

Seeking community members for the Trail Area Health & Environment Committee!

THEC is a partnership between government, industry, the City of Trail and community.

For more than 30 years, THEC has been working to reduce exposure to lead and other smelter metals in the community.

This governance committee meets five times a year to receive program updates and reports, ask questions and share ideas. Program areas focus on family health, air quality, homes, yards & gardens, and greenspaces.

Interested in representing the community on THEC? Send a paragraph about yourself including what you hope to learn from the committee and what you hope to contribute.

Email: programs@thep.ca

ARE YOU RENOVATING?

Lead Safe Renovation 'how to' videos are available at thep.ca.



Spring is here! How can you keep the outdoor dust down?

TOP TIPS FROM OUR HOME & GARDEN TEAM:

- ✓ Use a floor mat at entry ways.
- ✓ Leave outdoor shoes at the door.
- ✓ Change out of dusty clothing before going inside.
- ✓ Hose or wipe down outdoor toys and patio areas.
- ✓ Water your lawn and garden regularly.
- ✓ Cover bare soil with mulch, grass or another barrier.

COVID-19 Update

All programs and their delivery are adapting to COVID-19 to ensure the health & safety of workers and the community. Thank you for your patience as programs may move slower. The team is reviewing and adjusting activities continuously. Stay up to date at thep.ca.

For COVID-19 specific information, visit:

Interior Health
news.interiorhealth.ca/covid-19

BCCDC
bccdc.ca/health-info/diseases-conditions/covid-19

Welcome Wendy Goodrich, our new healthy homes community representative!

Wendy is a familiar face having lived and worked in Trail since 2007. She brings 18 years of family social work experience to THEP's Home & Garden Healthy Homes team.

Outside of Healthy Home visits, you may see Wendy skiing in the winter, biking in the summer or taking her kids to various sports events in between.

In her words, "Trail is a great place to live. I am excited by the opportunity to continue working with families, engage with my community and be a resource for those looking for supports and services."

If you have a child under 3 or are expecting, contact Wendy to learn more: programs@thep.ca.



Bare soil in yards and gardens is a source of dust and may contain lead. Ensure your yard is healthy and safe.

What is soil testing?

Soil testing is when soil samples from yards are collected and analyzed for metals. Results from THEP soil testing indicate the amount of lead, cadmium, arsenic, zinc and other metals in the soil.

What is a ground cover evaluation?

During a ground cover evaluation (GCE), the Home & Garden team checks the amount of bare soil in a yard. Bare soil is a source of dust and may contain lead.

What is remediation?

Remediation involves removing soil, replacing with clean fill and re-landscaping on prioritized properties. It also includes ground cover improvements such as lawn care and covering bare soil.

Remediation is the last step in the soil management process that starts with soil testing and ground cover evaluation.

Contact THEP for FREE soil testing and ground cover evaluations!

Do you have a vegetable garden? Vegetable gardens are also prioritized for soil testing.

For more information



Visit our Office
1319 Bay Avenue



Call
250.368.3256



Email
programs@thep.ca



Website
thep.ca

WASH YOUR HANDS

TO REDUCE LEAD EXPOSURE

AFTER...

Playing with pets



Using the bathroom



Sneezing, blowing your nose & coughing



Playing outside



& BEFORE...

