



Our Environment Our Health

Prevent West Nile virus.

Eliminate mosquito breeding sites by draining any standing water, such as gutters. Wear insect repellent and long sleeves, especially at dusk and dawn. Get free gambusia fish during summer months for backyard ponds.

Eat fish safely. Some places in the Portland Harbor are home to fish with toxins such as mercury. Mercury cannot be removed through cooking or cleaning. However, by removing fat and organs when you clean and cook fish, you can help to reduce other contaminants like PCBs. Eat fish low in toxins such as salmon and steelhead.

Contact these local programs for more information:

Environmental Health Inspections: 503-988-3400

Assures food safety, controls food and water borne diseases, and improves safety in the workplace.

Vector and Nuisance Control: 503-988-3464

Surveys and controls rodent and mosquito populations, enforces nuisance codes, and educates the public to prevent vector problems, such as West Nile virus.

Lead Poisoning Prevention: 503-988-4000

Education, intervention, and a specialized information and referral service in multiple languages.

Food Handler Testing & Certification: 503-988-5257

Testing for food handler permits in seven languages. Food manager training on a monthly basis.

Vital Records: 503-988-3745

Copies of birth and death records.

Report Food-borne Illness: 504-988-3400

Feeling ill after eating out? Call this number.

Community Outreach & Education: 503-988-3400

Connects community members with resources and education on various topics such as lead poisoning, mold, mildew, West Nile Virus, and environmental justice.

Schedule a workshop with a
Health Educator to learn
solutions to a healthier home!

Call **503-988-3400**



A healthy environment focuses on the relationship between people like you and the places where you play, work, live, and breathe. Our environment contributes to our good health and well-being. Learn how to create a healthier environment with these tips from Multnomah County Environmental Health.

*Open the door – find tips on how to
make your environment healthy!*



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Report neighborhood nuisances. Got tires dumped in an empty lot? A loud rooster keeping you awake in the early morning? Overgrown ivy becoming a home for rats? Call Vector Control at 503-988-3464.

Get rid of mold & mildew. Use fans during showering and cooking to reduce moisture and prevent mold. Fix plumbing leaks and other water problems as soon as possible. Scrub mold off hard surfaces with soap and water and dry completely.

Personal hygiene: It's in your hands! Keeping hands clean can greatly reduce illness. Use soap, wash twice, and dry with a clean towel.

Clean green. Reduce or eliminate the use of harsh cleaning chemicals and switch to environmentally-friendly cleaning products. Liquid castile soap is a great all purpose cleaner and keeps your home healthy and chemical-free.

Speak up and speak out for smoke-free housing. Call the Tobacco Prevention Program at 503-988-3674 and learn what can be done and how you can become involved.

Shorten meal preparation time. Try to prepare meals less than a day in advance. Refrigerate all meat and fish until you are ready to cook or marinate. Remember, meat or cheese, eggs, fish, and dairy will allow germs to grow if not stored properly.

Dispose of pet waste responsibly. Some pet waste can contain parasitic organisms and transmit disease. Deposit waste in a plastic bag and place in a covered container used for regular garbage collection. Flush waste down the toilet.

Reduce asthma triggers! Pollen, mold, dust mites, and cockroaches trigger allergens that make breathing tough for people with asthma. Keep pets out of rooms where individuals with asthma sleep. Prevent cockroaches by not leaving food or garbage exposed. Set up a consistent asthma cleaning plan including washing bedding regularly and vacuuming weekly. Make sure your home is smoke-free.

Keep the dust outside. Take off your shoes at the door so dust and dirt don't become asthma triggers.

Keep LEAD out! Get free lead testing for kids under six and to learn how to prevent lead poisoning. Call the LEADLINE.

