Agency
- Christ Congregational Church
- Sierra Club, Sangre de Cristo Chapter
- Center for Environmental Research and Technology, Inc.



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### Calendar of Events

**April 6:** Indoor Air Quality Public Presentation , John Fremont Library, Florence, CO Tuesday 6:30 p.m.

**April 8-9:** Radon Stakeholders Meeting, Denver, CO

**April 14:** Steering Committee Meeting Wednesday 3:00 p.m., PuebloCAREs office

**April 17:** 9Health Fair, Praise Assembly Church, Saturday 9am - 1pm

**April 21:** Partners Meeting, Wednesday 6:30 p.m., Pueblo City-County Health Department

**April 22:** Pueblo Community College Earth Day Celebration, Thursday

**April 25:** Healthy Cleaners Class, Pueblo City County Library District Rawlings Library, Sunday 2p.m.-3p.m.

**April 28:** “Do-It-Yourself” Radon Mitigation Class, Wednesday 5:30 - 8:30 p.m., PuebloCAREs office

**May 2:** Cinco de Mayo, Colorado State Fair Grounds, Sunday

**May 13:** “Do-It-Yourself” Radon Mitigation Class, Thursday 5:30 - 8:30 p.m.

**May 22:** Hazardous Waste Collection Day, Saturday 8a.m. - 1p.m., Colorado State Fair Grounds, Gate 3

For more information on any of these events, please call: (719) 214-9215 or email: pueblo.cares@gmail.com