Naps and bedtime

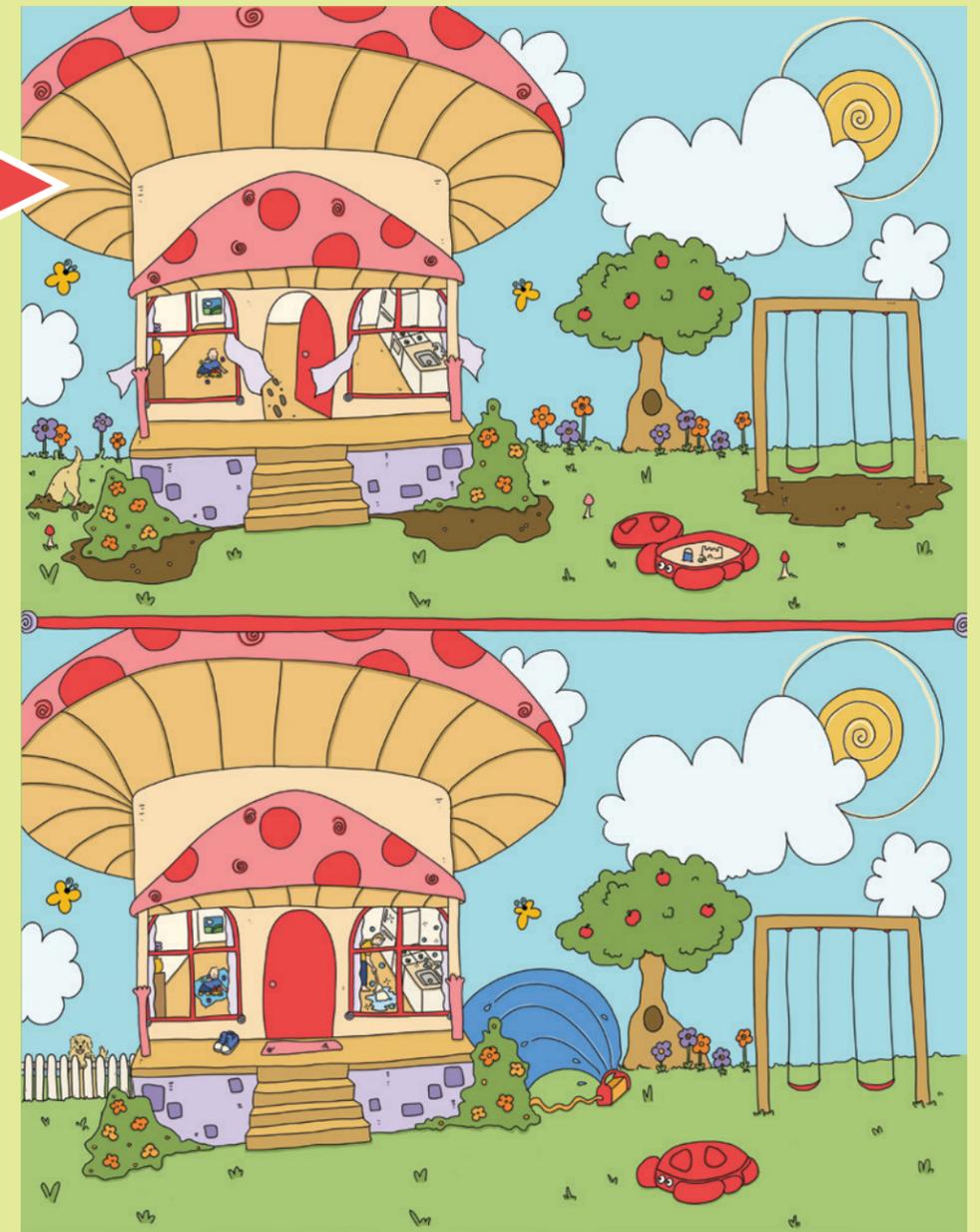


Eating



HEALTHY
FAMILIES
HEALTHY
HOMES

Looking for resources while staying at home?
familyactionnetwork.ca



SPOT THE DIFFERENCE

Answers at thep.ca/activities



Are you expecting?

If you live in Trail or Rivervale, and are expecting or have children less than 36 months, connect with the Healthy Family Healthy Homes program to book an in-home visit.

You receive two personalized visits from a public health nurse and a community program staff to review your health, home and yard.

Call to book your appointment: 250-368-3256

For immediate questions, text your public health nurse: 250-231-5945

Attention parents and caregivers of children aged 1-2 years!

The Family Action Network (FAN) and UBC are gathering information to better support the well-being of children, families and our communities. Have you filled out the survey yet? Your voice is important. Help us reach our target of 200 responses!

Contribute your information at tdi.ubc.ca.

Deadline is June 30th! There are prizes!

Questions? Call FAN 1-855-368-3707.

