

Mother Africa

Safer Healthy Homes Project

2020



CO-CREATED APPROACH TO RAISING AWARENESS

Mother Africa and the **Hazardous Waste Management Program** in King County came together in a partnership to raise awareness about the effects of using and disposing of household hazardous materials and had co-creation as our guiding principle.

The partnership began in 2020 and shared responsibility, power, and decision-making, a style of relationship identified as a goal in the King County Equity and Social Justice Strategic Plan. We worked together to create a project to promote Safer Healthy Homes practices with immigrant and refugee King County families from Africa and the Middle East.



Adapting to COVID-19



COVID-19 REQUIRED INNOVATION

Our initial plan was for Health Promoters from the Mother Africa team, speaking Arabic and French, to visit participants in their homes and share information and a Safer Cleaning Kit.

In response to COVID-19, Mother Africa team pivoted and created a new, and at that time unknown approach, now known as a virtual home visit.

- Mother Africa staff created a PowerPoint presentation with culturally relevant images and content to guide conversation and shared it via Zoom or What's App.
- Each participant received a Safer Cleaning Kit prior to their virtual visit, through no-contact home delivery.
- Mother Africa offered basic resources for families struggling because of the pandemic.
- In addition, Mother Africa created a training center to teach participants about Zoom, What's App, and Chat.

The in-person workshop and field trip also became virtual, with local agencies providing virtual learning experiences for community participants on rainwater, drinking water, and wastewater, and a demonstration on how to properly dispose of hazardous household products to strengthen earlier learnings and help maintain behavior changes.

Mother Africa Connects

BUILDING AWARENESS THROUGH LISTENING AND CONNECTION

Language

We spoke the language of participants.
Mother Africa staff speak Arabic and French.

Culture

We knew their culture. Mother Africa staff came from the communities they served.

Connection

We started with connection by honoring homelands and participants' cleaning methods.

Engagement

We told stories and asked questions.

Information

We shared information visually.

Interaction

We encouraged participants to practice safer cleaning recipes and share information with family and friends.

SAFER CLEANING PARTICIPANTS

A total of 100 Arabic and French-speaking families participated in the safer cleaning trainings, with 90 percent from cities in south King County. Participant country of origin includes the 17 countries below.

Participants' Country of Origin



What We Learned From Participants

KNOWLEDGE ASSESSMENT RESULTS

We wanted to understand how participants received and used the information in the educational virtual visit. We asked a series of questions before the visit, and the same questions two months after the visit so we could see if there were changes in awareness and behavior. All 100 participants responded to both the pre- and post- visit questions.

After having a virtual visit, participants now say they:

84%

know if they have mold in their home and how to prevent mold from growing.

100%

know how and plan to dispose of hazardous waste at a collection site.

98%

changed to making their own cleaning products at home using less toxic cleaning products.

98%

do not mix more than one cleaning product together, such as bleach and ammonia.

75%

know lead could be in old paint at home.

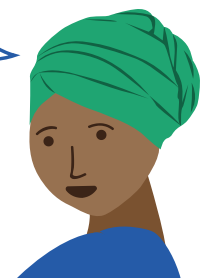
WE HEARD FROM PARTICIPANTS

When asked, *"What happened when you tried to use some of the information in the visit,"* we heard:

"Very helpful because before I used bleach every day. Now I know how to make a safer choice."

"I read the labels when I purchase. I have a picture on my phone in case I forget."

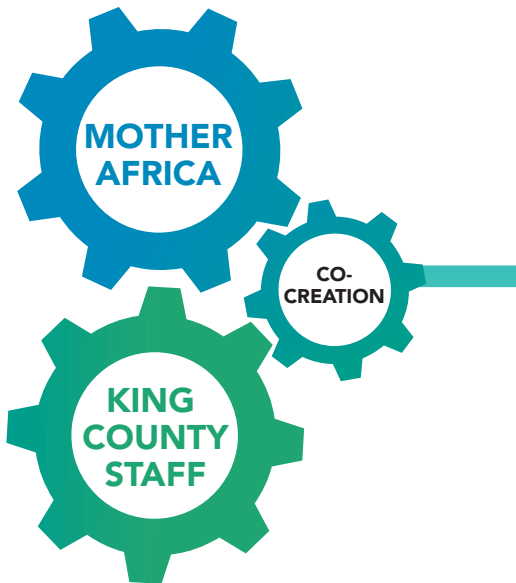
"I started using baking soda for cleaning the oven. I got good results."



