



Schenectady County
Public Health Services

Lead Poisoning Prevention Program

Acknowledgement and Consent for Services

Client's Name: _____ Date: _____

Client's Address: _____

Inspector's Name: _____

I hereby acknowledge and provide written consent for Schenectady County Public Health Services to inspect my home for lead-based paint hazards.

(Please provide a **check mark** indicating you are in agreement with each of the following statements):

- I agree there is at least one child age 6 or younger that lives here, spends a significant amount of time here, and/or a pregnant woman resides in this house.
- I agree to a lead-based paint inspection being completed by Schenectady County Public Health Services. I understand this inspection will evaluate my household for lead-based paint hazards.
- I agree to keep my children away from the inspector and XRF analyzer to ensure my children's safety during the lead-based paint inspection.
- I agree to cooperate with my landlord who will remedy any identified lead-based paint hazards as well as the inspector during any follow-up activities.
- I understand I must keep children and pregnant women away from the work area during the hours designated for lead remediation work.
- I understand that a child with an elevated blood lead level will receive follow-up and repeated testing by their doctor until the level has dropped below 5 µg/dL.
- I understand I must inform Schenectady County Public Health Services if planning to move to ensure the monitoring of the child and to receive an inspection of the new residence.
- I received a copy of the EPA "Protect Your Family from Lead in Your Home" booklet. This booklet explains the steps I should take to protect my family from exposure to lead-based paint hazards. I have also received other educational materials listed on the enclosures related to lead poisoning prevention.

- I understand that Schenectady County Public Health Services is not responsible for the continual monitoring of the premises. If the premises are rented, it is the responsibility of the tenant to report any condition conducive to lead poisoning to the landlord and to the Schenectady County Public Health Services.

Enc: “Lead Poisoning is a Danger for Every Baby and Child” (NYSDOH-2594)
“Are You Pregnant?-Learn how to Protect Yourself and Your Baby...” (NYSDOH-2593)
“Beware of Lead” (NYSDOH-6517)
Sources and Pathways of Lead Exposure (SCPHS)
Guidelines for Tenants Prior to the Start of Lead Hazard Control Activities (SCPHS)
Protect Your Family from Lead in Your Home (EPA-747-K-99-001)
Toy Recalls Website CPSC Overview
Fight Lead Poisoning with a Healthy Diet (EPA-747-F-01-004)
City of Schenectady Lead Program Flyer
Healthy Neighborhoods Program Flyer
“Renovate Right” (NYSDOH 2612)
Nutrition Guide to Lead Poisoning Prevention (SCPHS adapted from National Dairy Council)
What Your Child’s Blood Lead Test Means (NYSDOH- 2526)

Signature: _____ Date: _____
(Client, Parent, Guardian)

Witness: _____ Date: _____



**Schenectady County
Public Health Services**

Referral Form

Healthy Neighborhoods Program



The Healthy Neighborhoods Program of Schenectady County Public Health Services provides **FREE** safety and cleaning products to Schenectady County households. The products may include smoke detectors, fire extinguishers, shock stoppers, smoking cessation packets, cleaning supplies, dust wipes, mops, first aid kits and other giveaways. Some residents may be eligible to receive allergen barrier pillowcases, mattress pads and dust wipes, plus many other safety and education products. A simple and easy home survey is completed in your home.

Please fill out the information below and a Healthy Neighborhoods staff member will contact you to set up a home visit.

DATE: _____

NAME: _____

ADDRESS: _____ CITY: _____ ZIP: _____

HOME PHONE #: _____ WORK PHONE #: _____ CELL: _____

EMAIL: _____

REFERRAL SOURCE: _____

OTHER INFORMATION: _____

**Thank you for your referral to the Healthy Neighborhoods Program.
Please fax form to: Environmental Health Unit, Fax #: 518-386-2822**

OR

Mail to:

**Schenectady County Public Health Services
Environmental Health Unit
107 Nott Terrace, Suite 300
Schenectady, NY 12308**

For more information about the program, call 518-386-2818



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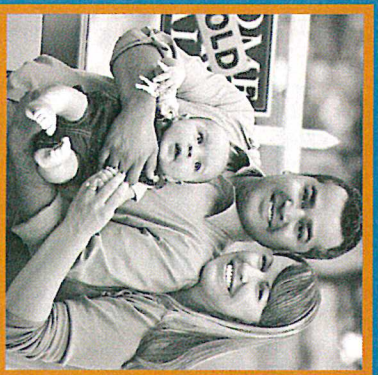
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Protect Your Family From Lead in Your Home

Are You Planning to Buy or Rent a Home Built Before 1978?

Did you know that many homes built before 1978 have **lead-based paint**? Lead from paint, chips, and dust can pose serious health hazards.

Read this entire brochure to learn:

- How lead gets into the body
- How lead affects health
- What you can do to protect your family
- Where to go for more information

Before renting or buying a pre-1978 home or apartment, federal law requires:

- Sellers must disclose known information on lead-based paint or lead-based paint hazards before selling a house.
- Real estate sales contracts must include a specific warning statement about lead-based paint. Buyers have up to 10 days to check for lead.
- Landlords must disclose known information on lead-based paint and lead-based paint hazards before leases take effect. Leases must include a specific warning statement about lead-based paint.

If undertaking renovations, repairs, or painting (RRP) projects in your pre-1978 home or apartment:

- Read EPA's pamphlet, *The Lead-Safe Certified Guide to Renovate Right*, to learn about the lead-safe work practices that contractors are required to follow when working in your home (see page 12).



United States
Department of Housing
and Urban Development



United States
Consumer Product
Safety Commission



United States
Environmental
Protection Agency



Simple Steps to Protect Your Family from Lead Hazards

If you think your home has lead-based paint:

- Don't try to remove lead-based paint yourself.
- Always keep painted surfaces in good condition to minimize deterioration.
- Get your home checked for lead hazards. Find a certified inspector or risk assessor at epa.gov/lead.
- Talk to your landlord about fixing surfaces with peeling or chipping paint.
- Regularly clean floors, window sills, and other surfaces.
- Take precautions to avoid exposure to lead dust when remodeling.
- When renovating, repairing, or painting, hire only EPA- or state-approved Lead-Safe certified renovation firms.
- Before buying, renting, or renovating your home, have it checked for lead-based paint.
- Consult your health care provider about testing your children for lead. Your pediatrician can check for lead with a simple blood test.
- Wash children's hands, bottles, pacifiers, and toys often.
- Make sure children eat healthy, low-fat foods high in iron, calcium, and vitamin C.
- Remove shoes or wipe soil off shoes before entering your house.

Lead Gets into the Body in Many Ways

Adults and children can get lead into their bodies if they:

- Breathe in lead dust (especially during activities such as renovations, repairs, or painting that disturb painted surfaces).
- Swallow lead dust that has settled on food, food preparation surfaces, and other places.
- Eat paint chips or soil that contains lead.

Lead is especially 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.



Women of childbearing age should know that lead is dangerous to a developing fetus.

- Women with a high lead level in their system before or during pregnancy risk exposing the fetus to lead through the placenta during fetal development.

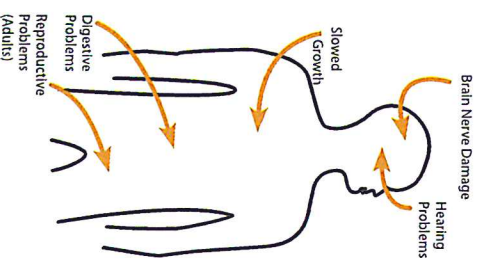
Health Effects of Lead

Lead affects the body in many ways. It is important to know that even exposure to low levels of lead can severely harm children.

In children, exposure to 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 amounts 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, exposure to lead can cause:

- Harm to a developing fetus
- Increased chance of high blood pressure during pregnancy
- Fertility problems (in men and women)
- High blood pressure
- Digestive problems
- Nerve disorders
- Memory and concentration problems
- Muscle and joint pain

3

Check Your Family for Lead

Get your children and home tested if you think your home has lead.

Children's blood lead levels tend to increase rapidly from 6 to 12 months of age, and tend to peak at 18 to 24 months of age.

Consult your doctor for advice on testing your children. A simple blood test can detect lead. Blood lead tests are usually recommended for:

- Children at ages 1 and 2
- Children or other family members who have been exposed to high levels of lead
- Children who should be tested under your state or local health screening plan

Your doctor can explain what the test results mean and if more testing will be needed.

4

Where Lead-Based Paint Is Found

In general, the older your home or childcare facility, the more likely it has lead-based paint.¹

Many homes, including private, federally-assisted, federally-owned housing, and childcare facilities built before 1978 have lead-based paint. In 1978, the federal government banned consumer uses of lead-containing paint.²

Learn how to determine if paint is lead-based paint on page 7.

Lead can be found:

- In homes and childcare facilities in the city, country, or suburbs,
- In private and public single-family homes and apartments,
- On surfaces inside and outside of the house, and
- In soil around a home. (Soil can pick up lead from exterior paint or other sources, such as past use of leaded gas in cars.)

Learn more about where lead is found at epa.gov/lead.

Identifying Lead-Based Paint and Lead-Based Paint Hazards

Deteriorating lead-based paint (peeling, chipping, chalking, cracking, or damaged paint) is a hazard and needs immediate attention. **Lead-based paint** may also be a hazard when found on surfaces that children can chew or that get a lot of wear and tear, such as:

- On windows and window sills
- Doors and door frames
- Stairs, railings, banisters, and porches

Lead-based paint is usually not a hazard if it is in good condition and if it is not on an impact or friction surface like a window.

Lead dust can form when lead-based paint is scraped, sanded, or heated. Lead dust also forms when painted surfaces containing lead bump or rub together. Lead paint chips and dust can get on surfaces and objects that people touch. Settled lead dust can reenter the air when the home is vacuumed or swept, or when people walk through it. EPA currently defines the following levels of lead in dust as hazardous:

- 40 micrograms per square foot ($\mu\text{g}/\text{ft}^2$) and higher for floors, including carpeted floors
- 250 $\mu\text{g}/\text{ft}^2$ and higher for interior window sills

Lead in soil can be a hazard when children play in bare soil or when people bring soil into the house on their shoes. EPA currently defines the following levels of lead in soil as hazardous:

- 400 parts per million (ppm) and higher in play areas of bare soil
- 1,200 ppm (average) and higher in bare soil in the remainder of the yard

Remember, lead from paint chips—which you can see—and lead dust—which you may not be able to see—both can be hazards.

The only way to find out if paint, dust, or soil lead hazards exist is to test for them. The next page describes how to do this.

