

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 and read the booklet entitled "Protect Your Family."

Additional recommendations can be found at: www.epa.gov/lead or 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

www.achd.net/safehomes



412-687-ACHD (2243)

www.achd.net/safehomes



OTHER RESOURCES AVAILABLE:

ALLEGHENY COUNTY HEALTH DEPARTMENT



Safe and Healthy Homes Program (SHHP) from the ACHD: This Program provides home health and safety assessments to qualified candidates. Those whose household includes at least one pregnant woman or a dependent under the age of 22 and meet income requirements, are eligible to receive visual inspection of their home for hazards such as asthma triggers, allergens, mold and moisture, ventilation, pests, lead-based paint, and fall hazards. Call **412-350-4048** to see if you qualify.

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

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 5µg/dL, a venous test must be performed to confirm the result.

If your child has a confirmed level of 10 µg/dL or above, ACHD can assess your home to figure out the source of your child’s lead exposure.



Venous Test

For any result 5 µg/dL and above, ACHD can provide education, referrals, and advice to lessen the risk of lead exposure. Please call the **Housing and Community Environment Program** for more information at **412-350-4046**.

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.





Does your child have a confirmed elevated blood lead level? It's time to take action.

If your child got a capillary test (finger prick), then a follow-up venous test is needed to confirm the result.

Elevated blood lead level results can go down if you take steps to remove the lead from the environment

Family Resources

Identify potential hazards in your environment

- Get the ACHD "Lead" overview brochure from your doctor or learn more at achd.net/lead

Make sure your children are eating healthy foods

- Foods high in calcium, iron, and Vitamin C that can help reduce lead absorption. Ask your doctor for ACHD's "Nutrition" brochure or learn more at achd.net/lead

Talk with the ACHD Housing Program

- For children with blood lead levels from 5-9 µg/dL, ACHD Housing program staff will call you to talk about common sources of lead exposure and ways to prevent it. You can also call them at: 412-350-4046
- ACHD's Safe and Healthy Homes Program (SHHP) can help identify lead hazards in your home. Contact them at 412-350-4046 to see if you are eligible.
- If you're not eligible, achd.net/lead has info about private lead inspectors and risk assessors in your area.

- If your child's confirmed blood lead level is at or above 10 ug/dl: ACHD's Housing Program will contact your family to offer a voluntary lead-based paint investigation to identify potential sources of lead exposure in your house. You can contact the Housing program at 412-350-4046.

Find out about free home repairs

- The Allegheny County Economic Development Lead Safe Homes Program removes lead hazards from eligible families' homes. Check their website at www.alleghenycounty.us/leadsafeprogram or call 412-227-5700 for more information.

Get your child into Early Intervention Services

- A confirmed blood lead level of ≥ 5 µg/dL gets any child between 0-3 years old access to Early Intervention services. Contact the Alliance for Infants & Toddlers (412-885-6000) for more information. If your child is 3-5 years old, contact the Allegheny Intermediate Unit - DART program (412-394-5904).

Lead exposure may not immediately produce symptoms

Lead exposure **may not immediately produce symptoms** in a child, so take action now even if your child is not showing any symptoms. There is no safe level of lead exposure for children. Even low levels of lead in the blood have shown to affect IQ, ability to pay attention, academic achievement, and other behavioral issues.

Different levels require different follow up, so it is important to **discuss the test results with your child's doctor as soon as possible**. Your child's doctor will tell you which is the best treatment for your child.

Remember to get proof of the testing

When you enroll your child into kindergarten, school nurses will request proof that your child has been tested. Make sure you get proof from your doctor or the lab showing that you child has been tested.