Working Together Yielded Benefits for All

CO-CREATION

Mother Africa and King County collaborated to make communication materials that resonate with community members in a culturally appropriate way.



Lead Flyer



Arabic



French

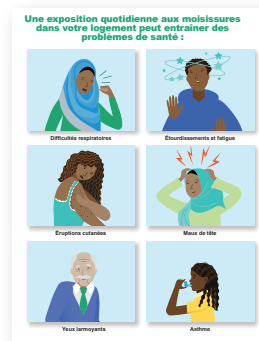


English

Mold Flyer



Arabic



French



English

Mother Africa staff

- learned about a Safer Healthy Home approach: hazardous products, proper disposal, safer cleaning, and lead and mold exposure prevention.
- debated best ways to share this information with their communities.
- chose teaching methods that are culturally appropriate.
- created pre- and post survey questions to measure impacts of virtual visit.
- created print brochures and virtual PowerPoint teaching tools.
- connected with community members.
- recruited 100 participants for virtual educational sessions.
- translated and interpreted written and spoken English materials into French and Arabic.

King County Haz Waste staff

- identified overlap between hazardous waste content and community concerns.
- heard how culture informs different approaches to common household tasks.
- practiced sharing power in meetings and when making decisions.
- learned how to better listen to communities and respect diverse points of view.

Spotlight on Co-Creation

MOLD FLYER

Identified as a need for the communities Mother Africa serves

The communities Mother Africa serve have many questions about mold. This may come from differences in weather, home construction and cleaning practices when comparing King County to countries in Africa and the Middle East. Homes made of wood and wallboard with tight windows and doors and no floor drains are designed to keep moisture out.

Immigrants and refugees coming from warm countries with more open styles of construction and with a practice of using lots of water to clean may accidentally create a climate inside their homes that allows mold to thrive when they move to the Pacific Northwest. Anecdotally, many in the community use bleach to clean up mold. However, bleach is corrosive and can expose family members to harmful fumes.

Safer ways to clean mold in your home was co-created and culturally informed

Mother Africa and the Haz Waste Program teams worked together to create a flyer to answer community questions, reduce practices that allow mold to thrive and identify safer ways to clean mold.

بعض الطرق الأكثر أمانًا لإزالة العفن من منزلك

ما هو العفن؟ وأين يوجد؟ ولماذا نراه في المنازل؟
العفن هو نوع من الفطريات.

ويحتوي الهواء طوال الوقت على كميات ضئيلة من العفن كما نجده على الكثير من الأسطح داخل المباني.
وقد يُصبح العفن مشكلة في المنازل إذا توافرت له الرطوبة الزائدة التي تهيئ له النمو والانتشار.



Arabic language version of Mold Flyer

Des moyens plus sûrs d'éliminer les moisissures dans votre logement

En quoi consistent les moisissures ? Où se développent-elles ?
Comment expliquer leur présence dans nos logements ?

C'est un type de champignon.

L'air et de nombreuses surfaces d'intérieur comportent toujours une petite quantité de moisissures.
Les moisissures peuvent devenir un problème dans les logements où une humidité excessive favorise leur développement et leur propagation.



French language version of Mold Flyer

Working Together Worked Well

LESSONS LEARNED

- Co-creation with a community-based organization and a government agency is possible and increases positive outcomes for communities who are usually not represented such as helping them get information to live in safer, healthier homes.
- It is possible to share Hazardous Waste content in a healthy homes context.
- Training participants to use a new technology (i.e. Zoom) helped participants learn about safer healthy homes, and was useful in other parts of their lives, such as communicating with doctors and teachers.
- Hearing their own language spoken during a virtual workshop or field trip makes participants feel they belong.
- Mother Africa staff contributions were beyond expectations. On weekdays and weekends they were there for their communities providing rental and utility bill assistance, gift cards for food, hygiene products, clothes and transportation, while helping participants file for unemployment and connecting them to other resources.
- Staff provided emotional support by listening to their struggles when people felt isolated. Being a Health promoter was not just a job. They made a connection with participants which lasted past the end of the project.

Thank you!

To our Program Coordinator, Nimo Mohamed Abdi, and to our Health Promoters Rasha Elshaarawi, Jeanne d’Arc Musabyimana and Safa Abdelraziq, we offer a big thank you for your hard work and dedication to the families the Safer Healthy Home Project served.

This project would not have existed without you!