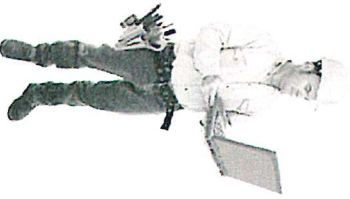
¹ "Lead-based paint" is currently defined by the federal government as paint with lead levels greater than or equal to 1.0 milligram per square centimeter (mg/cm), or more than 0.5% by weight.

² "Lead-containing paint" is currently defined by the federal government as lead in new dried paint in excess of 90 parts per million (ppm) by weight.

Checking Your Home for Lead

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

- A lead-based paint **inspection** tells you if your home has lead-based paint and where it is located. It won't tell you whether your home currently has lead hazards. A trained and certified testing professional, called a lead-based paint inspector, will conduct a paint inspection using methods, such as:
 - Portable x-ray fluorescence (XRF) machine
 - Lab tests of paint samples
- 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 trained and certified testing professional, called a risk assessor, will:
 - Sample paint that is deteriorated on doors, windows, floors, stairs, and walls
 - Sample dust near painted surfaces and sample bare soil in the yard
 - Get lab tests of paint, dust, and soil samples



• A combination inspection and risk assessment tells you if your home has any lead-based paint and if your home has any lead hazards, and where both are located.

Be sure to read the report provided to you after your inspection or risk assessment is completed, and ask questions about anything you do not understand.

Checking Your Home for Lead, continued

In preparing for renovation, repair, or painting work in a pre-1978 home, Lead-Safe Certified renovators (see page 12) may:

- Take paint chip samples to determine if lead-based paint is present in the area planned for renovation and send them to an EPA-recognized lead lab for analysis. In housing receiving federal assistance, the person collecting these samples must be a certified lead-based paint inspector or risk assessor
- Use EPA-recognized tests kits to determine if lead-based paint is absent (but not in housing receiving federal assistance)
- Presume that lead-based paint is present and use lead-safe work practices

There are state and federal programs in place to ensure that testing is done safely, reliably, and effectively. Contact your state or local agency for more information, visit epa.gov/lead, or call **1-800-424-LEAD (5323)** for a list of contacts in your area.³

³ Hearing- or speech-challenged individuals may access this number through TTY by calling the Federal Relay Service at 1-800-877-8339.

What You Can Do Now to Protect Your Family

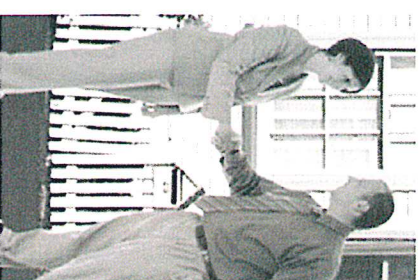
If you suspect that your house has lead-based paint hazards, you can take some immediate steps to reduce your family's risk:

- If you rent, notify your landlord of peeling or chipping paint.
- Keep painted surfaces clean and free of dust. Clean floors, window frames, window sills, and other surfaces weekly. Use a mop or sponge with warm water and a general all-purpose cleaner. (Remember: never mix ammonia and bleach products together because they can form a dangerous gas.)
- Carefully clean up paint chips immediately without creating dust.
- Thoroughly rinse sponges and mop heads often during cleaning of dirty or dusty areas, and again afterward.
- Wash your hands and your 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, or eating soil.
- When renovating, repairing, or painting, hire only EPA- or state-approved Lead-Safe Certified renovation firms (see page 12).
- Clean or remove 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 dairy products. Children with good diets absorb less lead.

Reducing Lead Hazards

Disturbing lead-based paint or removing lead improperly can increase the hazard to your family by spreading even more lead dust around the house.

- In addition to day-to-day cleaning and good nutrition, you can **temporarily** reduce lead-based paint hazards by taking actions, such as repairing damaged painted surfaces and planting grass to cover lead-contaminated soil. These actions are not permanent solutions and will need ongoing attention.



- You can minimize exposure to lead when renovating, repairing, or painting by hiring an EPA- or state-certified renovator who is trained in the use of lead-safe work practices. If you are a do-it-yourselfer, learn how to use lead-safe work practices in your home.
- To remove lead hazards permanently, you should hire a certified lead abatement contractor. Abatement (or permanent hazard elimination) methods include removing, sealing, or enclosing lead-based paint with special materials. Just painting over the hazard with regular paint is not permanent control.

Always use a certified contractor who is trained to address lead hazards safely.

- Hire a Lead-Safe Certified firm (see page 12) to perform renovation, repair, or painting (RRP) projects that disturb painted surfaces.
- To correct lead hazards permanently, hire a certified lead abatement professional. This will ensure your contractor knows how to work safely and has the proper equipment to clean up thoroughly.

Certified contractors will employ qualified workers and follow strict safety rules as set by their state or by the federal government.

Reducing Lead Hazards, continued

If your home has had lead abatement work done or if the housing is receiving federal assistance, once the work is completed, dust cleanup activities must be conducted until clearance testing indicates that lead dust levels are below the following levels:

- 40 micrograms per square foot ($\mu\text{g}/\text{ft}^2$) for floors, including carpeted floors
- 250 $\mu\text{g}/\text{ft}^2$ for interior windows sills
- 400 $\mu\text{g}/\text{ft}^2$ for window troughs

For help in locating certified lead abatement professionals in your area, call your state or local agency (see pages 14 and 15), or visit epa.gov/lead, or call 1-800-424-LEAD.

Renovating, Repairing or Painting a Home with Lead-Based Paint

If you hire a contractor to conduct renovation, repair, or painting (RRP) projects in your pre-1978 home or childcare facility (such as pre-school and kindergarten), your contractor must:

- Be a Lead-Safe Certified firm approved by EPA or an EPA-authorized state program
- Use qualified trained individuals (Lead-Safe Certified renovators) who follow specific lead-safe work practices to prevent lead contamination
- Provide a copy of EPA's lead hazard information document, *The Lead-Safe Certified Guide to Renovate Right*



RRP contractors working in pre-1978 homes and childcare facilities must follow lead-safe work practices that:

- **Contain the work area.** The area must be contained so that dust and debris do not escape from the work area. Warning signs must be put up, and plastic or other impermeable material and tape must be used.
- **Avoid renovation methods that generate large amounts of lead-contaminated dust.** Some methods generate so much lead-contaminated dust that their use is prohibited. They are:
 - Open-flame burning or torching
 - Sanding, grinding, planing, needle gunning, or blasting with power tools and equipment not equipped with a shroud and HEPA vacuum attachment
 - Using a heat gun at temperatures greater than 1100°F
- **Clean up thoroughly.** The work area should be cleaned up daily. When all the work is done, the area must be cleaned up using special cleaning methods.
- **Dispose of waste properly.** Collect and seal waste in a heavy duty bag or sheeting. When transported, ensure that waste is contained to prevent release of dust and debris.

To learn more about EPA's requirements for RRP projects, visit epa.gov/getleadaheadsafe, or read *The Lead-Safe Certified Guide to Renovate Right*.

Other Sources of Lead

Lead in Drinking Water

The most common sources of lead in drinking water are lead pipes, faucets, and fixtures.

Lead pipes are more likely to be found in older cities and homes built before 1986.

You can't smell or taste lead in drinking water.

To find out for certain if you have lead in drinking water, have your water tested.

Remember older homes with a private well can also have plumbing materials that contain lead.

Important Steps You Can Take to Reduce Lead in Drinking Water

- Use only cold water for drinking, cooking and making baby formula. Remember, boiling water does not remove lead from water.
- Before drinking, flush your home's pipes by running the tap, taking a shower, doing laundry, or doing a load of dishes.
- Regularly clean your faucet's screen (also known as an aerator).
- If you use a filter certified to remove lead, don't forget to read the directions to learn when to change the cartridge. Using a filter after it has expired can make it less effective at removing lead.

Contact your water company to determine if the pipe that connects your home to the water main (called a service line) is made from lead. Your area's water company can also provide information about the lead levels in your system's drinking water.

For more information about lead in drinking water, please contact EPA's Safe Drinking Water Hotline at 1-800-426-4791. If you have other questions about lead poisoning prevention, call 1-800-424-LEAD.*

Call your local health department or water company to find out about testing your water, or visit epa.gov/safewater for EPA's lead in drinking water information. Some states or utilities offer programs to pay for water testing for residents. Contact your state or local water company to learn more.

Other Sources of Lead, continued

- **Lead smelters** or other industries that release lead into the air.
- **Your job.** If you work with lead, you could bring it home on your body or clothes. Shower and change clothes before coming home. Launder your work clothes separately from the rest of your family's clothes.
- **Hobbies** that use lead, such as making pottery or stained glass, or refinishing furniture. Call your local health department for information about hobbies that may use lead.
- **Old toys and furniture** may have been painted with lead-containing paint. Older toys and other children's products may have parts that contain lead.⁴
- Food and liquids cooked or stored in **lead crystal or lead-glazed pottery or porcelain** may contain lead.
- Folk remedies, such as "**greta**" and "**azarcon**," used to treat an upset stomach.

⁴ In 1978, the federal government banned toys, other children's products, and furniture with lead-containing paint. In 2008, the federal government banned lead in most children's products. The federal government currently bans lead in excess of 100 ppm by weight in most children's products.

For More Information

The National Lead Information Center

Learn how to protect children from lead poisoning and get other information about lead hazards on the Web at epa.gov/lead and hud.gov/lead, or call **1-800-424-LEAD (5323)**.

EPAs Safe Drinking Water Hotline

For information about lead in drinking water, call **1-800-426-4791**, or visit epa.gov/safewater for information about lead in drinking water.

Consumer Product Safety Commission (CPSC) Hotline

For information on lead in toys and other consumer products, or to report an unsafe consumer product or a product-related injury, call **1-800-638-2772**, or visit CPSC's website at cpsc.gov or saferproducts.gov.

State and Local Health and Environmental Agencies

Some states, tribes, and cities have their own rules related to lead-based paint. 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 state or local contacts on the Web at epa.gov/lead, or contact the National Lead Information Center at **1-800-424-LEAD**.

Hearing- or speech-challenged individuals may access any of the phone numbers in this brochure through TTY by calling the toll-free Federal Relay Service at **1-800-877-8339**.

U.S. Environmental Protection Agency (EPA) Regional Offices

The mission of EPA is to protect human health and the environment. Your Regional EPA Office can provide further information regarding regulations and lead protection programs.