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get ahead of Lead

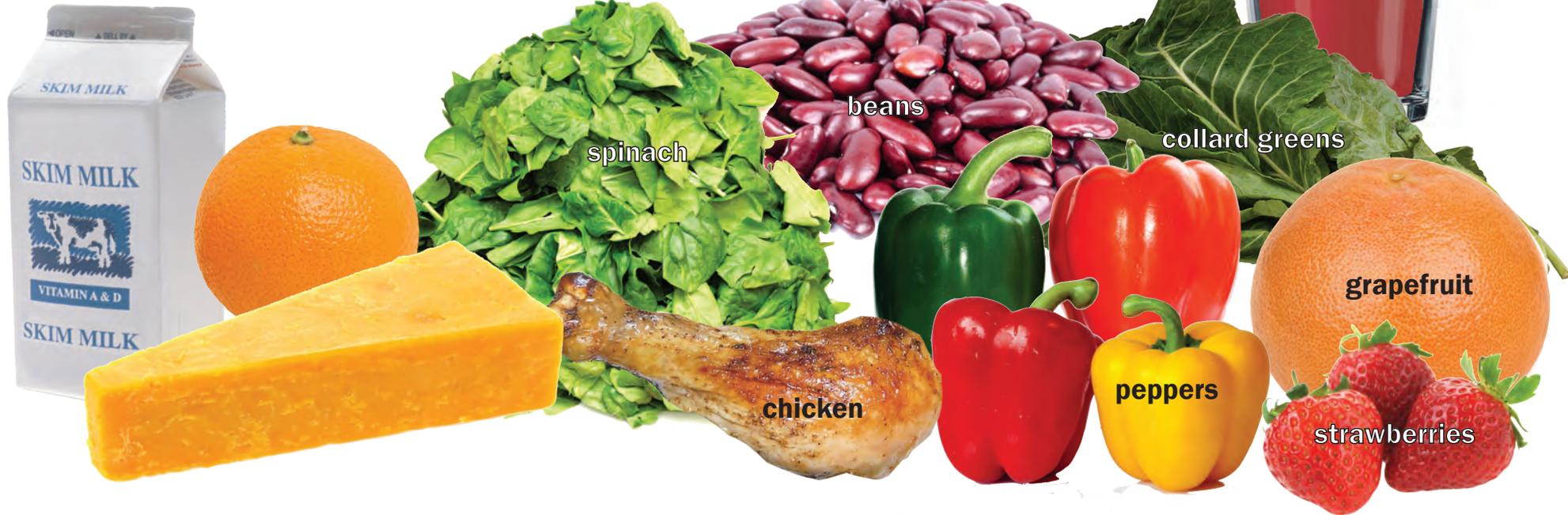
achd.net/lead



IRON

Good sources of dietary iron include:

- Lean red meats, fish, chicken, liver and pork
- Iron-fortified cereals
- Lentils, chickpeas, beans



Did you know?

A diet rich in iron, calcium, and vitamin C can help limit the absorption of lead.

CALCIUM

Good sources of dietary calcium include:

- Milk
- Yogurt
- Cheese
- Green leafy vegetables (spinach, kale, collard greens)

VITAMIN C

Good sources of vitamin C include:

- Oranges and orange juice
- Grapefruits and grapefruit juice
- Tomatoes and tomato juice
- Green peppers
- Strawberries
- Kiwi

Eating healthy is not difficult or expensive! Many grocery stores and farmers market accept food stamps.

Check out these resources and start eating healthy today!

Pittsburgh Food Bank
1 North Linden Street Duquesne, PA 15110
Tel: 412-460-3663
<https://www.pittsburghfoodbank.org/>

Urban League of Greater Pittsburgh
610 Wood Street Pittsburgh, PA 15222
Tel: 886-395-3663
<http://ulpgh.org/programs/housing/hunger-services/>

Women, Infant, Children (WIC) Program
Tel: 412-350-5801
<http://www.achd.net/wic/>

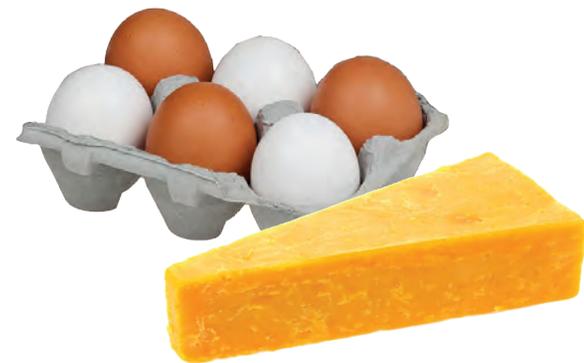
Live Well Allegheny
<http://www.livewellallegheny.com/>

Planning Meals

A cost effective way to eat is to plan and make large healthy meals ahead of time. Leftovers can be saved in containers for a quick and easy lunch or dinner tomorrow.

