



Upper Valley Lake Sunapee
Regional Planning Commission
presents:

LEAD PAINT ALERT!



**Is YOUR home hiding a
dangerous toxic threat...?**

Comics by Marek Bennett

www.MarekBennett.com/lead

What's the deal with **LEAD PAINT?**

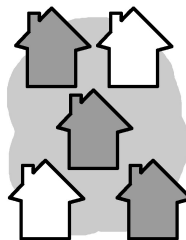


Lead is a **highly toxic material** that can damage every organ system in your body.

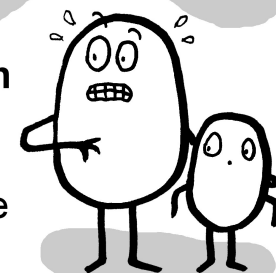
Until the year 1978, people put lead in all kinds of paints... and then they spread it all over their houses & furniture!



Any coat of paint applied before 1978 probably contains **significant amounts of lead.**



In New Hampshire, **3 in every 5 houses** may contain **serious lead risks**... Is YOUR house one of them?



Lead PAINT = Lead POISON

As lead paint grows old, it crumbles apart...

It forms clouds of invisible toxic lead dust...

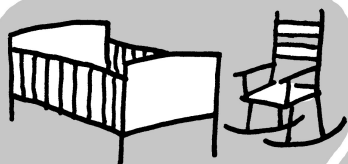
Lead paint chips can pollute the soil & water...

...and our food, too!



(that you might accidentally breathe)

Other sources of LEAD EXPOSURE in the home:



OLD FURNITURE containing lead paint



JEWELRY



JOBS & HOBBIES involving lead or lead paint



Old PIPES



Certain CANDIES, REMEDIES, & SPICES imported from countries w/ lower lead standards



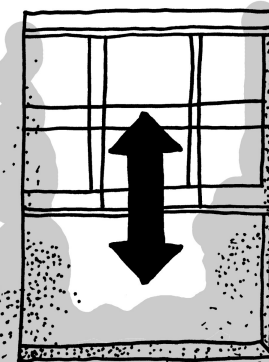
TOYS containing lead paint & parts



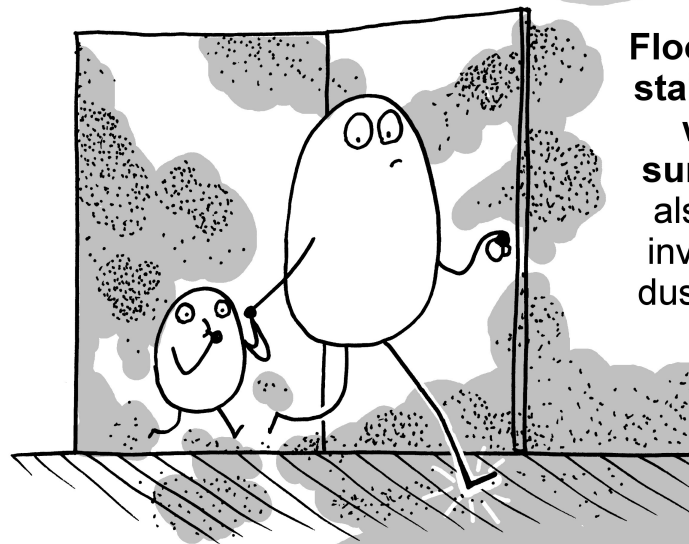
ANY AMOUNT of lead is TOXIC...
There is NO SAFE LEVEL of exposure.

FRICITION & WEAR release lead dust:

Simply opening & closing lead-painted windows & doors can launch toxic lead dust into the air...

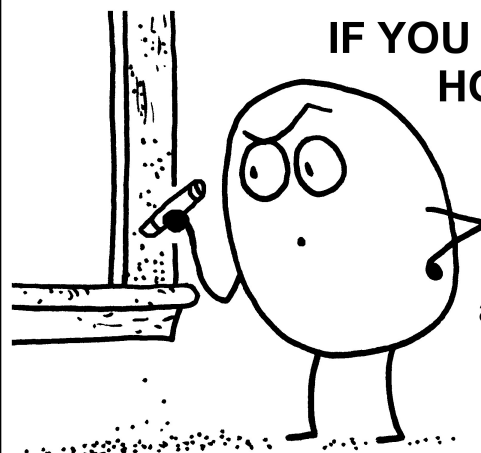


Floors, decks, stairs, & other wearing surfaces can also release invisible lead dust with daily usage.



