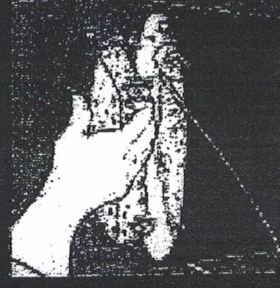


Simple Steps To Protect Your Family From Lead Hazards

If you think your home has high levels of lead:

- ◆ Get your young children tested for lead, even if they seem healthy.
- ◆ Wash children's hands, bottles, pacifiers, and toys often.
- ◆ Make sure children eat healthy, low-fat foods.
- ◆ Get your home checked for lead hazards.
- ◆ Regularly clean floors, window sills, and other surfaces.
- ◆ Wipe soil off shoes before entering house.
- ◆ Talk to your landlord about fixing surfaces with peeling or chipping paint.
- ◆ Take precautions to avoid exposure to lead dust when remodeling or renovating (call 1-800-424-LEAD for guidelines).
- ◆ Don't use a belt-sander, propane torch, high temperature heat gun, scraper, or sandpaper on painted surfaces that may contain lead.
- ◆ Don't try to remove lead-based paint yourself.



Protect Your Family From Lead In Your Home

EPA United States Environmental Protection Agency

United States Department of Housing and Urban Development

United States Department of Housing and Urban Development

Lead Gets In the Body in Many Ways

Children and lead paint
 Children are especially susceptible to lead poisoning from lead paint in their homes.

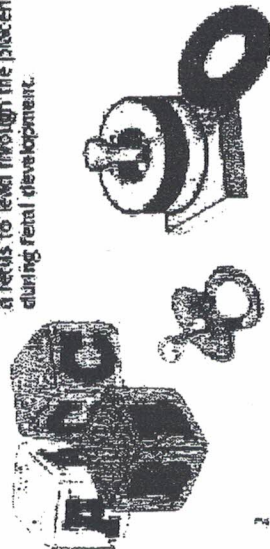
- People can get lead in their body if they:
 - Breathe in lead dust (especially during renovations that disturb painted surfaces).
 - Put their hands or other objects covered with lead dust in their mouths.
 - Eat paint chips or soil that contains lead.

Lead is even more dangerous to children under the age of 6:

- At this age children's brains and nervous systems are more sensitive to the damaging effects of lead.
- Children's growing bodies absorb more lead.
- Babies and young children often put their hands and other objects in their mouths. These objects can have lead dust on them.

Lead is also dangerous to women of childbearing age:

- Women with a high lead level in their system prior to pregnancy would expose a fetus to lead through the placenta during fetal development.



Lead's Effects

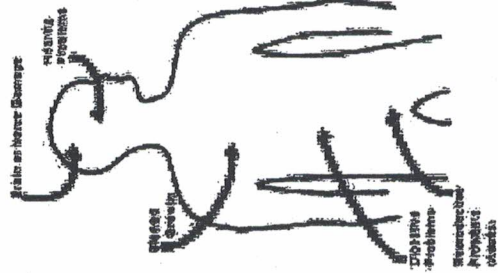
It is important to know that even exposure to low levels of lead can severely harm children.

- In children, lead can cause:
 - Nervous system and kidney damage.
 - Learning disabilities, attention deficit disorder, and decreased intelligence.
 - Speech, language, and behavior problems.
 - Poor muscle coordination.
 - Decreased muscle and bone growth.
 - Hearing damage.

While low-lead exposure is most common, exposure to high levels of lead can have devastating effects on children, including seizures, unconsciousness, and, in some cases, death.

Although children are especially susceptible to lead exposure, lead can be dangerous for adults too. In adults, lead can cause:

- Increased chance of illness during pregnancy.
- Harm to a fetus, including brain damage or death.
- Fertility problems (in men and women).
- High blood pressure.
- Digestive problems.
- Nerve disorders.
- Memory and concentration problems.
- Muscle and joint pain.



Lead enters the body in many ways.

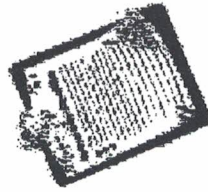
Checking Your Home for Lead

Lead poisoning
in a home
can be
prevented
if you
know
if there
is a hazard.