Region 1 (Connecticut, Massachusetts, Maine, New Hampshire, Rhode Island, Vermont)

Regional Lead Contact

U.S. EPA Region 1
5 Post Office Square, Suite 100, OES 05-4
Boston, MA 02109-3912
(888) 372-7341

Region 2 (New Jersey, New York, Puerto Rico, Virgin Islands)

Regional Lead Contact

U.S. EPA Region 2
2890 Woodbridge Avenue
Building 205, Mail Stop 225
Edison, NJ 08837-3679
(732) 321-6671

Region 3 (Delaware, Maryland, Pennsylvania, Virginia, DC, West Virginia)

Regional Lead Contact

U.S. EPA Region 3
1650 Arch Street
Philadelphia, PA 19103
(215) 814-2088

Region 4 (Alabama, Florida, Georgia, Kentucky, Mississippi, North Carolina, South Carolina, Tennessee)

Regional Lead Contact

U.S. EPA Region 4
AFC-Tower, 12th Floor, Air, Pesticides & Toxics
61 Forsyth Street, SW
Atlanta, GA 30303
(404) 562-8998

Region 5 (Illinois, Indiana, Michigan, Minnesota, Ohio, Wisconsin)

Regional Lead Contact

U.S. EPA Region 5 (DT-8J)
77 West Jackson Boulevard
Chicago, IL 60604-3666
(312) 886-7836

Region 6 (Arkansas, Louisiana, New Mexico, Oklahoma, Texas, and 66 Tribes)

Regional Lead Contact

U.S. EPA Region 6
1445 Ross Avenue, 12th Floor
Dallas, TX 75202-2733
(214) 665-2704

Region 7 (Iowa, Kansas, Missouri, Nebraska)

Regional Lead Contact

U.S. EPA Region 7
11201 Renner Blvd.
WWPD/TOPE
Lenexa, KS 66219
(800) 223-0425

Region 8 (Colorado, Montana, North Dakota, South Dakota, Utah, Wyoming)

Regional Lead Contact

U.S. EPA Region 8
1595 W Wynkoop St.
Denver, CO 80202
(303) 312-6966

Region 9 (Arizona, California, Hawaii, Nevada)

Regional Lead Contact

U.S. EPA Region 9 (CWD-4-2)
75 Hawthorne Street
San Francisco, CA 94105
(415) 947-4280

Region 10 (Alaska, Idaho, Oregon, Washington)

Regional Lead Contact

U.S. EPA Region 10
Solid Waste & Toxics Unit (WCM-128)
1200 Sixth Avenue, Suite 900
Seattle, WA 98101
(206) 553-1200

Consumer Product Safety Commission (CPSC)

The CPSC protects the public against unreasonable risk of injury from consumer products through education, safety standards activities, and enforcement. Contact CPSC for further information regarding consumer product safety and regulations.

CPSC

4330 East West Highway
Bethesda, MD 20814-4421
1-800-638-2772
cpsc.gov or saferproducts.gov

U. S. Department of Housing and Urban Development (HUD)

HUD's mission is to create strong, sustainable, inclusive communities and quality affordable homes for all. Contact HUD's Office of Healthy Homes and Lead Hazard Control for further information regarding the Lead Safe Housing Rule, which protects families in pre-1978 assisted housing, and for the lead hazard control and research grant programs.

HUD

451 Seventh Street, SW, Room 8236
Washington, DC 20410-3000
(202) 402-7698
hud.gov/offices/lead/

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U. S. EPA Washington DC 20460
U. S. CPSC Bethesda MD 20814
U. S. HUD Washington DC 20410

EPA-747-K-12-001
June 2017

IMPORTANT!

Lead From Paint, Dust, and Soil in and Around Your Home Can Be Dangerous if Not Managed Properly

- Children under 6 years old are most at risk for lead poisoning in your home.
- Lead exposure can harm young children and babies even before they are born.
- Homes, schools, and child care facilities built before 1978 are likely to contain lead-based paint.
- Even children who seem healthy may have dangerous levels of lead in their bodies.
- Disturbing surfaces with lead-based paint or removing lead-based paint improperly can increase the danger to your family.
- People can get lead into their bodies by breathing or swallowing lead dust, or by eating soil or paint chips containing lead.
- People have many options for reducing lead hazards. Generally, lead-based paint that is in good condition is not a hazard (see page 10).

WARNING
LEAD WORK AREA
POISON
NO SMOKING
OR EATING

THE LEAD-SAFE CERTIFIED GUIDE TO RENOVATE RIGHT

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1-800-424-LEAD (5323)
epa.gov/getleadSAFE
EPA-740-K-10-001
Revised September 2011



This document may be purchased through the U.S. Government Printing Office online at bookstore.gpo.gov or by phone (toll-free): 1-866-512-1800.

Important lead hazard information for families, child care providers and schools.



IT'S THE LAW!

Federal law requires contractors that disturb painted surfaces in homes, child care facilities and schools built before 1978 to be certified and follow specific work practices to prevent lead contamination. Always ask to see your contractor's certification.

Federal law requires that individuals receive certain information before renovating more than six square feet of painted surfaces in a room for interior projects or more than twenty square feet of painted surfaces for exterior projects or window replacement or demolition in housing, child care facilities and schools built before 1978.

- Homeowners and tenants: renovators must give you this pamphlet before starting work.
- Child care facilities, including preschools and kindergarten classrooms, and the families of children under six years of age that attend those facilities: renovators must provide a copy of this pamphlet to child care facilities and general renovation information to families whose children attend those facilities.

WHO SHOULD READ THIS PAMPHLET?

This pamphlet is for you if you:

- Reside in a home built before 1978.
- Own or operate a child care facility, including preschools and kindergarten classrooms, built before 1978, or
- Have a child under six years of age who attends a child care facility built before 1978.

You will learn:

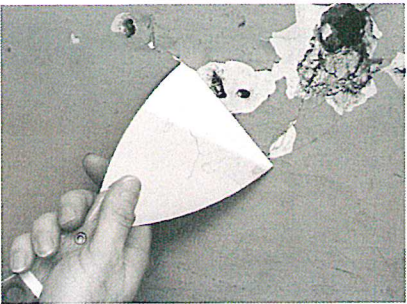
- Basic facts about lead and your health.
- How to choose a contractor, if you are a property owner.
- What tenants, and parents/guardians of a child in a child care facility or school should consider.
- How to prepare for the renovation or repair job.
- What to look for during the job and after the job is done.
- Where to get more information about lead.

This pamphlet is not for:

- **Abatement projects.** Abatement is a set of activities aimed specifically at eliminating lead or lead hazards. EPA has regulations for certification and training of abatement professionals. If your goal is to eliminate lead or lead hazards, contact the National Lead Information Center at 1-800-424-LEAD (5323) for more information.
- **“Do-it-yourself” projects.** If you plan to do renovation work yourself, this document is a good start, but you will need more information to complete the work safely. Call the National Lead Information Center at 1-800-424-LEAD (5323) and ask for more information on how to work safely in a home with lead-based paint.
- **Contractor education.** Contractors who want information about working safely with lead should contact the National Lead Information Center at 1-800-424-LEAD (5323) for information about courses and resources on lead-safe work practices.



RENOVATING, REPAIRING, OR PAINTING?



- Is your home, your building, or the child care facility or school your children attend being renovated, repaired, or painted?
- Was your home, your building, or the child care facility or school where your children under six years of age attend built before 1978?

If the answer to these questions is YES, there are a few important things you need to know about lead-based paint:

This pamphlet provides basic facts about lead and information about lead safety when work is being done in your home, your building or the child care facility or school your children attend.

The Facts About Lead

- Lead can affect children's brains and developing nervous systems, causing reduced IQ, learning disabilities, and behavioral problems. Lead is also harmful to adults.
- Lead in dust is the most common way people are exposed to lead. People can also get lead in their bodies from lead in soil or paint chips. Lead dust is often invisible.
- Lead-based paint was used in more than 38 million homes until it was banned for residential use in 1978.
- Projects that disturb painted surfaces can create dust and endanger you and your family. Don't let this happen to you. Follow the practices described in this pamphlet to protect you and your family.

LEAD AND YOUR HEALTH

Lead is especially dangerous to children under six years of age.

- Lead can affect children's brains and developing nervous systems, causing:
- Reduced IQ and learning disabilities.
 - Behavior problems.

Even children who appear healthy can have dangerous levels of lead in their bodies.

- Lead is also harmful to adults. In adults, low levels of lead can pose many dangers, including:
- High blood pressure and hypertension.
 - Pregnant women exposed to lead can transfer lead to their fetuses. Lead gets into the body when it is swallowed or inhaled.
 - People, especially children, can swallow lead dust as they eat, play, and do other normal hand-to-mouth activities.
 - People may also breathe in lead dust or fumes if they disturb lead-based paint. People who sand, scrape, burn, brush, blast or otherwise disturb lead-based paint risk unsafe exposure to lead.



What should I do if I am concerned about my family's exposure to lead?

- A blood test is the only way to find out if you or a family member already has lead poisoning. Call your doctor or local health department to arrange for a blood test.
- Call your local health department for advice on reducing and eliminating exposures to lead inside and outside your home, child care facility or school.
- Always use lead-safe work practices when renovation or repair will disturb painted surfaces.

For more information about the health effects of exposure to lead, visit the EPA lead website at epa.gov/lead/pubs/leadinfo or call 1-800-424-LEAD (5323).

There are other things you can do to protect your family every day.

- Regularly clean floors, window sills, and other surfaces.
- Wash children's hands, bottles, pacifiers, and toys often.
- Make sure children eat a healthy, nutritious diet consistent with the USDA's dietary guidelines, that helps protect children from the effects of lead.
- Wipe off shoes before entering the house.

WHERE DOES THE LEAD COME FROM?

Dust is the main problem.

The most common way to get lead in the body is from dust. Lead dust comes from deteriorating lead-based paint and lead-contaminated soil that gets tracked into your home. This dust may accumulate to unsafe levels. Then, normal hand-to-mouth activities, like playing and eating (especially in young children), move that dust from surfaces like floors and window sills into the body.

Home renovation creates dust.

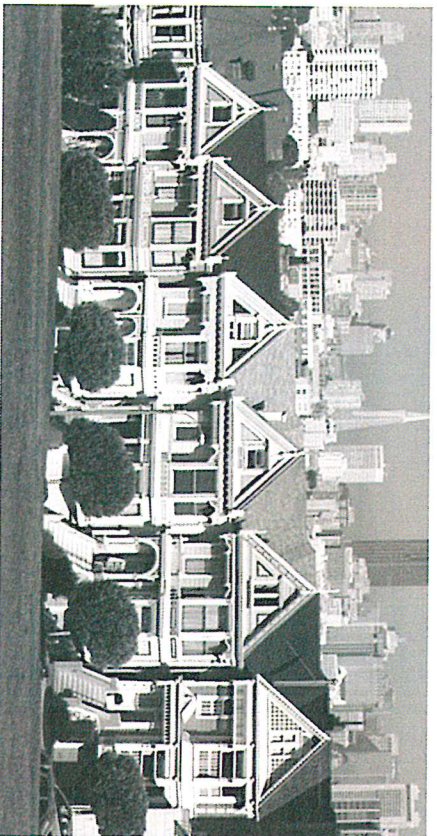
Common renovation activities like sanding, cutting, and demolition can create hazardous lead dust and chips.