IF YOU SUSPECT YOUR HOUSE CONTAINS LEAD PAINT:

Find out for sure!
Inspect & test all painted surfaces with a home lead test kit.



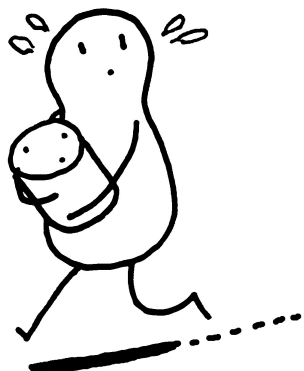
GOT LEAD?

Keep Away from it!

Any amount of exposure to lead is dangerous.
There is NO SAFE DOSE.

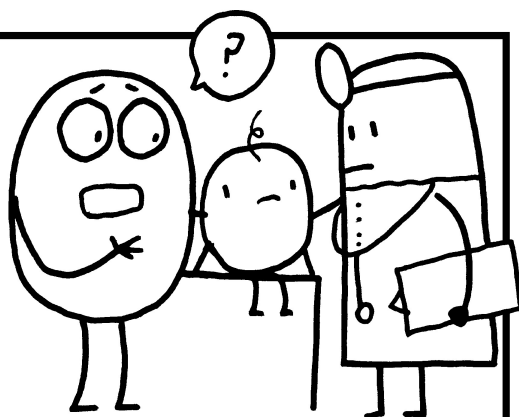
CAUTION LEAD HAZARD

As much as possible,
KEEP AWAY from the lead
while you take steps to fix the problem.



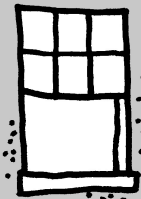
**All children
under age 6 &
pregnant women
should carefully
avoid any spaces
& materials
containing lead!**

Visit your doctor to
get your **BLOOD
LEAD LEVELS**
tested. This quick
test can tell you
whether you &
your family need
medical attention
for lead poisoning.



Ask your doctor about local lead laws & resources. The state of New Hampshire mandates all children have blood lead level testing done at ages 1 and 2.

Why is LEAD so DANGEROUS to kids?

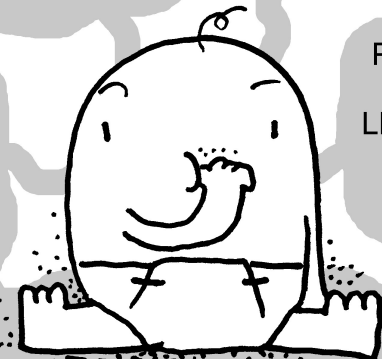


LEAD PAINT
is often found
within reach of
young hands
& mouths.

Nursing moms
can pass their
own LEAD
LEVELS to
infants!



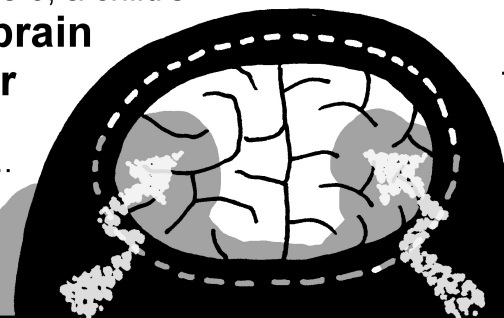
Paint DUST
& CHIPS
settle onto
floors & play
surfaces.



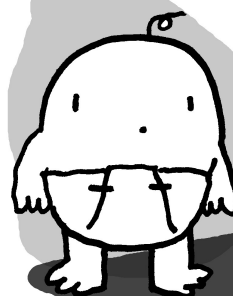
Parents can bring
WORKPLACE
LEAD EXPOSURE
into the home on
their BODIES &
CLOTHING.



Before age 6, a child's
**blood-brain
barrier**
is still
forming...