You can get your home tested for lead in several different ways:

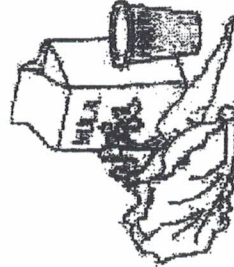
- A paint inspection tells you whether your home has lead-based paint and where it is located. It won't tell you whether or not your home currently has lead hazards.
 - A risk assessment tells you if your home currently has any lead hazards from lead in paint, dust, or soil. It also tells you what actions to take to address any hazards.
 - A combination risk assessment and inspection tells you if your home has any lead hazards and if your home has any lead-based paint, and where the lead-based paint is located.
- After a trained and certified testing professional will use a range of reliable methods when testing your home.
- Visual inspection of paint condition and location.
 - A portable x-ray fluorescence (PXF) machine.
 - Lab tests of paint, dust, and soil samples.

There are state and federal programs in place to ensure that testing is done safely, reliably, and effectively. Contact your state or local agency (see bottom of page 11) for more information, or call 1-800-424-LEAD (5323) for a list of contacts in your area. Home test kits for lead are available, but they are not always accurate. Consumers should not rely on them for doing renovations or to assure safety.



What You Can Do Now To Protect Your Family

- If you suspect that your house has lead hazards, you can take some immediate steps to reduce your family's risk:
- If you rent, notify your landlord of peeling or chipping paint.
- Clean up paint on lips immediately.
- Check floors, window frames, window sills, and other surfaces weekly. Use a mop or sponge with warm water and a general all-purpose cleaner or a cleaner made specifically for lead. REMEMBER NEVER MIX AMMONIA AND BLEACH PRODUCTS TOGETHER SINCE THEY CAN FORM A DANGEROUS GAS.
- Thoroughly clean sponges and mop heads after cleaning dirty or dusty areas.
- Wash children's hands often, especially before they eat and before nap time and bed time.
- Keep play areas clean. Wash bottles, pacifiers, toys, and stuffed animals regularly.
- Keep children from chewing window sills or other painted surfaces.
- Clean or replace shoes before entering your home to avoid tracking in lead from soil.
- Make sure children eat nutritious, low-fat meals high in iron and calcium, such as spinach and other products. Children with good diets absorb less lead.



Other Sources of Lead



◆ **Drinking water.** Your home might have plumbing with lead or lead solder. Call your local health department or water supplier to find out about testing your water. You cannot see, smell, or taste lead, and boiling your water will not get rid of lead. If you think your plumbing might have lead in it:

- Use only cold water for drinking and cooking.
- Run water for 15 to 30 seconds before drinking it, especially if you have not used your water for a few hours.

to help flush out lead that has built up in your pipes. If you have a lead service line, you should also flush it.

◆ **Old painted toys and furniture.**

◆ **The job.** If you work with lead, you could bring it home on your hands or clothes. Shower and change clothes before coming home. Launder your work clothes separately from the rest of your family's clothes.

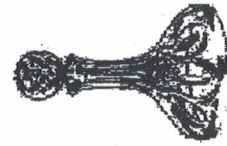
◆ **Old painted toys and furniture.**

◆ **Food and liquids stored in lead crystal or lead-glass pottery or porcelain.**

◆ **Lead smelters or other industries that release lead into the air.**

◆ **Hobbies that use lead, such as making pottery or stained glass, or refinishing furniture.**

◆ **Soil remedies that contain lead, such as "grese" and "azarcón" used to treat an upset stomach.**



For More Information

The National Lead Information Center

Call 1-800-424-LEAD (424-5323) to learn how to protect children from lead poisoning and for other information on lead hazards.

To access lead information via the web, visit www.epa.gov/lead and www.npl.gov/lead.

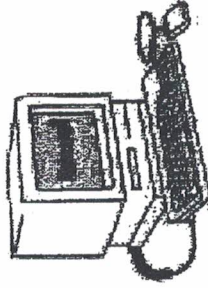


EPA's Safe Drinking Water Hotline

Call 1-800-426-4791 for information about lead in drinking water.

Consumer Product Safety Commission (CPSC) Hotline

To request information on lead in consumer products, or to report an unsafe consumer product or a food- or drug-related injury, call 1-800-438-2771, or visit CPSC's Web site at www.cpsc.gov.



Health and Environmental Agencies

Some states, tribes, and tribes have their own rules for lead-based paint activities. Check with your local agency to see which laws apply to you. Most agencies can also provide information on finding a lead abatement firm in your area, and on possible sources of financial aid for reducing lead hazards. Receive up-to-date address and phone information for your local contacts on the Internet at www.npl.gov/lead or contact the National Lead Information Center at 1-800-424-LEAD.

For the hearing impaired, call the Federal Information Relay Service at 1-800-877-8339 to access any of the phone numbers in this brochure.