Get started today with these easy recipes, or find others at

<https://www.pittsburghfoodbank.org/recipecards/>



Cheese Omelet

Makes 2–3 servings

3 eggs
1 tablespoon of low-fat milk
Vegetable oil
3 tablespoons of cheese

Steps: • Mix eggs and milk in a bowl.
• Lightly coat pan with vegetable oil. Use medium heat. • Add egg mixture and cook.
• When omelet is cooked on the bottom, add cheese. • When cheese is melted, fold omelet in half. • Top with salsa if you like.
• Serve with toast, fruit, and low-fat milk.

Be sure to thoroughly wash fruits and vegetables, especially root vegetables, such as potatoes, carrots and turnips.

Sloppy Joes

Makes 4–6 servings

1 pound of lean ground beef, turkey, or chicken
1 small onion, chopped
1/2 green pepper, chopped
1 cup of tomato sauce
Your choice of seasonings
5 hamburger buns or pita pocket breads

Steps: • In a pan, cook lean ground meat, onion, and green pepper until meat is well done. • Drain fat. • Stir in tomato sauce and seasonings. • Cook for 5 to 10 minutes. • Spoon into hamburger bun or pita. • Serve with fruit juice.



The Dangers of Lead

Lead is most dangerous to small children under 6 because their brains and nervous systems are still developing. When they put their hands and other objects in their mouth, they can swallow lead-paint dust, which can be invisible to the naked eye.

Babies and children can also be exposed to lead from ingesting soil, food, or water containing lead.

THERE IS NO SAFE LEVEL OF LEAD. Even low levels of lead in the blood of children can result in:

- ◆ Behavior and learning problems
- ◆ Lower IQ and hyperactivity
- ◆ Hearing problems

Lead can also cause premature birth for pregnant women.

Our Partners

This program is funded by the U.S. Department of Housing & Urban Development Office of Lead Hazard Control & Healthy Homes and is a partnership between:

- ◆ Allegheny County Economic Development
- ◆ ACTION-Housing
- ◆ Allegheny County Health Department
- ◆ Urban Redevelopment Authority of Pittsburgh

Allegheny Lead Safe Homes
112 Washington Place, Suite 900
Pittsburgh, PA 15219

Allegheny Lead Safe Homes Program



Providing free home repairs to keep families safe from lead paint!



ALLEGHENY COUNTY
ALWAYS INSPIRING



Do I Qualify?

- ◆ Are you a homeowner or renter in Allegheny County?
- ◆ Was your home built before 1978?
- ◆ Does a child under six live with or regularly visit you? –OR– Does a pregnant woman live with you?
- ◆ Does your household's annual income fall below these limits?

Family Size	Pre-Tax Income
2	\$46,500
3	\$52,300
4	\$58,100
5	\$62,750
6	\$67,400

- ◆ If you are a landlord, does your tenant meet the requirements above?

If so, call 412-227-5700 to apply!

alleghenylead@actionhousing.org

What Services Will I Receive?

The following services are provided FREE of charge:

Lead-Paint Testing

The Program will test for lead paint throughout your home and identify all areas that may be hazardous.

Home Repairs

The Program will hire a Certified Lead Abatement Contractor to repair all lead hazards found in your home. Examples of common repairs include:

- ◆ Repairing and repainting chipping and peeling lead-painted surfaces
- ◆ Window and door repair or replacement
- ◆ Enclosing exterior trim and components

Once the work is done, a visual inspection and testing will be performed to ensure your home is lead-safe.

Education

You will receive one-on-one education on lead poisoning prevention and maintaining a lead-safe home.