Any LEAD
that enters
the blood will
find its way
directly into
the BRAIN!

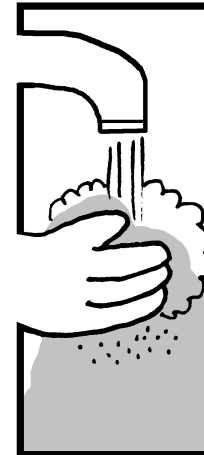
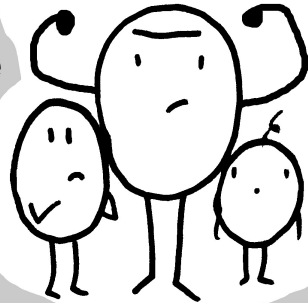


Childhood lead exposure can
cause **PERMANENT BRAIN
DAMAGE**, with lifelong
effects on health & wellbeing.

Get your **BLOOD LEAD LEVELS**
tested to find out if your child is at risk!

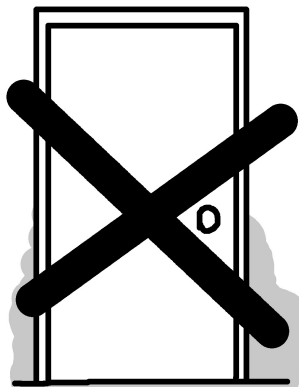
TAKE ACTION to MINIMIZE Lead Exposure:

Moving or fixing up a lead-contaminated home may take some time -- MEANWHILE, here are some simple actions to protect your family:

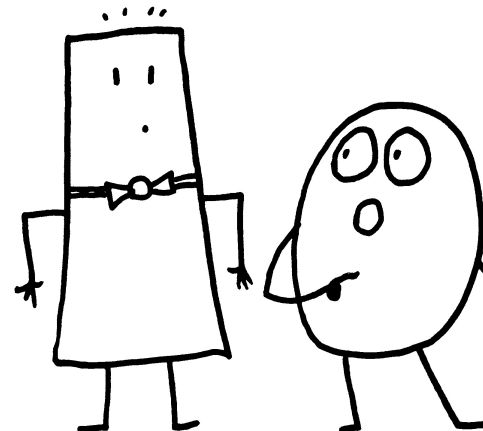
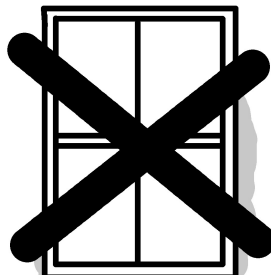


WASH HANDS often to remove lead dust, especially before meals & bedtime.

WIPE & REMOVE shoes & work gear before you enter your home, to avoid bringing in any more lead dust.



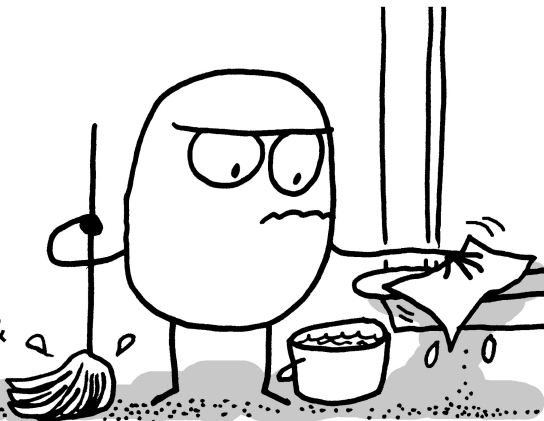
To reduce lead dust in the air, **AVOID OPENING & CLOSING any doors, windows** painted with lead.



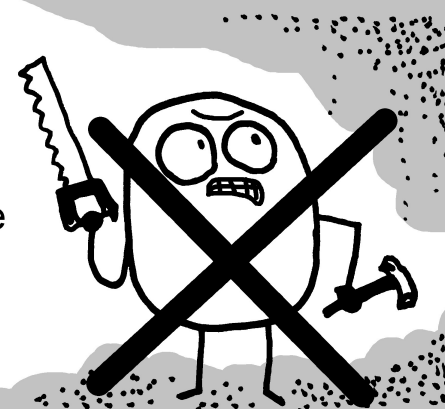
DO talk to your landlord or homeowner about your concerns.