Proper work practices protect you from the dust.

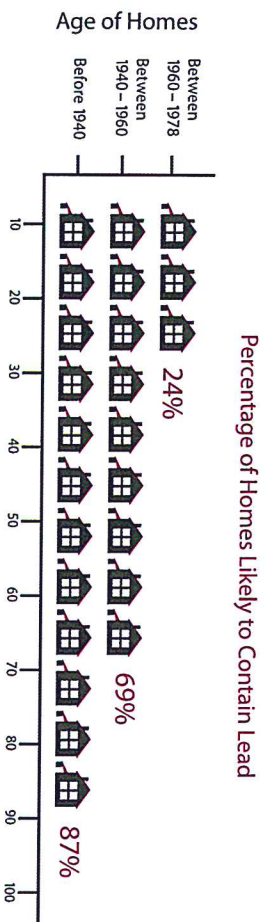
The key to protecting yourself and your family during a renovation, repair or painting job is to use lead-safe work practices such as containing dust inside the work area, using dust-minimizing work methods, and conducting a careful cleanup, as described in this pamphlet.

Other sources of lead.

Remember, lead can also come from outside soil, your water, or household items (such as lead-glazed pottery and lead crystal). Contact the National Lead Information Center at 1-800-424-LEAD (5323) for more information on these sources.



CHECKING YOUR HOME FOR LEAD-BASED PAINT



Older homes, child care facilities, and schools are more likely to contain lead-based paint.

Homes may be single-family homes or apartments. They may be private, government-assisted, or public housing. Schools are preschools and kindergarten classrooms. They may be urban, suburban, or rural.

You have the following options:

You may decide to assume your home, child care facility, or school contains lead. Especially in older homes and buildings, you may simply want to assume lead-based paint is present and follow the lead-safe work practices described in this brochure during the renovation, repair, or painting job.

You can hire a certified professional to check for lead-based paint.

These professionals are certified risk assessors or inspectors, and can determine if your home has lead or lead hazards.

- A certified inspector or risk assessor can conduct an inspection telling you whether your home, or a portion of your home, has lead-based paint and where it is located. This will tell you the areas in your home where lead-safe work practices are needed.
- A certified risk assessor can conduct a risk assessment telling you if your home currently has any lead hazards from lead in paint, dust, or soil. The risk assessor can also tell you what actions to take to address any hazards.
- For help finding a certified risk assessor or inspector, call the National Lead Information Center at 1-800-424-LEAD (5323).

You may also have a certified renovator test the surfaces or components being disturbed for lead by using a lead test kit or by taking paint chip samples and sending them to an EPA-recognized testing laboratory. Test kits must be EPA-recognized and are available at hardware stores. They include detailed instructions for their use.

FOR PROPERTY OWNERS

You have the ultimate responsibility for the safety of your family, tenants, or children in your care.

This means properly preparing for the renovation and keeping persons out of the work area (see p. 8). It also means ensuring the contractor uses lead-safe work practices.

Federal law requires that contractors performing renovation, repair and painting projects that disturb painted surfaces in homes, child care facilities, and schools built before 1978 be certified and follow specific work practices to prevent lead contamination.

Make sure your contractor is certified, and can explain clearly the details of the job and how the contractor will minimize lead hazards during the work.

- You can verify that a contractor is certified by checking EPA's website at epa.gov/getleadSAFE or by calling the National Lead Information Center at 1-800-424-LEAD (5323). You can also ask to see a copy of the contractor's firm certification.
- Ask if the contractor is trained to perform lead-safe work practices and to see a copy of their training certificate.
- Ask them what lead-safe methods they will use to set up and perform the job in your home, child care facility or school.
- Ask for references from at least three recent jobs involving homes built before 1978, and speak to each personally.

Always make sure the contract is clear about how the work will be set up, performed, and cleaned.

- Share the results of any previous lead tests with the contractor.
- You should specify in the contract that they follow the work practices described on pages 9 and 10 of this brochure.
- The contract should specify which parts of your home are part of the work area and specify which lead-safe work practices will be used in those areas. Remember, your contractor should confine dust and debris to the work area and should minimize spreading that dust to other areas of the home.
- The contract should also specify that the contractor will clean the work area, verify that it was cleaned adequately, and re-clean it if necessary.

If you think a worker is not doing what he is supposed to do or is doing something that is unsafe, you should:

- Direct the contractor to comply with regulatory and contract requirements.
- Call your local health or building department, or
- Call EPA's hotline 1-800-424-LEAD (5323).

If your property receives housing assistance from HUD (or a state or local agency that uses HUD funds), you must follow the requirements of HUD's Lead-Safe Housing Rule and the ones described in this pamphlet.

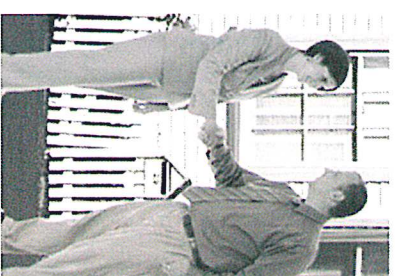
FOR TENANTS AND FAMILIES OF CHILDREN UNDER SIX YEARS OF AGE IN CHILD CARE FACILITIES AND SCHOOLS

You play an important role ensuring the ultimate safety of your family.

This means properly preparing for the renovation and staying out of the work area (see p. 8).

Federal law requires that contractors performing renovation, repair and painting projects that disturb painted surfaces in homes built before 1978 and in child care facilities and schools built before 1978, that a child under six years of age visits regularly, to be certified and follow specific work practices to prevent lead contamination.

The law requires anyone hired to renovate, repair, or do painting preparation work on a property built before 1978 to follow the steps described on pages 9 and 10 unless the area where the work will be done contains no lead-based paint.



If you think a worker is not doing what he is supposed to do or is doing something that is unsafe, you should:

- Contact your landlord.
- Call your local health or building department, or
- Call EPA's hotline 1-800-424-LEAD (5323).

If you are concerned about lead hazards left behind after the job is over, you can check the work yourself (see page 10).



PREPARING FOR A RENOVATION

The work areas should not be accessible to occupants while the work occurs.

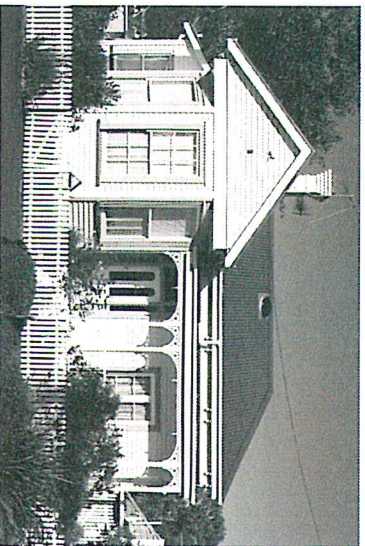
The rooms or areas where work is being done may need to be blocked off or sealed with plastic sheeting to contain any dust that is generated. Therefore, the contained area may not be available to you until the work in that room or area is complete, cleaned thoroughly, and the containment has been removed. Because you may not have access to some areas during the renovation, you should plan accordingly.

You may need:

- Alternative bedroom, bathroom, and kitchen arrangements if work is occurring in those areas of your home.
- A safe place for pets because they too can be poisoned by lead and can track lead dust into other areas of the home.
- A separate pathway for the contractor from the work area to the outside in order to bring materials in and out of the home. Ideally, it should not be through the same entrance that your family uses.
- A place to store your furniture. All furniture and belongings may have to be moved from the work area while the work is being done. Items that can't be moved, such as cabinets, should be wrapped in plastic.
- To turn off forced-air heating and air conditioning systems while the work is being done. This prevents dust from spreading through vents from the work area to the rest of your home. Consider how this may affect your living arrangements.

You may even want to move out of your home temporarily while all or part of the work is being done.

Child care facilities and schools may want to consider alternative accommodations for children and access to necessary facilities.



DURING THE WORK

Federal law requires contractors that are hired to perform renovation, repair and painting projects in homes, child care facilities, and schools built before 1978 that disturb painted surfaces to be certified and follow specific work practices to prevent lead contamination.

The work practices the contractor must follow include these three simple procedures, described below:

1. Contain the work area. The area must be contained so that dust and debris do not escape from that area. Warning signs must be put up and plastic or other impermeable material and tape must be used as appropriate to:

- Cover the floors and any furniture that cannot be moved.
- Seal off doors and heating and cooling system vents.
- For exterior renovations, cover the ground and, in some instances, erect vertical containment or equivalent extra precautions in containing the work area.

These work practices will help prevent dust or debris from getting outside the work area.

2. Avoid renovation methods that generate large amounts of lead-contaminated dust.

Some methods generate so much lead-contaminated dust that their use is prohibited. They are:

- Open flame burning or torching.
- Sanding, grinding, planing, needle gunning, or blasting with power tools and equipment not equipped with a shroud and HEPA vacuum attachment.
- Using a heat gun at temperatures greater than 1100°F.



There is no way to eliminate dust, but some renovation methods make less dust than others. Contractors may choose to use various methods to minimize dust generation, including using water to mist areas before sanding or scraping; scoring paint before separating components; and prying and pulling apart components instead of breaking them.

3. Clean up thoroughly. The work area should be cleaned up daily to keep it as clean as possible. When all the work is done, the area must be cleaned up using special cleaning methods before taking down any plastic that isolates the work area from the rest of the home. The special cleaning methods should include:

- Using a HEPA vacuum to clean up dust and debris on all surfaces, followed by
- Wet wiping and wet mopping with plenty of rinse water.

When the final cleaning is done, look around. There should be no dust, paint chips, or debris in the work area. If you see any dust, paint chips, or debris, the area must be re-cleaned.

FOR PROPERTY OWNERS: AFTER THE WORK IS DONE

When all the work is finished, you will want to know if your home, child care facility, or school where children under six attend has been cleaned up properly.

EPA Requires Cleaning Verification.

In addition to using allowable work practices and working in a lead-safe manner, EPA's RRP rule requires contractors to follow a specific cleaning protocol. The protocol requires the contractor to use disposable cleaning cloths to wipe the floor and other surfaces of the work area and compare these cloths to an EPA-provided cleaning verification card to determine if the work area was adequately cleaned. EPA research has shown that following the use of lead-safe work practices with the cleaning verification protocol will effectively reduce lead-dust hazards.

Lead-Dust Testing.

EPA believes that if you use a certified and trained renovation contractor who follows the LRRP rule by using lead-safe work practices and the cleaning protocol after the job is finished, lead-dust hazards will be effectively reduced. If, however, you are interested in having lead-dust testing done at the completion of your job, outlined below is some helpful information.

