

LEAD HAZARDS **in Your Home:**

**What YOU can do to protect your
household from lead hazards
(and how we can help)**

*Brought to you
by the:*



802.865.5323 (LEAD)

blp@burlingtonvt.gov

burlingtonvt.gov/blp

Language Support Services Available

Hello,

This booklet is meant to provide you with information on lead poisoning, methods to keep your family safe from the dangers of lead paint, and offer helpful resources. Children living in homes built before 1978 are at a greater risk for lead poisoning because lead paint was widely used in these homes. Children can be lead poisoned by ingesting lead dust, eating paint chips, or by chewing on surfaces painted with lead-based paint. As we know, children put everything in their mouths!

Lead is a highly toxic metal. Lead-based paint in and around your home can be a serious health issue. Too much lead in the body can cause serious and lifelong health problems for anyone, but pregnant women and children under 6 are especially at risk because their bodies absorb higher amounts of lead.



Lead from paint, dust, and soil in and around your home can be dangerous if not in good condition. Lead paint chips and dust commonly collect on window sills & wells, floors, doors and trim, stair railings, porches, and bare soil.

Vermont law requires that all children ages 1 & 2 have their blood lead level tested.



If your child has not previously been tested for lead and is older than a year, talk to your child's health care provider about lead testing as soon as possible. If you think your child has been exposed to lead (no matter their age), contact your child's health care provider to schedule a test. Most children who are exposed to lead have no symptoms. The only way to tell if your child has been exposed is with a blood lead test.

Please continue reading to learn more about steps you can take to protect your household from lead hazards, **and remember to contact the Burlington Lead Program at 802.865.5323 (LEAD) or blp@burlingtonvt.gov** if you have further questions or concerns about lead in your home.

Sincerely,

Margaret Williams
Senior Lead Program Specialist

Rebecca Reese
Lead Program Specialist

Sidney Durmick
Lead Program Specialist

The Vermont Lead Law and You

The Vermont Lead Law – passed in 1996 and updated in 2008 – requires landlords of older buildings and child care facility owners to help prevent children from being exposed to lead. If a residential rental property or child care facility was built before 1978, the landlord, property owner or property management company is required to:

- Provide tenants with the **EPA's 'Protect Your Family From Lead in Your Home' booklet.**
- Post an approved notice in a highly visible location (such as the inside of a kitchen cabinet) advising tenants to promptly report cracking, chipping, flaking, deteriorated or damaged paint.
- Complete **Essential Maintenance Practices (EMPs):**
 - * Please visit www.burlingtonvt.gov/blp/emp vfor more information about EMPs
- Attend and complete an approved EMP training class or ensure that anyone who performs EMPs on the property has completed the class.
- Provide a copy of the compliance statement to tenants, insurance carrier(s) and the Health Department annually.



What You Can Do as a RENTER

Tell your property owner if you see any cracking, chipping, flaking, or damaged paint on the inside and/or outside of the building. If your landlord does not address your concerns of lead hazards in your unit, consider reporting a violation to the Vermont Department of Health.

Lead Prevention Through Cleaning

Opening and closing windows and doors painted with lead paint creates an invisible dust. Because lead is a heavy metal, lead dust falls to the floor and clings to surfaces such as toys and window sills. **Regular cleaning of certain areas in your home will help keep your family healthy and safe from lead dust.**

How often should you clean?



Immediate Cleaning: Always pick up and throw away any visible paint chips in child accessible areas immediately. Wear gloves if available while doing so, and if not, wash your hands afterwards. Wash dropped pacifiers and teething toys before giving back to children.

Daily Cleaning: Floors, toys, toy boxes, pacifiers, tables, and areas where food is often eaten or prepared.

Weekly Cleaning: Window sills, window wells, tops of baseboards, and any other trim detail or furniture where dust collects.

Wet Wiping and Washing Surfaces

- Use gloves, disposable single-use wipes and all-purpose cleaners to clean window wells, sills, door trims, and other surfaces where dust collects on a weekly basis. If gloves are not available, wash hands well after cleaning.
- On hard floors, use a disposable wet mop, changing and throwing away used pads often. Avoid dry sweeping (which moves lead dust around rather than removing it) and replace sponges, mops, and rags frequently to avoid spreading lead dust to other areas.
- Throw away any used wipes in a plastic bag; close this bag tightly and throw it out with the trash. Remember to wash your hands after you are finished cleaning.



HEPA Vacuuming

- It is best to use a HEPA (High-Efficiency Particulate Air) vacuum, which differs from a regular vacuum in that they contain filters that are capable of removing very small particles from the air. If you do not own a HEPA vacuum, borrow one from the Burlington Lead Program for free! Call 802.865.5323 (LEAD) or email blp@burlingtonvt.gov to learn more.
- When vacuuming carpets or hard floors:
 - * Vacuum very slowly to allow time to pull the most dust up.
 - * Vacuum in one direction for the first pass, changing directions for the second pass.
 - * Use vacuum attachment heads to clean corners, trim, in between floor boards, edges of the carpet, etc.
 - * DO NOT change vacuum cleaner bags inside.



