

## To minimize possible exposure when renovating or repairing your home:

- You or your landlord should hire an EPA Lead-Safe Certified renovator.
- Go to the EPA web site at [www.epa.gov/lead/protect-your-family-lead-your-home](http://www.epa.gov/lead/protect-your-family-lead-your-home) and read the booklet entitled "Protect Your Family."

Additional recommendations can be found at: [www.epa.gov/lead](http://www.epa.gov/lead) or [www.cdc.gov/nceh/lead](http://www.cdc.gov/nceh/lead)

**For more information,**  
contact your family physician, or:

**Allegheny County Health Department**  
Housing and Community Environment Program  
3190 Sassafras Way, Pittsburgh, PA.  
**412-350-4046**

get ahead  
of Lead



**412-687-ACHD (2243)**  
[alleghenycounty.us/lead](http://alleghenycounty.us/lead)



## OTHER RESOURCES AVAILABLE: ALLEGHENY COUNTY ECONOMIC DEVELOPMENT

The **Allegheny Lead Safe Homes Program** provides FREE home repairs to keep families safe from lead paint.

To be eligible, families must:

- Be homeowners or renters in Allegheny County;
- Live in a home built before 1978;
- Have a child under 6 who lives in or regularly visits the home, or a pregnant woman who lives in the home; and
- Meet applicable income limits.

The Program provides the following services free of charge to eligible families:

- Lead paint testing throughout your home
- Home repairs to address all lead hazards
- Lead safety education

Call Action Housing at **412-227-5700** to see if you qualify and sign up! You can also check out the website at [www.alleghenycounty.us/leadsafeprogram](http://www.alleghenycounty.us/leadsafeprogram)

The **National Lead Information Center (NLIC) Hotline** provides the general public and professionals with information about lead, lead hazards, and their prevention.

Call **1-800-424-LEAD (5323)** for information.



# Lead

is a neurotoxin commonly found in our daily lives.

- Exposure to lead comes from multiple sources: dust containing lead from paint, paint chips, contaminated soils, and water. Cosmetics, painted ceramics, and candies from certain countries can also be sources of exposure.
- It is particularly harmful to children and pregnant women. Long-term, low dose exposure can affect the mental and physical health of your child.
- Lead exposure is preventable. You can make your home lead safe.

**Get your child tested for lead exposure!**

**Allegheny County requires that all children be tested for lead exposure at approximately 9-12 months old and again at approximately 24 months.**

Children who have not had their blood tested before 24 months must be tested as soon as possible before the age of six or before entering kindergarten, whichever comes first.



Capillary Test

**How will my child be tested?**

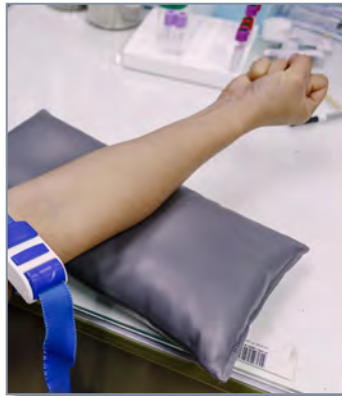
The doctor will prescribe a capillary test (blood drawn by a “finger stick”) or a venous test (blood drawn from the arm).

**What do the results mean?**

The capillary test is a good screening test, but if the result is greater than or equal to 3.5µg/dL, a venous test must be performed to confirm the result.

If your child has a confirmed level of 3.5 µg/dL or above, ACHD can assess your home to figure out the source of your child’s lead exposure.

Please call the **Housing and Community Environment Program** for more information at **412-350-4046**.



Venous Test

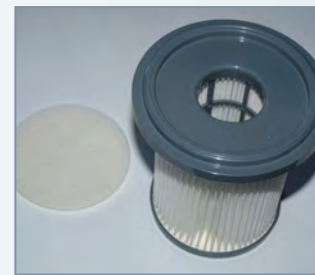
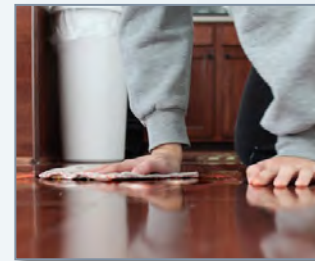
**Why should I be concerned about lead?**

- The US Centers for Disease Control and Prevention (CDC) has indicated that no safe blood lead level in children has been identified.
- Even low levels of lead in blood have been shown to affect IQ, ability to pay attention, academic achievement, and criminal behavior.
- Young children are particularly vulnerable as they tend to put things in their mouths.

**How can I prevent my child from being exposed to lead?**

*If you live in home built before 1978:*

- Keep your child away from defective, chipping, or peeling paint.
- Household dust can contain lead particles. Dry dusting and sweeping only spreads it around.
- Use a damp rag or wet mop, at least weekly, to clean all flat surfaces that collect dust, like window sills and floors, and especially in areas where children play or spend time.
- Use a vacuum cleaner with HEPA filter, available at most stores.
- Wash your child’s toys and hands frequently, and especially wash their hands before eating.
- Do not allow your child to put their mouth on window sills or other painted or varnished surfaces.



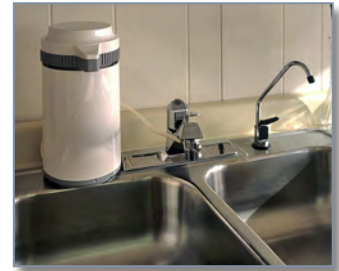
**To minimize possible exposure to lead from soil:**

- Plant grass or cover bare soil.
- Keep your children away from areas that have bare soil.



**To minimize possible exposure to lead in water:**

- Check to see if there is a lead line coming into your water meter. You can do this by using a coin to scratch the incoming line. If it is shiny and hard, it is copper. If it is gray/silver and soft, it may be lead. The following link provides more information: <https://apps.npr.org/find-lead-pipes-in-your-home/en/#intro>
- Have your water tested.
- Use an NSF approved filter or bottled water, particularly in infant formula and for pregnant women.
- Draw water for drinking or cooking only from the cold faucet. Run water for 2 or 3 minutes if you haven’t used it for a few hours.
- Additional information and CDC guidelines can be found at <https://www.cdc.gov/nceh/lead/tips/water.htm>.
- Residents may also contact their water system for information.



**To minimize possible exposure if your work or hobbies involve lead:**

- Shower and change your clothes before going home.
- Wash work or hobby clothes separately from those of other family members.