What is a lead-dust test?

• Lead-dust tests are wipe samples sent to a laboratory for analysis. You will get a report specifying the levels of lead found after your specific job.

How and when should I ask my contractor about lead-dust testing?

• Contractors are not required by EPA to conduct lead-dust testing. However, if you want testing, EPA recommends testing be conducted by a lead professional. To locate a lead professional who will perform an evaluation near you, visit EPA's website at epa.gov/lead/pubs/locate or contact the National Lead Information Center at **1-800-424-LEAD (5323)**.

• If you decide that you want lead-dust testing, it is a good idea to specify in your contract, before the start of the job, that a lead-dust test is to be done for your job and who will do the testing, as well as whether re-cleaning will be required based on the results of the test.

• You may do the testing yourself. If you choose to do the testing, some EPA-recognized lead laboratories will send you a kit that allows you to collect samples and send them back to the laboratory for analysis. Contact the National Lead Information Center for lists of EPA-recognized testing laboratories.



FOR ADDITIONAL INFORMATION

You may need additional information on how to protect yourself and your children while a job is going on in your home, your building, or child care facility.

The National Lead Information Center at **1-800-424-LEAD (5323)** or epa.gov/lead/nlic can tell you how to contact your state, local, and/or tribal programs or get general information about lead poisoning prevention.

• State and tribal lead poisoning prevention or environmental protection programs can provide information about lead regulations and potential sources of financial aid for reducing lead hazards. If your state or local government has requirements more stringent than those described in this pamphlet, you must follow those requirements.

• Local building code officials can tell you the regulations that apply to the renovation work that you are planning.

• State, county, and local health departments can provide information about local programs, including assistance for lead-poisoned children and advice on ways to get your home checked for lead.

The National Lead Information Center can also provide a variety of resource material, including the following guides to lead-safe work practices. Many of these materials are also available at epa.gov/lead/pubs/brochure

- Steps to Lead Safe Renovation, Repair and Painting.
- Protect Your Family from Lead in Your Home
- Lead in Your Home: A Parent's Reference Guide



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.

EPA CONTACTS

EPA Regional Offices

EPA addresses residential lead hazards through several different regulations. EPA requires training and certification for conducting abatement and renovations, education about hazards associated with renovations, disclosure about known lead paint and lead hazards in housing, and sets lead-paint hazard standards.

Your Regional EPA Office can provide further information regarding lead safety and lead protection programs at epa.gov/lead.

Region 1
(Connecticut, Massachusetts, Maine, New Hampshire, Rhode Island, Vermont)
Regional Lead Contact
U.S. EPA Region 1
Suite 1100
One Congress Street
Boston, MA 02114-2023
(888) 372-7341

Region 4
(Alabama, Florida, Georgia, Kentucky, Mississippi, North Carolina, South Carolina, Tennessee)
Regional Lead Contact
U.S. EPA Region 4
61 Forsyth Street, SW
Atlanta, GA 30303-8960
(404) 562-9900

Region 2
(New Jersey, New York, Puerto Rico, Virgin Islands)
Regional Lead Contact
U.S. EPA Region 2
2890 Woodbridge Avenue
Building 205, Mail Stop 225
Edison, NJ 08837-3679
(732) 321-6671

Region 5
(Illinois, Indiana, Michigan, Minnesota, Ohio, Wisconsin)
Regional Lead Contact
U.S. EPA Region 5
77 West Jackson Boulevard
Chicago, IL 60604-3507
(312) 886-6003

Region 3
(Delaware, Maryland, Pennsylvania, Virginia, Washington, DC, West Virginia)
Regional Lead Contact
U.S. EPA Region 3
1650 Arch Street
Philadelphia, PA
19103-2029
(215) 814-5000

Region 6
(Arkansas, Louisiana, New Mexico, Oklahoma, Texas)
Regional Lead Contact
U.S. EPA Region 6
1445 Ross Avenue,
12th Floor
Dallas, TX 75202-2733
(214) 665-7577

Region 7
(Iowa, Kansas, Missouri, Nebraska)
Regional Lead Contact
U.S. EPA Region 7
901 N. 5th Street
Kansas City, KS 66101
(913) 551-7003

Region 8
(Colorado, Montana, North Dakota, South Dakota, Utah, Wyoming)
Regional Lead Contact
U.S. EPA Region 8
1595 Wynnkoop Street
Denver, CO 80202
(303) 312-6312

Region 9
(Arizona, California, Hawaii, Nevada)
Regional Lead Contact
U.S. Region 9
75 Hawthorne Street
San Francisco, CA 94105
(415) 947-8021

Region 10
(Alaska, Idaho, Oregon, Washington)
Regional Lead Contact
U.S. EPA Region 10
1200 Sixth Avenue
Seattle, WA 98101-1128
(206) 553-1200

OTHER FEDERAL AGENCIES

CPSC

The Consumer Product Safety Commission (CPSC) protects the public from the unreasonable risk of injury or death from 15,000 types of consumer products under the agency's jurisdiction. CPSC warns the public and private sectors to reduce exposure to lead and increase consumer awareness. Contact CPSC for further information regarding regulations and consumer product safety.

CPSC
4330 East West Highway
Bethesda, MD 20814
Hotline 1-(800) 638-2772
CPSC.GOV

CDC Childhood Lead Poisoning Prevention Branch

The Centers for Disease Control and Prevention (CDC) assists state and local childhood lead poisoning prevention programs to provide a scientific basis for policy decisions, and to ensure that health issues are addressed in decisions about housing and the environment. Contact CDC Childhood Lead Poisoning Prevention Program for additional materials and links on the topic of lead.

CDC Childhood Lead Poisoning Prevention Branch
4770 Buford Highway, MS F-40
Atlanta, GA 30341
(770) 488-3300
cdc.gov/nceh/lead

HUD Office of Healthy Homes and Lead Hazard Control

The Department of Housing and Urban Development (HUD) provides funds to state and local governments to develop cost-effective ways to reduce lead-based paint hazards in America's privately-owned low-income housing. In addition, the office enforces the rule on disclosure of known lead paint and lead hazards in housing, and HUD's lead safety regulations in HUD-assisted housing, provides public outreach and technical assistance, and conducts technical studies to help protect children and their families from health and safety hazards in the home. Contact the HUD Office of Healthy Homes and Lead Hazard Control for information on lead regulations, outreach efforts, and lead hazard control research and outreach grant programs.

U.S. Department of Housing and Urban Development
Office of Healthy Homes and Lead Hazard Control
451 Seventh Street, SW, Room 8236
Washington, DC 20410-3000
HUD's Lead Regulations Hotline
(202) 402-7698
hud.gov/offices/lead/

SAMPLE PRE-RENOVATION FORM

This sample form may be used by renovation firms to document compliance with the Federal pre-renovation education and renovation, repair, and painting regulations.

Occupant Confirmation

Pamphlet Receipt

- I have received a copy of the lead hazard information pamphlet informing me of the potential risk of the lead hazard exposure from renovation activity to be performed in my dwelling unit. I received this pamphlet before the work began.

Printed Name of Owner-occupant _____

Signature of Owner-occupant _____

Signature Date _____

Renovator's Self Certification Option (for tenant-occupied dwellings only)

Instructions to Renovator: If the lead hazard information pamphlet was delivered but a tenant signature was not obtainable, you may check the appropriate box below.

- Declined** – I certify that I have made a good faith effort to deliver the lead hazard information pamphlet to the rental dwelling unit listed below at the date and time indicated and that the occupant declined to sign the confirmation of receipt. I further certify that I have left a copy of the pamphlet at the unit with the occupant.
- Unavailable for signature** – I certify that I have made a good faith effort to deliver the lead hazard information pamphlet to the rental dwelling unit listed below and that the occupant was unavailable to sign the confirmation of receipt. I further certify that I have left a copy of the pamphlet at the unit by sliding it under the door or by (fill in how pamphlet was left).

Printed Name of Person Certifying Delivery _____ Attempted Delivery Date _____

Signature of Person Certifying Lead Pamphlet Delivery _____

Unit Address _____

Note Regarding Mailing Option — As an alternative to delivery in person, you may mail the lead hazard information pamphlet to the owner and/or tenant. Pamphlet must be mailed at least seven days before renovation. Mailing must be documented by a certificate of mailing from the post office.



Beware of Lead!

Do YOU know where lead may be hiding?



Lead is a metal that can hurt children and adults. Children may not look or act sick, but a blood test could show that they have lead poisoning. This could harm their growth, behavior, and ability to learn. Lead can also be a problem for adults, especially pregnant women and their babies.



When **lead paint in your house** cracks or peels, it can drop chips or make lead dust. Children pick up these chips and dust when they crawl on the floor or put their hands and toys in their mouths. Children can get lead poisoning this way.

Did you know that **some medicines, spices, cosmetics, glazed pottery, and food from other countries could also contain lead?** The lead in these products has caused children to get sick.

There may be other products that we do not know about yet. They may be sold in a store in your neighborhood, or friends or family members may bring them back after traveling.

Medicines and other products that may contain lead:



Spices imported from the Middle East, Latin America, India, and China can contain lead.



Cosmetics can also contain lead. Kohl (also known as surma or kajal), is one example. It is used to accent the eyes.



Many types of **candy** from around the world can contain lead.



Herbal and Ayurvedic **medicines** from the Middle East, Latin America, India, and China can contain lead.

Select images courtesy of The New York City Department of Health

Ointments and pastes from outside the United States can contain lead:



Yisaoguang Yaogua is an ointment from China used to treat skin rash.



Hondan is a powder often used as an ointment for diaper rash and dry skin.



Thanaka is a Burmese ointment or paste made from trees used as sunscreen and to protect skin.

Glazed pottery can contain lead and should not be used for food preparation or serving.



Incense and some candlesticks can contain lead. Lead can be in charcoal, "unsi", and other incense you burn in your house and in some candle wicks.



Metal jewelry, including gold or silver plated, can contain lead. Children should never put metal jewelry into their mouths.

Select images courtesy of The New York City Department of Health

Contact your doctor, your local Health Department, or refugee resettlement case manager if:

- Your family has used any of these products or products similar to these.
- You have questions about anything you see in these pictures.
- Someone gave you a new medicine or you have other questions about whether a medicine or product is safe for your baby or child.
- If you or one of your family members work with lead.
- Your home has cracked, chipped, or peeling paint.
- You are concerned your child may have lead poisoning or may have been exposed to products containing lead. Every child should have their blood tested, even if they seem fine.





