

GET THE LEAD OUT OF YOUR HOME WITH THESE SIMPLE STEPS

Protect your family in and around your home

What To Do if Lead is Found in Your Water

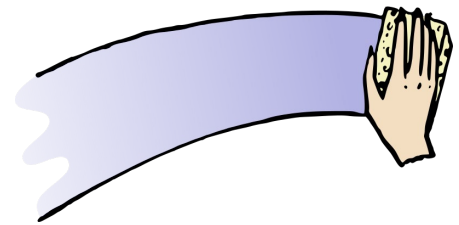
- Use only cold water for drinking and cooking, even if you plan to boil it.
- Install and maintain a filter certified to remove lead.
- Using a filter saves money compared to bottled water. Bottled water can cost \$1-2 per gallon, while maintaining a point-of-use filter usually costs only a few cents per gallon.
- Shop for a filter that is NSF/ANSI 53 certified or check out our flyer on water filters at bit.ly/CWUSK-Filters.
- Install a certified lead-free faucet and supply hose.
- Shop for a faucet that is NSF/ANSI 372 or 61 certified or check out our flyer on replacing faucet fixtures at bit.ly/CWUSK-Faucets.



How to Control Lead Dust in Your Home

With Household Cleaning Tips

- Wet mop floors, windows, and surfaces weekly to remove dust from the house (do not “dust” with a dry duster).
- Take off shoes before entering the home.
- Vacuum carpets and upholstery with a HEPA (High-Efficiency Particulate Air) filter vacuum at least weekly.
- Change air conditioning and heating unit filters at least every three months.
- Brush and wipe down your pet, especially their paws, before letting them inside.
- Remove loose paint chips carefully with a wet wipe.
- Do not use or smoke tobacco products in the home because this creates more lead contaminated dust inside your home.
- Replace old and deteriorating vinyl mini blinds because they can create dust.



Check for Lead-Based Paint and Get Rid of it Safely



- Hire a certified lead inspector or lead risk assessor to test your home, if the building was built before 1978 or lead was found in dust.
- Do not sand, scrape, or saw old painted surfaces.
- Do not blow torch painted surfaces to remove paint.
- If chipping paint is found to have lead, hire a lead-safe professional who is certified in renovation, repair, and painting (RRP) to fix the areas. You can find a list of RRP firms at <https://www.epa.gov/lead/lead-renovation-repair-and-painting-program>.
- If you are renovating your home, follow lead-safe renovation guidelines at <https://www.epa.gov/lead/lead-safe-renovations-diyers>.



PREDICT
Healthy Homes Study


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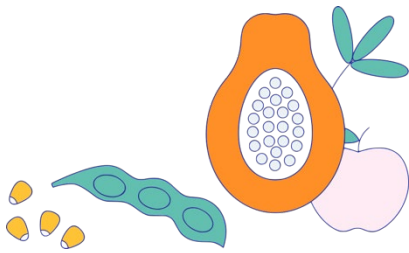
What to Do if Lead is Found in Soil

- Cover soil with a physical barrier such as turf, mulch, stones, or gravel.
- Purchase soil and use above-ground beds for edible gardens.
- Add phosphate-based fertilizer on yard soil to bind potential lead.

For the Whole Family: Keeping Your Hands, Clothes, and Mouth Clean



- After working with lead in your job or hobby, change into clean clothes before returning home, and wash clothes separately from other laundry.
- Wash your hands immediately before eating and after playing. Do not play with toys while eating.



- Complete routine blood lead testing for children (annual testing at 12 and 24 months at minimum).
- Do not let children play with keys or chew on items not intended for teething.
- Eat nutritious foods rich in iron, zinc, calcium, magnesium, and vitamin C to reduce lead absorption.
- Eat a varied diet, with fresh foods over packaged and processed foods when possible (e.g., apples instead of apple pouches).
- Consider the source – imported foods, including spices, may contain elevated lead content.

ADDITIONAL ONLINE RESOURCES

This program is funded by a US Department of Housing and Urban Development (HUD) grant and is a collaboration between Indiana University, North Carolina Agricultural and Technical University, North Carolina State University, RTI International, and local partners in each of the study counties. To learn more about our study go to:

<https://www.cleanwaterforuskids.org/healthyhomes>

- For more information on health and blood tests go to the U.S. Centers for Disease Control and Prevention website: <https://www.cdc.gov/nceh/lead/default.htm>
- Check for recalled toys, food, jewelry, and cookware, and replace them with lead-free options. For consumer product recalls go to the U.S. Consumer Product Safety Commission website: <https://www.cpsc.gov/Recalls>
- To talk to your state's Public Health Department about your results
 - For North Carolina, call 919-707-5951
 - For Indiana, call 317-351-7190, Ext 262
- For local information on lead including blood testing.
 - Families in North Carolina go to: nchealthyhomes.com and <https://www.leadfreenc.org/>
 - Families in Indiana go to: <https://www.in.gov/health/lead-and-healthy-homes-division/>
- For more information on lead prevention in homes go to the U.S. Department of Housing Urban Development website: https://www.hud.gov/program_offices/healthy_homes



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