Allegheny
Lead Safe Homes Hotline
ACTION-Housing
412-227-5700
alleghenycounty.us/leadsafeprogram

Lead Paint Safety Tips

- ◆ Ask your pediatrician about a blood test.
- ◆ Wash children's hands and face often, especially before eating.
- ◆ Use a damp mop or rag to clean instead of a broom to reduce dust.
- ◆ Feed your children a diet high in iron (meat, beans, spinach), and calcium (milk, green vegetables, yogurt).
- ◆ Keep children away from areas with chipping and peeling paint.



Other Resources

Allegheny County Health Department
 412-350-4046
www.achd.net/housing

Centers for Disease Control and Prevention
www.cdc.gov/nceh/lead

Environmental Protection Agency
www.epa.gov/lead



Safe & Healthy Homes Program

Allegheny County Health Department

HUD and
National Center for Healthy Housing's
Seven Principles for a Healthy Home

Keep Your Home:

- ✓ *Dry*
- ✓ *Clean*
- ✓ *Safe*
- ✓ *Well-Ventilated*
- ✓ *Pest-Free*
- ✓ *Contaminant-Free*
- ✓ *Well-Maintained*



412-350-4048

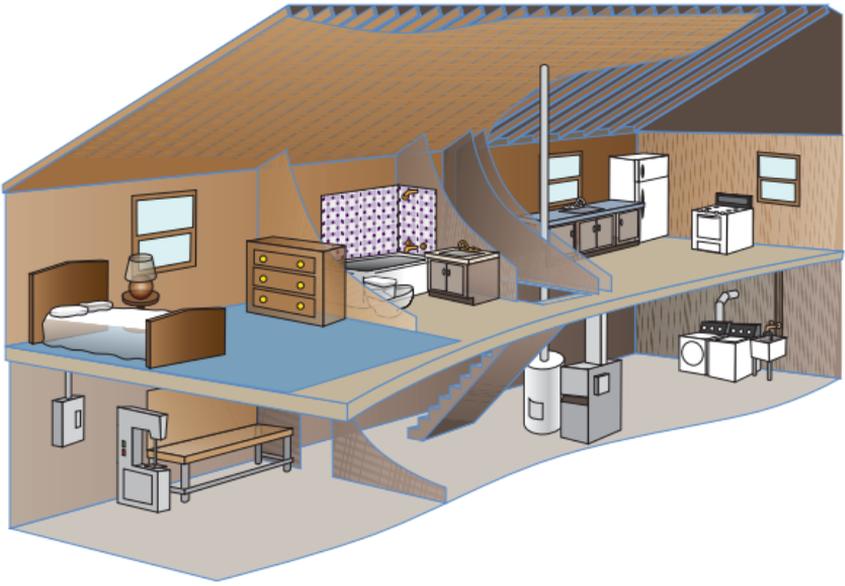
www.ACHD.net/safehomes

This project is funded, in part, under a contract
with the Pennsylvania Department of Health



Safe & Healthy Homes Program

Allegheny County Health Department



ACHD's ***Safe & Healthy Homes Program*** provides home health and safety assessments to interested participants in Allegheny, Beaver, Washington, and Westmoreland counties.

Qualified candidates, whose household includes at least one pregnant woman or a dependent under the age of 22, are eligible to receive a **free** visual assessment of their home for hazards including: *allergens, asthma triggers, drowning hazards, fall hazards, fire and burn hazards, lead-based paint hazards, mold and moisture, pests, poisoning hazards, tip over hazards, ventilation, window hazards, and other health and safety hazards.*



The program helps homeowners and renters recognize situations in their home that could cause illness or injury to their family and visitors. Through this program, the occupants of the home will learn what hazards are present and will gain knowledge of how to improve the conditions in their home.

For more information contact the Allegheny County Health Department's **Safe & Healthy Homes Program** at **(412) 350-4048**, or visit our website:

www.ACHD.net/safehomes.



happy birthday!

Did you know that Allegheny County requires that all children be tested for lead exposure at approximately 9-12 months old and again at approximately 24 months?



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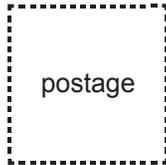




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