

Many houses and apartments built before 1978 have paint that contains high levels of lead (called lead-based paint). Lead from paint, chips, and dust can pose serious health hazards if not taken care of properly.

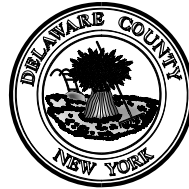
Lead's Effects

>in children:

- Nervous system and kidney damage
- Learning disabilities
- Speech, language, & behavior problems
- Poor muscle coordination
- Decreased muscle & bone growth
- Hearing damage

>in adults:

- Harm to fetus
- Fertility problems
- High blood pressure
- Digestive problems
- Nerve disorders
- Muscle & joint pain
- Memory & concentration problems



Delaware County Public Health

99 Main St. Delhi, NY 13753

8:00a.m.-4:00p.m. M-F

Phone: (607) 832-5200

www.delawarecountypublichealth.com

Information provided by:

- United States Environmental Protection Agency
- United States Consumer Product Safety Commission
- United States Department of Housing and Urban Development

Lead...
hazardous to your health

Protect Your Family From Lead



Protecting Your Family

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

-If you rent, notify your landlord of peeling or chipping paint.

-Clean up paint chips immediately

-Clean floors, window frames, window sills, and other surfaces weekly. Use a mop or sponge with warm water and a general all-purpose cleaner.

-Wash children's hands often, especially before they eat and before nap time and bed time.

-Keep play areas clean. Wash bottles, pacifiers, toys, and stuffed animals.

-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.



Removing lead improperly can increase the hazard to your family by spreading even more lead dust around the house.

Always use a professional who is trained to remove lead hazards safely.



Reducing Hazards

-In addition to day-to-day cleaning and good nutrition:

-You can temporarily reduce lead hazards by taking actions such as repairing damaged painted surfaces and planting grass to cover soil with high lead levels.

-To permanently remove lead hazards, you should hire a certified lead "abatement" contractor.

-To learn about other safety measures, please call 1-800-424-LEAD.

Other Sources of Lead

-Be cautious of products such as toys, jewelry, craft items & furniture made outside of the United States.

-Old painted toys & furniture.

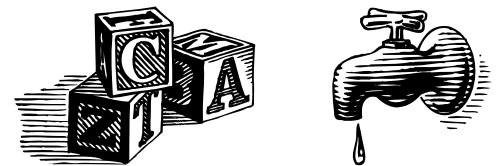
-Drinking water. Your home might have plumbing with lead or lead solder. Call your local health department or water supplier to find out about testing your water. You cannot see, smell, or taste lead, and boiling your water will not get rid of it. If you think your plumbing might have lead in it:

- use only cold water for drinking & cooking
- run water for 15-30 seconds before drinking it, especially if you have not used your water for a few hours

-Foods & liquids stored in lead crystal or lead-glazed pottery or porcelain.

-The Job. If you work with lead, you could bring it home on your hands and clothes. Shower & 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.



For More Information

-The National Lead Information Center

1-800-424-LEAD (424-5323)

www.epa.gov/ and www.hud.gov/offices/lead/

-EPA'S Safe Drinking Water Hotline

1-800-436-4791

-Consumer Product Safety Commission (CPSC) Hotline

1-800-638-2772

www.cpsc.gov