United States
Environmental Protection
Agency

Office of Pollution Prevention
and Toxics (7404)

EPA-747-F-01-004
November 2001

Fight Lead Poisoning with a Healthy Diet

Lead Poisoning Prevention Tips
for Families



Lead and a Healthy Diet What You Can Do to Protect Your Child

Lead's Effects on the Body

Lead is a poisonous metal that our bodies cannot use. Lead poisoning can cause learning, hearing, and behavioral problems, and can harm your child's brain, kidneys, and other organs. Lead in the body stops good minerals such as iron and calcium from working right. Some of these effects may be permanent.

Lead Awareness and

Your Child



Children with lead poisoning usually do not look or act sick. The only way to know if your child has lead poisoning is by getting a blood test.

Ask your doctor or health care provider to test your child under six years of age at least once a year.

Lead Hazards Where is Lead Found?

Main Sources of Lead

Lead-based paint is a hazard if it is peeling, chipping, chalking, or cracking. Even lead-based paint that appears to be undisturbed can be a problem if it is on surfaces that children chew or that get a lot of wear and tear. The older your home is, the more likely it is to contain lead-based paint.

Contaminated dust forms when lead paint is dry-scraped or sanded. Dust can also become contaminated when painted surfaces bump or rub together. Lead chips and dust can gather on surfaces and objects that people touch or that children put into their mouths.

Lead poisoning occurs
without any
obvious symptoms

and
harms

your child's body.

Contaminated soil occurs when exterior lead-based paint from houses, buildings, or other structures flakes or peels and gets into the soil. Soil near roadways may also be contaminated from past use of leaded gasoline in cars. Avoid these areas when planting vegetable gardens.

Other Sources of Lead

Contaminated drinking water from older plumbing fixtures
Lead-based painted toys and household furniture
Imported lead-glazed pottery and leaded crystal
Lead smelters

Hobbies

Folk remedies like azarcon and pay-lou-ah
Cosmetics like kohl and kajal

Do not store **food**
in glazed pottery
from foreign countries.



Meal and Snack Ideas

Tips to help you and your children plan meals and snacks



Breakfast

Oatmeal swirlers
Sliced banana
Orange juice

Lunch

Grilled cheese & tomato
Coleslaw
Low-fat milk

Dinner

Sloppy joes
Watermelon
Low-fat milk

Cheese omelet
Applesauce
Low-fat milk

Tuna salad sandwich
Cranberry juice
Pear slices

Macaroni and cheese
Stewed tomatoes
Melon slice

French toast
Orange sections
Low-fat milk

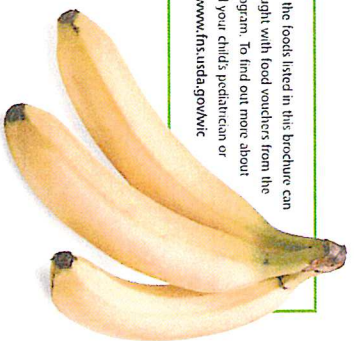
Pizza bagel
100% fruit juice
Fresh or canned peaches
Low-fat milk

Chicken stew
Rice
Strawberries

Between meals offer small snacks such as:

Cereal with low-fat milk, whole wheat crackers with cheese, apple or pear slices, oranges or bananas, raisins, yogurt, frozen fruit juice pops, and fruit smoothies.

Many of the foods listed in this brochure can be bought with food vouchers from the WIC program. To find out more about WIC, call your child's pediatrician or visit www.fns.usda.gov/wic



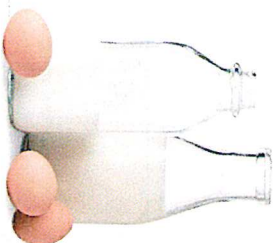
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Oatmeal Swirlers • Makes 4-6 servings

- 1 1/2 cups of quick cooking oats
- 1/3 cup of peanut butter
- 1/3 cup of fruit jelly or jam

Steps:

- Follow the package directions to cook oats.
- Spoon peanut butter and jelly on top of cooked oatmeal.
- Stir and spoon into bowls.
- Serve with low-fat milk.



French Toast • Makes 4-6 servings

- 3 eggs, beaten
- 1/2 cup of low-fat milk
- Vegetable oil
- 6 slices of bread
- Cinnamon
- 2 bananas, sliced

Steps:

- Mix eggs and milk.
- Lightly coat pan with vegetable oil. Use medium heat.
- Dip bread into egg mixture, so that bread is covered.
- Brown one side of bread in pan.
- Sprinkle top with cinnamon.
- Turn over bread and brown the other side. Top with sliced banana.
- Serve with low-fat milk.

Cheese Omelet • Makes 2-3 servings

- 3 eggs
- 1 tablespoon of low-fat milk
- Vegetable oil
- 3 tablespoons of cheese

Steps:

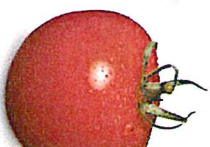
- Mix eggs and milk in a bowl.
- Lightly coat pan with vegetable oil. Use medium heat.
- Add egg mixture and cook.
- When omelet is cooked on the bottom, add cheese.
- When cheese is melted, fold omelet in half.
- Top with salsa if you like.
- Serve with toast, fruit, and low-fat milk.

Grilled Cheese & Tomato Sandwich • Makes 1 serving

- 2 slices of bread
- 2 slices of American cheese
- 1 slice of tomato
- Vegetable oil

Steps:

- Make sandwich using bread, cheese, and tomato.
- Lightly coat pan with vegetable oil.
- Brown sandwich on both sides over low heat to melt the cheese.
- Serve with low-fat milk or fruit juice.



Tuna Salad Sandwich • Makes 2 servings

- 4 slices of bread
- 1 can of water packed tuna
- 4 teaspoons of low-fat mayonnaise
- Onion and celery, chopped

Steps:

- Mix tuna with low-fat mayonnaise, onion, and celery.
- Try your sandwich with cheese and tomato.
- Serve with low-fat milk.



Pizza Bagels • Makes 2-3 servings

- 1 bagel
- 2 tablespoons of tomato sauce
- Garlic, basil, or oregano
- 2 tablespoons of cheddar cheese or part-skim mozzarella

Steps:

- Preheat oven to 400 degrees.
- Slice open a bagel and place on a flat pan.
- Add tomato sauce, seasonings, and cheese.
- Bake for 3 minutes or until cheese melts.
- Serve with fruit juice.

Sloppy Joes • Makes 4-6 servings

- 1 pound of lean ground beef, turkey, or chicken
- 1 small onion, chopped
- 1/2 green pepper, chopped
- 1 cup of tomato sauce
- Your choice of seasonings
- 5 hamburger buns or pita pocket breads

Steps:

- In a pan, cook lean ground meat, onion, and green pepper until meat is well done.
- Drain fat.
- Stir in tomato sauce and seasonings.
- Cook for 5 to 10 minutes.
- Spoon into hamburger bun or pita.
- Serve with fruit juice.



Baked Macaroni and Cheese • Makes 3-5 servings

- 4 cups of cooked macaroni
- 3 cups of grated cheddar cheese
- 2 tablespoons of margarine
- 2 cups of low-fat milk
- 2 tablespoons of flour
- Vegetable oil
- 2 cups of low-fat milk
- Salt and pepper

Steps:

- Preheat oven to 375 degrees. Lightly coat casserole dish with vegetable oil.
- Mix cooked macaroni with grated cheese and pour into casserole.
- Melt margarine in a pan. Remove from heat, stir in flour. Return to heat.
- Add low-fat milk slowly, stirring until smooth.
- Season with salt and pepper to taste.
- Pour over macaroni. Stir.
- Cover. Bake for 30 minutes.
- Uncover and bake for another 15 minutes.

Chicken Stew • Makes 6-8 servings

- 3 pounds of frying chicken, cut up into small pieces
- Vegetable oil
- 1 medium onion, chopped
- 1 stalk of celery, chopped
- 28 ounce can of stewed tomatoes
- Poultry seasoning

Steps:

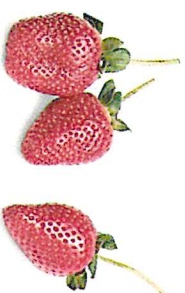
- Lightly coat pot with vegetable oil. Use medium heat.
- Cook chicken until it is well done.
- Add can of stewed tomatoes.
- Add vegetables and seasoning.
- Cover and cook over low heat for 30 minutes.
- Serve with rice or noodles.

Banana Strawberry Smoothie • Makes 2-3 servings

- 1 cup of low-fat milk
- 1 cup of fresh or frozen strawberries, mashed
- 1 ripe banana, mashed

Steps:

- Mix all together in a blender or use a wire whisk.
- Eat as a snack or for dessert.



trim
this
area
off

Regularly Eat Healthy Foods

Children with empty stomachs absorb more lead than children with full stomachs.

Provide your child with four to six small meals during the day. The following nutrients can help protect your child from lead poisoning:



Vitamin C-Rich Foods
Vitamin C and iron-rich foods work together to reduce lead absorption. Good sources of vitamin C include:
*Oranges, orange juice
Grapefruits, grapefruit juice
Tomatoes, tomato juice
Green peppers*

Iron-Rich Foods

Normal levels of iron work to protect the body from the harmful effects of lead. Good sources of dietary iron include:

*Lean red meats, fish, and chicken
Iron-fortified cereals
Dried fruits (raisins, prunes)*

Calcium-Rich Foods

Calcium reduces lead absorption and also helps make teeth and bones strong. Good sources of dietary calcium include:

*Milk
Yogurt
Cheese
Green leafy vegetables (spinach, kale, collard greens)*



A healthy diet can help
protect
your child
from the harmful effects
of lead.



Simple Steps You Can Take to Protect Your Family from Lead Hazards

If you think your home has high levels of lead:

- Make sure your children eat healthy, low-fat foods high in iron, calcium, and vitamin C.
- Get your children tested for lead, even if they seem healthy.
- Get your home tested for lead if it was built before 1978. Call **1-800-424-LEAD** for more information.
- Always wash your hands before eating.
- Wash children's hands, bottles, pacifiers, and toys.
- Do not use imported pottery to store or serve food.
- Let tap water run for one minute before using.
- Use only cold water for making your baby's formula, drinking, and cooking.
- Regularly clean floors, windowsills, and other surfaces using wet methods that control dust.

Lead poisoning is
completely preventable.

For more information on childhood lead poisoning prevention:

Call

- Your child's pediatrician
- The National Lead Information Center
1-800-424-LEAD (424-5323)
- U.S. Environmental Protection Agency's (EPA) Safe Drinking Water Hotline
1-800-426-4791



Visit

- EPA Lead Program Web site
www.epa.gov/lead
- U.S. Centers for Disease Control and Prevention (CDC) Web site
www.cdc.gov/rech/lead
- U.S. Department of Housing and Urban Development (HUD) Web site
www.hud.gov/offices/lead

Good Nutrition Helps: Reduce the Effects of Lead!