Mother Africa Safer Healthy Homes Project

AWARENESS INFORMATION PROVIDED

- Safer cleaning practices
- Identifying hazardous products and safer options
- Getting rid of hazardous products
- Preventing lead exposure in homes
- Mold safer cleaning
- How to give input on new Algonia transfer station

Safer cleaning practices: Arabic

6 وصفات فعالة لمجموعة أدوات تنظيف أكثر أماناً
 حافظ على صحة البركة وهو اليقظة باستخدام مكونات موجودة في البيت بالخطر في المنزل.

مُنتفِج الأرضيات (البالوعات)
 1. 1 كوب من الخل
 2. 1 كوب من الماء
 3. 1 كوب من الخل
 4. 1 كوب من الماء
 5. 1 كوب من الخل
 6. 1 كوب من الماء

مُنتفِج المراحيض
 1. 1 كوب من الخل
 2. 1 كوب من الماء
 3. 1 كوب من الخل
 4. 1 كوب من الماء

مُنتفِج الجدران والأحواض
 1. 1 كوب من الخل
 2. 1 كوب من الماء
 3. 1 كوب من الخل
 4. 1 كوب من الماء

مُنتفِج النوافذ والمرايا
 1. 1 كوب من الخل
 2. 1 كوب من الماء
 3. 1 كوب من الخل
 4. 1 كوب من الماء

Safer cleaning practices: French

6 recettes efficaces de produits de nettoyage sûrs
 Prolongez votre famille et économisez de l'argent en faisant vous-même vos produits de nettoyage avec des ingrédients que vous avez déjà chez vous.

Produit de nettoyage des sols
 1. mélanger 1 tasse de vinaigre blanc + 4 litres d'eau chaude
 2. verser dans un seau
 3. verser dans un seau
 4. verser dans un seau
 5. verser dans un seau
 6. verser dans un seau

Produit de nettoyage des tuyaux de vidange
 1. verser 1/2 tasse de bicarbonate de soude
 2. verser 1/2 tasse de vinaigre blanc
 3. attendre quelques minutes
 4. verser de l'eau bouillante
 5. répéter si nécessaire

Produit de nettoyage pour les cuvettes des toilettes
 1. mélanger 1 tasse de bicarbonate de soude + 2 1/2 gallons de liquide vaisselle
 2. verser dans la cuvette
 3. verser dans la cuvette
 4. verser dans la cuvette

Produit de nettoyage pour les baignoires et lavabos
 1. mélanger 1 tasse de bicarbonate de soude + 1 tasse de vinaigre blanc
 2. verser dans un seau
 3. verser dans un seau
 4. verser dans un seau

Produit de nettoyage pour les vitres et miroirs
 1. mélanger 1/2 tasse de vinaigre blanc + 12 oz d'eau
 2. verser dans un seau
 3. verser dans un seau
 4. verser dans un seau

Produit de nettoyage pour les plans de travail
 1. mélanger 1 tasse de bicarbonate de soude + 1 tasse de vinaigre blanc
 2. verser dans un seau
 3. verser dans un seau
 4. verser dans un seau

Identifying hazardous products and safer options: Arabic

لا أكثر أماناً
 أخطر وصف المنتج والخطوات المتبعة عليه. تجنبه أو اطلب بديل أكثر أماناً.

دو أمّن يا بكتي
 أخطر وصف المنتج والخطوات المتبعة عليه. تجنبه أو اطلب بديل أكثر أماناً.

هناك إله حد ما
 أخطر وصف المنتج والخطوات المتبعة عليه. تجنبه أو اطلب بديل أكثر أماناً.

أكثر خطراً - تحسبه
 أخطر وصف المنتج والخطوات المتبعة عليه. تجنبه أو اطلب بديل أكثر أماناً.

Identifying hazardous products and safer options: French

COMMENT ACHETER UN PRODUIT DE MÉNAGE QUI N'EST PAS NOCIF POUR MA FAMILLE ?

Tout à fait sûr
 Cherchez un produit arborant ces logos au recto ou au verso.

Relativement inoffensif
 Lisez l'étiquette du produit. Produits n'affichant pas les mots CAUTION (Attention), WARNING (Avertissement), DANGER ou POISON.

Plutôt nocif
 Lisez l'étiquette du produit. Produits affichant les mots CAUTION (Attention) et WARNING (Avertissement).

Très nocif - à éviter
 Lisez l'étiquette du produit. Produits affichant les mots DANGER et POISON. Ce sont les plus nocifs pour vous et votre famille.

FOR MORE INFORMATION

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