Minimizing Risks:

Reduce the Risk of Lead in Your Home

Hand & Toy Washing

- Wash hands often, always before eating and taking naps to reduce lead dust exposure in children.
- Frequently wash toys and other items your child touches.



Interior Lead Hazards

- Limit children's access to areas that are likely to contain lead dust (such as window sills and wells) to reduce the chance of lead dust exposure. This can be as simple as keeping a window closed or blocking areas with furniture or baby-gates/fences.
- Make sure to renovate safely. Common construction activities (sanding, cutting, replacing windows, etc.) can create dangerous lead dust. If you are planning to renovate or complete repair work, either use EPA- or VT- approved lead-safe certified contractors.
- If completing work yourself, use lead-safe work practices. Keep children and pregnant women away from housing undergoing renovation.
- All renters should report peeling or chipping paint to the property owner immediately. It is the law and the property owners' responsibility to stabilize all peeling and chipping paint in a quick manner.



Minimizing Risks Continued

Exterior Lead Hazards

- Limit exterior dust tracked into your home by removing your shoes before entering. Do not allow children to play in bare soil, especially right next to a building, or in any area where paint chips are visible on the ground.
- Plant grass in bare soil or cover with mulch or wood chips.
- Do not grow food in ground soil unless it had been tested for heavy metals (such as lead). Use raised beds with gardening soil instead. UVM's Agricultural and Environmental Testing Laboratory has a service for testing soil.
- Household members and visitors can bring lead dust home from work (e.g. painters, contractors, factory workers, auto technicians, etc.). If your job or hobby involves working with materials that contain lead, shower and change clothes before coming home. Launder your work clothes separately from the rest of your family's clothes.
- Wash hands often, always before eating and taking naps to reduce lead dust exposure in children.
- Frequently wash toys and other items your child touches.



Minimizing Risks Continued

Play Spaces

- Indoor play spaces should be on easy to clean surfaces. Put a rug over painted floors for a safer space.
- If possible make outdoor play spaces that are in grass rather than in bare soils and which are away from the house (especially drip lines).



Lead in Toys and other Consumer Items

- Lead can be found in toys; some are from other countries or are older toys made in the U.S. Check the Consumer Product Safety Commission website for the most up to date recall notices (<https://www.cpsc.gov/recalls>) on specific toys that may contain lead.
- Lead can also be found in certain consumer products, foods, cosmetics and traditional medicines imported from other countries. See the U.S. Centers for Disease Control and Prevention's 'Childhood Lead Poisoning Prevention' webpage for more information.



Diet and Nutrition

- Diets high in calcium, iron and vitamin C (e.g. leafy vegetables, red meats, citrus fruits and dairy products) have shown to lower a child's intake of lead.



How We Can Help



Our priority is to protect Vermont families. 80% of homes in Burlington & Winooski contain lead-based paint. The Burlington Lead Program (BLP) offers free site visits to help make your home safe and make you aware of potential hazards.

If enrolled in BLP, you will receive free lead paint testing and a risk assessment of all painted surfaces, and could receive free lead-safe upgrades, including painting, replacement of hazardous windows and other treatments. Work is paid through grants and interest-free deferred loans with the possibility of 100% forgiveness.

To find if your home or property is eligible for free home improvements to ensure a healthy home, call **802.865.5323 (LEAD)**. If you are a renter and are interested in BLP conducting a free in-person or virtual site visit within your unit, please call or email **blp@burlingtonvt.gov**.

For properties outside of Burlington and Winooski, contact the Vermont Housing Conservation Board (VHCB) Healthy & Lead-Safe Homes Program at 802.828.5064 or 1.800.290.0527



- The Burlington Lead Program can help families whose child has an elevated lead level. We have translation services available if you call us at 802.865.5323.



- Horyaalka Barnaamijka ee Burlington waxay cawin kartaa qoysaska caruurtooda heerka sare garay. Waxaan leenahay adeeg yada turjubaanda hadii aad nagala soo xirirto. 802.865.5323.
- Programu ya Burlington Lead inaweza kusaidia familia ambaao mtoto wao ana lead kwa kiwango cha juu. Tuna huduma za kutafsiri ikiwa umetupigia kwa 802.865.5323.
- Le programme Burlington Lead Program peut aider les familles dont l'enfant a un niveau élevé de plomb. Nous disposons de services d'interprétation si vous nous appelez au 802-865-5323.
- Chương trình Burlington Lead có thể giúp các gia đình có con nhỏ được nâng cấp độ ưu tiên. Chúng tôi có sẵn các dịch vụ biên dịch nếu quý vị gọi chúng tôi tại số 802-865-5323.
- बर्लिंगटन लीड कार्यक्रम (Burlington Lead Program) ले ती परिवारहरूलाई सहयोग गर्न सक्छ जसको बच्चामा उच्च स्तरीय नेतृत्व स्तर/क्षमता छ । यदि तपाईं हामीलाई नम्बर 802-865-5323 मा फोन गर्नुहुन्छ भने हामीसँग भाषा अनुवाद सेवाहरू पनि उपलब्ध छन् । नम्बर 865-5323 मा फोन गर्नुहोस् ।

Language Support Available:

802.865.5323 (LEAD) • blp@burlingtonvt.gov • burlingtonvt.gov/blp