Lead can harm children's growth, behavior and ability to learn, and can affect them for life. Lead can also be a problem for adults, especially pregnant women and their babies. However, when there is nutritious food in the body, it is difficult for lead to be absorbed.

Eat a variety of these nutritious foods

Calcium
Makes it hard for lead to enter the body




Dairy products




Sweet potatoes Dried fruits

Iron
Protects against harmful effects of lead




Eggs Peanut butter




Lean meats, fish, and seafood Whole grain breads and cereals


Vitamin C
Helps the body absorb calcium and iron better




Peppers



Fruits



Tomatoes



Potatoes

Some foods are good sources of both calcium and iron



Dark green vegetables



Soy products



Beans, peas, and lentils



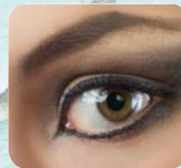
Almonds

Did You Know?

The most common cause of lead poisoning is dust and chips from old paint. Lead can also be found in some products imported from the Middle East, Latin America, South Asia, and China.



Paint dust and chips



Imported cosmetics, jewelry, foods, and medicines



Jobs and hobbies



Remember!

Children may not look or act sick, but a blood test could show that they have high lead levels. New York State requires health care providers to test all children for lead with a blood lead test at age 1 year and again at age 2 years.

Learn more about how you can protect your family from lead at www.health.ny.gov/lead or contact your local health department.



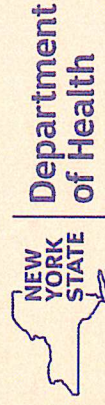
More ways to protect myself and my baby from lead:

6. Don't eat things that could have lead in them, such as clay, pottery, soil or paint chips. Talk with your doctor if you have ever done this.
7. Be extra careful if you have jobs or hobbies that involve working with lead, such as building restoration, plumbing, stained glass work, or making lead fishing sinkers or bullets. Dust filters and dust masks will not keep out lead particles. You may need to use a NIOSH-certified respirator that is properly fitted and uses HEPA filters. Also, wash your hands before eating, and don't eat in the work or hobby area.
8. If your house or apartment was built before 1978, when lead paint was still in use, stay away from any repair work being done until the area has been completely cleaned by the workers.
9. Make sure that any people doing renovation, repair or repainting in your pre-1978 home or apartment use lead-safe practices.
10. To get more information about lead-safe practices and how to protect yourself and your baby from lead, call your local health department, 1-800-424-LEAD (5323) or go to www.epa.gov/lead/nlic.htm.



Where can I find out more?

- Ask your health care provider or call your local health department!
- Visit the NYS Department of Health website: <http://www.health.ny.gov/environmental/lead/>
- If you are concerned about lead at your work, call the NYS Bureau of Occupational Health and Injury Prevention at (518) 402-7900 or 1-800-458-1158.



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Rev. 7/15

Are You Pregnant?

Learn how to
Protect Yourself
and Your Baby
from
LEAD
POISONING



Why should I protect myself from lead?

Lead can cause high blood pressure in pregnant women. Lead can also cause your baby to be born too small or too early.

If you have lead in your body, it can be passed to your baby during pregnancy. Even a small amount of lead in your baby can cause problems with growth, behavior, and your child's ability to learn.



When you protect yourself from lead, you also protect your baby.

How can lead get into my body?

You can get lead into your body by swallowing it or breathing it in. For years, lead was used in paint, gasoline, plumbing, and many other items. Lead is still in some kinds of pottery. As things are used or get worn out, the lead they contain can spread.

Although lead paint was banned from home use in 1978, the dust from lead paint is still the number one source of childhood lead poisoning.

What is my lead risk?

If you answer "yes" to any of the following questions, ask your doctor about a lead test.

- Do you live in a home or apartment built before 1978?
- Have there been any recent home improvements or repairs where you live?
- Were you born, or have you ever lived, in another country?
- Do you use medicines, supplements, cosmetics, or spices from another country?
- Do you, or someone with whom you live, have a job (such as construction) or hobby (such as stained glass or making bullets) that could bring you into contact with lead?
- Do you use pottery that was made in another country, painted china, or leaded glass?
- Have you ever eaten or chewed crushed pottery, soil, paint chips, clay, or other things that aren't food?



How can I protect myself and my baby from lead?

1. **Ask your doctor about a lead test.** A blood test is the only way to know how much lead is in your body. Lead poisoning usually does not make you look or feel sick.
2. **Make sure you get your newborn tested for lead** if you ever had an elevated blood level as a child or as an adult.
3. **Eat foods rich in calcium, iron, and vitamin C to help your body from absorbing lead.** Foods with calcium include milk, cheese, and yogurt. Foods with iron include beans, meat, peas, spinach, eggs, and cereal. Foods with vitamin C include oranges, orange juice, grapefruits, tomatoes, and green peppers.
4. **Use lead-free dishes and pots.** Lead is more likely to be in pottery from Latin America, the Middle East, India, and in painted china. Lead is also in pewter, leaded glass, and crystal.



5. **Avoid using traditional medicines, cosmetics, or spices from other countries.** They are more likely to have lead in them than products made in the U.S. Lead has been found in Ayurvedic medicines; cosmetics such as kohl and surma; and in liga, greta, azarcon, litargirio, and other preparations.

More ways to protect yourself on the back...

**SCHENECTADY COUNTY PUBLIC HEALTH SERVICES
ENVIRONMENTAL HEALTH UNIT
107 Nott Terrace, Suite 300, Schaffer Heights
Schenectady, New York 12308-3170
(518) 386-2818
Fax: 386-2822**

*Lisa A. Ayers RN, BSN
Public Health Director*



*Jennifer M. Priebe, MS
Environmental Health Director*

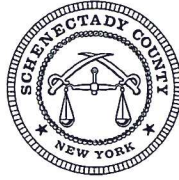
GUIDELINES FOR TENANTS PRIOR TO THE START OF LEAD HAZARD CONTROL ACTIVITIES

An environmental investigation has revealed that your dwelling contains deteriorating lead-based paint that may be exposing your family to hazards from the dust and/or paint chips found chipping, peeling or otherwise loose: We have outlined below a listing of risk reduction recommendations to minimize the exposure to your children or family to these conditions now and when the paint is disturbed through day to day occupancy and/or during lead hazard control activities.

- All occupants, particularly children and pregnant women, must be removed from the dwelling unit during lead hazard control activities. This may require the use of temporary alternative housing when lead hazard control activity can not be limited, contained or thoroughly cleaned prior to occupancy.
- Wash the hands of children prior to each meal, after coming in from playing outside and especially prior to bedtime.
- The owner of the dwelling and yourself are being sent a detailed description of where the lead-based paint hazards are located within your unit. Please cooperate fully with the owner, allowing access that will enable the repairs to be completed as quickly as possible.
- Please wet wipe the window components and wet mop the floors at least three to four times a week with a strong detergent cleaner to decrease dust or chips possibly containing lead. Use separate buckets for the wash water and for the rinsing water.
- Contact our office at 386-2818 and request the use of our specialized vacuum cleaner equipped with High Efficiency Particulate Air (HEPA) filter. This is a special vacuum cleaner that traps dust inside the unit with the use of this special filter. Do not use your own vacuum cleaner to clean up dust and dirt that may have lead-based paint in it. A regular vacuum will not filter out the very small lead particles as efficiently and may actually make the problem worse. There is no charge for the use of this HEPA vacuum. Vacuum thoroughly all surfaces where dust may settle, especially all floors and play areas within the apartment.
- People who work in construction, plumbing, painting, auto repair and certain other jobs can be exposed to lead. You and anyone you live with who is exposed to lead on the job should shower and change into fresh clothes and shoes before coming home. Do not wash work clothes with other household laundry.
- In the areas that are chipping or peeling please temporarily, cover with tape or other such covering as well as block off these areas with furniture (if possible) or otherwise limit or eliminate access to areas identified as containing lead hazards until repairs are completed. Accumulations of dust and/or paint chips should be removed as soon as possible with the use of a strong detergent cleaner and a HEPA filtered vacuum.

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Lisa A. Ayers, RN, BSN
Public Health Director



Jennifer M. Priebe, MS
Environmental Health Director

SOURCES AND PATHWAYS OF LEAD EXPOSURE

INGESTED:

- Lead-based paint (mostly found on interior and exterior painted surfaces, furniture and toys)
- Household dust
- Water from leaded pipes, including copper pipes with lead soldered joints
- Soil
- Imported cans soldered with lead that contain food or liquids
- Some imported Mini-blinds and crayons
- Cigarettes, cigarette butts and ashes
- Unglazed pottery and ceramics

EXAMPLES OF FOLK REMEDIES CONTAINING LEAD:

- Alarcon
- Alkohol
- Azarcon
- Bali Goli
- Coral
- Ghasard
- Greta
- Liga
- Litargirio
- Pay-loo-ah
- Rueda
- Surma

INHALED:

- Sanding and scraping of lead based painted surfaces
- Lead dust
- Burning of lead-painted wood or other objects
- Contaminated clothing and skin of household members working in "at risk occupations"

EXAMPLES OF AT RISK OCCUPATIONS

- Painting
- Demolition
- Welding
- Plumbing
- Automotive Repair
- Metal Recycling
- Radiator Shop
- Construction Trades
- Firing Range
- Soldering Electronic Parts

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TOY RECALLS

www.cpsc.gov
www.recalls.gov

CPSC Overview

The U.S. Consumer Product Safety Commission is charged with protecting the public from unreasonable risks of serious injury or death from thousands of types of consumer products under the agency's jurisdiction. The CPSC is committed to protecting consumers and families from products that pose a fire, electrical, chemical, or mechanical hazard or can injure children. The CPSC's work to ensure the safety of consumer products - such as toys, cribs, power tools, cigarette lighters, and household chemicals - contributed significantly to the 30 percent decline in the rate of deaths and injuries associated with consumer products over the past 30 years.



Schenectady Lead Safe Housing Program
107 Nott Terrace, Suite 300
Schenectady, New York 12308-3170
Telephone: (518) 386-2818 Fax: (518) 386-2822



Grant Overview

The *City of Schenectady* was awarded Lead Based Paint Hazard Control Funds by the *U.S. Department of Housing and Urban Development (HUD)*. The *City of Schenectady* will provide lead hazard control funding, up to \$12,000 per unit, to eligible City of Schenectady property owners who own pre-1978 housing units that contain lead hazards. The primary housing objectives are to incorporate Lead Hazard Control and Energy Efficiency measures into 205 City of Schenectady housing units, occupied by low income tenants with young children (<6 years old). All lead hazard control work will be conducted by Schenectady Lead Safe Housing Program's (SLSHP's) pre-approved pool of EPA Certified Lead Abatement Firms.