There are many programs to help homeowners fix their lead paint issues.

WIPE DOWN surfaces with a wet rag or mop to clean up any **leftover lead dust** (which would otherwise get into the air, & our lungs).



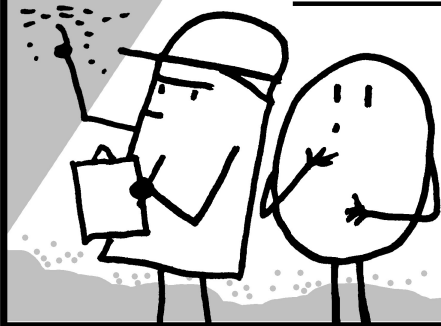
DO NOT try to remove the lead paint without proper training -- You may only make the problem worse, and increase your family's exposure!



Fix your lead problem **PERMANENTLY** with **LEAD ABATEMENT:**

GET A LEAD INSPECTION & LEAD RISK ASSESSMENT

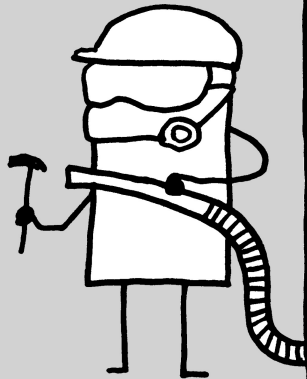
done for your home.



Only a qualified professional can identify all lead risks, & help you make plans to address the situation.

HIRE A LEAD-SAFE CERTIFIED RENOVATION CONTRACTOR

to permanently eliminate your lead paint hazards. This process is called **LEAD ABATEMENT**, and requires professional training to do safely.



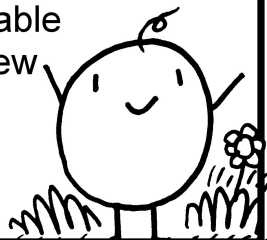
MORE @: epa.gov/lead/lead-abatement-inspection-and-risk-assessment

FUNDING, TRAINING, & ASSISTANCE are available

for **lead abatement** in New Hampshire homes!

To learn more, see:

nhhfa.org/lead



If your home is
CONTAMINATED
with **LEAD PAINT...**

You are not alone!

**HELP is
AVAILABLE!**

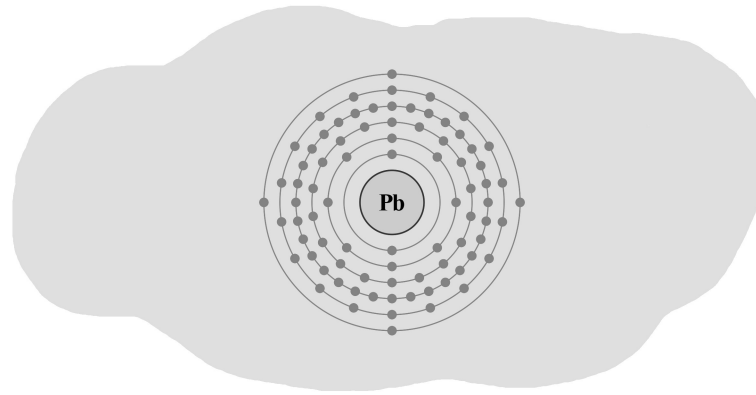


Start with these resources:

**New Hampshire Housing Finance
Authority: "Lead & Healthy Homes"**
= Rental assistance for landlords &
property owners. www.nhhfa.org/lead

Lead Free Kids NH =
Information & assistance for
families! www.leadfreekidsnh.org

**NH Dept. of Health & Human
Services: "Healthy Homes and
Lead Poisoning Prevention
Program (HHLPPP)"** = Current
lead abatement grant programs &
other useful resources.
www.dhhs.nh.gov/dphs/bchs/clpp



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Project Host: Upper Valley Lake Sunapee Regional Planning Commission www.uvlsrpc.org

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Lead atom diagram from Wikimedia Commons: commons.wikimedia.org/wiki/File:Electron_shell_082_Lead_-_no_label.svg