

You Can Prevent Lead Poisoning

Most lead poisonings are caused by ingesting lead dust.



- ◆ Wash children's hands often and always before eating.
- ◆ Leave shoes at the door. This keeps lead-contaminated soil outside.
- ◆ Make sure your family eats a healthy diet that is high in iron and calcium. Children with good diets absorb less lead.
- ◆ Lead dust can be invisible. Clean windows and floors often with an all-purpose household cleaner and lots of "elbow grease".
- ◆ Keep painted surfaces in good repair. Never use a power sander when preparing surfaces for repainting unless you know there is no lead paint on that surface.

Check these websites for more information:

www.maine.gov/dep/rwm/lead
www.maine.gov/dhhs/eohp/lead
www.hud.gov/offices/lead
www.epa.gov/lead



Lead Hazard Prevention Program
17 State House Station
Augusta, Maine 04333
Phone: 1-800-452-1942 or
207-287-2651
Fax: 207-287-7826
E-mail: www.maine.gov/dep

Why is lead poisoning a problem in Maine?

- ◆ Homes built before 1978 are likely to contain lead paint. This means that over 60% of Maine homes may contain lead paint.
- ◆ Homes built before the mid-1950s may have paint that is mostly lead.
- ◆ Home renovations cause over half the childhood lead poisonings in Maine.
- ◆ Children are most at risk of lead poisoning. This is because lead interferes with the normal development of their nervous systems. Very small amounts of lead can cause behavioral problems and learning disabilities.
- ◆ Adults can be lead poisoned too!

Give your family the gift of a healthy home



The DEP Lead Licensing & Enforcement Program is working in collaboration with the DHS Childhood Lead Poisoning Prevention Program (CLPPP) and the Maine State Housing Authority (MSHA). For more information on health questions (blood lead testing, education, case management), call CLPPP at (207)287-4311. For more information on housing questions (loans/grants, CAP services) call MSHA at 1-800-452-4668.

Lead is the #1 preventable environmental health hazard facing our children in Maine .



You Can Make Your Home Lead-Safe

**Protect Your Family
Prevent
Lead Poisoning!**

- ? Do you live in a house built before 1978?
- ? Are you planning any repainting or renovations?

Read this to prevent lead poisoning.



Before You Renovate..... INVESTIGATE!



Find out if you have lead paint in your home.

◆ Maine - licensed Lead

Inspectors and Risk Assessors can tell you the amount of lead on any painted surface. Call 1-800-452-1942 or 1-207-287-2651 for a list of licensed inspectors and risk assessors.

- ◆ For spot testing you can buy a “Lead-Check” kit at your local hardware store. If these show a positive result, you know you have lead. These kits may not detect low levels of lead.

Find out if any family members have high levels of lead.

- ◆ For information on testing family members for lead poisoning, call your health care provider or the Maine Childhood Lead Poisoning Prevention Program at 1-207- 287-4311.

When you renovate – USE LEAD-SAFE WORK PRACTICES.



◆ **If you are doing the work yourself:**

Follow the instructions in the “Keep It Clean” brochure . This brochure is a basic guide to lead-safe painting and home improvement. It includes a listing of the proper equipment, how to do safe work, and steps to follow to clean all the lead up.

- ◆ **If you are hiring a contractor:** Lead abatement contractors are specially trained to guarantee safe lead abatement work. If you hire a general painting or home-improvement contractor to do renovation, add lead-safe work practices to your contract and be sure that the person leading the work crew has taken a “Lead-Smart Renovator” course.

For more information on lead-safe renovation, go to www.maine.gov/dep/rwm/lead/leadrenohomes.htm. Call the DEP at 1-800-452-1942 or 1-207-287-2651 to get a list of licensed Lead Abatement contractors and people who have taken a “Lead-Smart Renovator” course.

◆ After you renovate – KEEP YOUR HOME LEAD-SAFE.

- ◆ **Clean all lead-painted surfaces frequently.** Use an all-purpose household cleaner and a separate clean water bucket for rinsing. Lead dust can be created whenever you open a window or door that has lead paint on it. Lead dust is also created by regular use of painted floors and stairs.
- ◆ **Maintain all painted surfaces in good condition.** Never dry sand lead paint as this creates high levels of lead dust. Dampen the paint with a mister when doing spot repairs. Keep children and pets away from the work area, and clean thoroughly.

Remember to always work