Owners who are approved for funding are required to cover all additional Lead Hazard Control costs if they exceed the \$12,000/unit subsidy. Only components (windows, siding, doors, walls, ceilings, floors) that contain lead hazards may be addressed with this funding.

Eligibility Requirements

- City of Schenectady properties housing children < 6 years of age will be prioritized, as will properties housing a child < 6 years of age with a recent elevated blood lead level from a venous blood lead test.
- For grants made to assist rental housing, at least 50% of the units will be occupied by or made available to families with incomes <50% Median Family Income (MFI) and the remaining units will be occupied or made available to families with incomes <80% of MFI, and in all cases the property owner will give priority in renting units, for not less than 3 years following the completion of Lead Hazard Control, to low income families with a child < 6 years old.
- For grants made to assist owner-occupants, all units will be the principal residence of families with income < 80 % of MFI where a child < 6 years spends 6 or more hours per week.
- Applicant units must be located within the City of Schenectady's target zip codes, be built before 1978, and have lead hazards. Units with extensive lead hazards will be prioritized for enrollment.
- Owner must be current on all City and School taxes.
- Owner must be current on mortgage payments and have no pending foreclosure proceedings for the applicant property.
- Owner must agree to retain property for 3 years from the date of project closing.
- All children < 6 years of age must have a blood lead test within 6 months of start of lead work.
- No open code violations (lead-related code violations excluded).

How to Apply?

Complete the Grant Application and submit it with **all required** supplemental documentation. If you are an Owner/Investor, all tenant applications and documentation needs to be submitted as well.

Healthy Neighborhoods can refer you to:

The New York State Smokers' Quitline

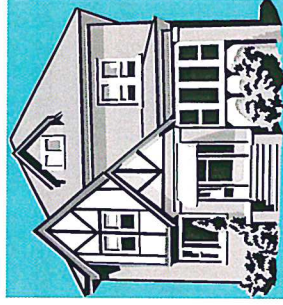
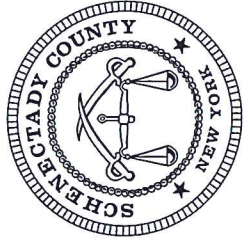
- The Quitline provides:
- Telephone cessation counseling
 - A 2-week supply of Nicotine Replacement Therapy (NRT) for eligible clients*
 - Up to a 6-week supply of NRT and up to four telephone cessation counseling sessions for eligible Medicaid and uninsured patients.
 - Offer limited to New York State adults (18 years of age or older) who smoke 10 or more cigarettes per day, are willing to make a Quit attempt, and report no contraindications for using the medication.

Healthy Neighborhoods Program can help you quit smoking with the NYS Fax-To-Quitline referral and other smoking cessation resources.



Healthy Neighborhoods Program

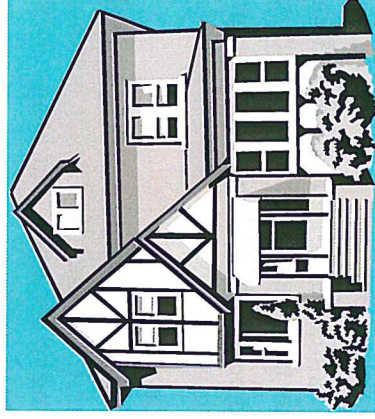
We can provide you with up to \$60.00 worth of **FREE** products!



Schenectady County
Environmental Health Unit
107 Nott Terrace, Suite 300
Schenectady, New York
12308
To make a referral call
(518) 386-2818

SCHENECTADY COUNTY PUBLIC HEALTH SERVICES

HEALTHY NEIGHBORHOODS PROGRAM



Schenectady County
Environmental Health Unit
107 Nott Terrace, Suite 300
Schenectady, New York
To make a referral call
(518) 386-2818

Lead poisons people. It is especially bad for children.

If lead gets into a child's body, it could cause:

- A lower IQ
- Growth problems
- Kidney damage
- Behavior problems
- Anemia
- Hearing loss

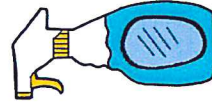
Where is lead found?

- In old paint, dust, soil and water

Healthy Neighborhoods can help!

We can:

- Conduct a survey of your home to identify potential sources of lead poisoning.
- Provide mops and buckets, if needed, to help you keep lead dust from your floors where children crawl around and play with toys.



- Provide cleaning products, if needed, to keep lead dust from window sills and wells.

Asthma : Signs, Symptoms and Triggers

Symptoms of Asthma Attack:

- Wheezing
- Coughing
- Shortness of breath
- Tightness in the chest
- Trouble focusing or talking
- Trouble catching your breath
- Nostril size increases with each breath
- Gray or bluish tint to skin

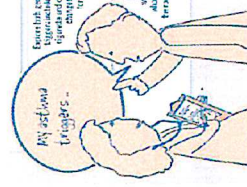
Asthma Triggers:

- Allergens such as mold, dust mites, cockroaches, pollen, animal dander.
- Perfumes, aerosol sprays, wood and tobacco smoke, paint or gas fumes.
- Air pollution
- Respiratory infections, weather conditions, exercise.

Healthy Neighborhoods can help!

We can:

- Help identify asthma triggers and determine how to get rid of them.
- Provide pillow case covers and mattress covers, in some cases.
- Refer you to asthma case management.



Indoor Air Quality: What you need to know

Carbon Monoxide:

- Colorless, odorless, poisonous gas
- Is produced by poorly functioning home appliances .

Symptoms of carbon monoxide poisoning:

- Headache • Fatigue • Nausea
- Shortness of breath • Dizziness

Radon:

- A cancer-causing natural radioactive gas that is colorless and odorless.
- Exposure to radon in homes can cause lung cancer.

Second Hand Smoke:

- Children are more susceptible than adults to the effects of secondhand smoke because their lungs are still developing.
- They are at increased risk for: cough, wheeze, ear infections, bronchitis, pneumonia and hospital admissions for asthma.

Healthy Neighborhoods can help!

We can:

- Provide carbon monoxide, smoke detectors and radon test kits, if needed.



What Your Child's Blood Lead Test Means

The blood lead test tells you how much lead is in your child's blood. Lead can harm a child's growth, behavior, and ability to learn. The lower the test result, the better.

Most lead poisoning occurs when children lick, swallow, or breathe in dust from old lead paint. Most homes built before 1978 have old lead paint, often under newer paint. If paint peels, cracks, or is worn down, the chips and dust from the old lead paint can spread onto floors, windowsills, and all around your home. Lead paint dust can then get onto children's hands and toys, and into their mouths.

Most children have had some contact with lead in old paint, soil, plumbing, or another source. This is why New York State requires doctors to test all children with a blood lead test at age 1 year and again at age 2 years. For children up to age six years, your doctor or nurse should ask you at every well child visit about ways your child may have had contact with lead. Children who have had contact with lead should be tested.

A test result of 5 $\mu\text{g}/\text{dL}$ or greater, using blood from a fingertip, should be checked again with a second test using blood taken from a vein (often in the arm). If the second result is still 5 $\mu\text{g}/\text{dL}$ or greater, you should follow the steps below.

Test Result in micrograms per deciliter ($\mu\text{g}/\text{dL}$)	Next Steps
0-4	<ul style="list-style-type: none">• There is very little lead in your child's blood.• The average lead test result for young children is about 1.4 micrograms per deciliter ($\mu\text{g}/\text{dL}$).
5-14	<ul style="list-style-type: none">• Your child's lead level is high. A result of 5 $\mu\text{g}/\text{dL}$ or higher requires action.• Your doctor or nurse will talk with you about your child's diet, growth and development, and possible sources of lead.• Your local health department will talk with you about how to protect your child and will visit your home to help you find sources of lead.• Your child should be tested again in 1 to 3 months.
15-44	<ul style="list-style-type: none">• Your child's lead level is quite high. You and your doctor should act quickly.• Your doctor or nurse will talk with you about your child's diet, growth and development, and possible sources of lead.• Your local health department will talk with you about how to protect your child and will visit your home to help you find sources of lead.• Your child should be tested again in 1 month or sooner depending on the blood lead level and your doctor's guidance.
45 or higher	<ul style="list-style-type: none">• Your child needs medical treatment right away.• Your doctor or local health department will call you as soon as they get the test result.• Your child might have to stay in a hospital, especially if your home has lead.• Your local health department will visit your home to help you find sources of lead.• Your child should not go back home until the lead sources are removed or fixed.• Your child needs to be tested again after treatment.

Child's Name: _____ Test Result: _____ $\mu\text{g}/\text{dL}$ Date: _____

If the test result is not written here, ask your doctor or nurse for it, write it down, and save for your records.

For all test results, follow the advice on the other side to keep your child's lead level from rising.

How to Protect Your Child From Lead Poisoning

Fix peeling lead paint and make home repairs safely.



- Keep children away from peeling or chipped paint.
- Before making repairs in a home built before 1978, call your local health department to learn how to work safely and keep dust levels down.
- Children and pregnant women should stay away from repairs that disturb old paint, such as sanding and scraping. They should stay away until the area is cleaned using wet cleaning methods and a HEPA vacuum (not dry sweeping).

Wash dust off hands, toys, bottles, windows, and floors.



- Wash your child's hands and face after play, before meals, and before bed.
- Wash toys, stuffed animals, pacifiers and bottles with soap and water often.
- Mop floors often, and use damp paper towels to clean window wells and sills.

Be careful not to bring lead home on clothes, toys, or jewelry.



- Lead is in some children's jewelry, toys, keys, and old furniture. Sign up for children's product recall alerts at www.cpsc.gov/cpsclist.aspx.
- Some jobs and hobbies can involve contact with lead. These include: painting, plumbing, construction, car repair, working with firearms, stained glass, and pottery. To lower lead dust, change work clothes before going home; take shoes off at your door; wash work or hobby clothes separately; wash face, hands and uncovered skin before going home.

Keep lead out of your food and tap water.



- Let tap water run for one minute before using it, if it hasn't been run for a few hours. Town and well water could have lead from old plumbing.
- Only use cold tap water for drinking, cooking, and making baby formula. Boiling your water does not get rid of lead.
- Don't serve or store food in pewter, crystal, or cracked pottery.
- Call your health department, or visit the website below, to see which dishes, spices, candy, cosmetics, and health remedies have been found to have lead.

Serve foods that have calcium, iron, and vitamin C.



- These foods help keep lead from being stored in your child's body.
- Foods with calcium: milk, cheese, yogurt, tofu, and green vegetables.
 - Foods with iron: beans, lean meat, fortified cereal, and peanut butter.
 - Foods with vitamin C: oranges, grapefruit, tomatoes, and green peppers.

Find out more about lead.
www.health.ny.gov/lead

Talk with your child's health care provider.

Call your local health department. Find them at www.health.ny.gov/environmental/lead/exposure/childhood/program_contact_map.htm