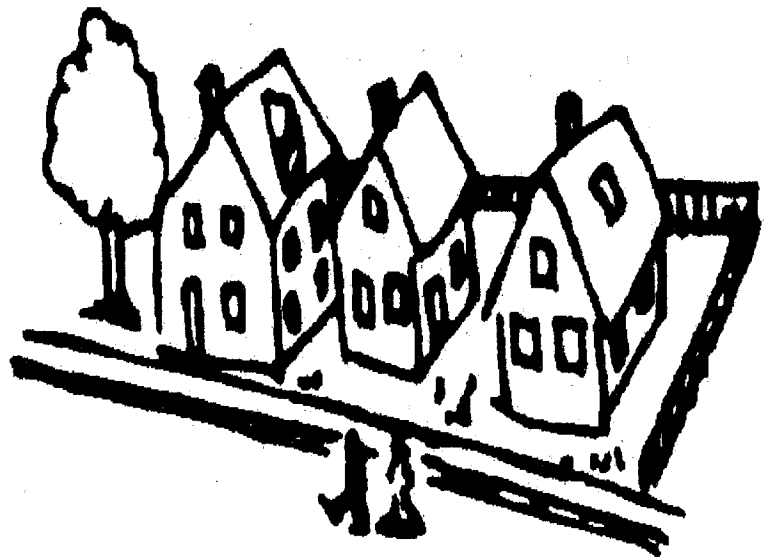




Guidelines to Reduce Lead Dust In Homes & Apartments



Developed by:

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Local Health Department

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Introduction

The primary purpose of this document is to assist Public Health officials in educating landlords, parents and guardians of children with elevated blood lead levels in lead reduction methods. However, the methods outlined in this document should be used to ensure primary prevention of lead poisoning in all children.

About 83% of homes built before 1978 contain some lead paint. Lead paint may have been used on any painted surface in these homes. Homes built before 1950 tend to contain more lead paint, with higher levels of lead. Just the presence of lead paint is not a danger. However, as lead paint ages it can peel, chip or chalk and form lead dust. This lead dust is a major source of lead poisoning in children under six years of age. Lowering the amount of house dust is a good way to reduce your children's contact with lead.

Following the guidelines in this booklet is the best way to reduce the potential for lead dust reaching your child at home. Please read this entire booklet before beginning any household cleaning. By following these guidelines you will reduce the chance that children will be exposed to lead dust.

The Department of Public Health cannot ensure that if you follow these guidelines your child will never become lead poisoned. While lead dust from lead paint is the most common source of lead for children under six years of age, there are many other sources of lead. Other sources of lead may include soil, lead in drinking water, lead dust brought home on clothing from parents' occupations or from certain hobbies, among other sources. To learn more about these sources of lead please refer to Appendix C and D of this booklet. **Remember lead poisoning can be prevented!**

Disclaimer

The information contained in this document has been reviewed by representatives from the Connecticut Department of Public Health, Connecticut Association of Directors of Health, Connecticut Environmental Health Association and various other agencies and groups. The provision of and discussion of products and companies does not constitute an endorsement or recommendation from the Connecticut Department of Public Health or other agencies and groups associated with this publication.

All information was accurate at the time of publication.

Facts About Lead Paint & Lead Dust

- Use of lead paint in homes was banned in 1978. Therefore, any home built before 1978 may contain lead paint. Also, the older the home is, the more likely it is that it contains lead paint.
- Lead dust is produced from lead paint as the paint ages over time, is damaged by moisture, or is disturbed. Lead dust can be found in homes built before 1978 that:
 - have peeling, chipping, or chalking lead paint;
 - have recently been remodeled or repaired;
 - are currently being remodeled or repaired;
 - have lead paint or lead varnish on friction surfaces such as window sashes and door jambs;
 - have lead paint or lead varnish on surfaces that can be damaged due to impact, such as floors, door frames and window wells.
- Lead dust can be so fine that it can't be seen.
- Lead dust is a possible source of lead poisoning for everyone in these homes, even pets. Children under age six are at greater risk for lead poisoning, with 1-2 year old children at greatest risk. Lead poisoning can cause problems with learning and behavior.
- The amount of household lead dust can be decreased by cleaning, using the information in this booklet.



Before You Begin Cleaning

1. **Read this entire booklet.**
2. **Pregnant women must *not* clean up lead dust.**
3. Read the cleaning product's directions and *Caution* statement. Many products used to clean lead dust can be dangerous to people and the environment. Existing surface finishes may be damaged, if not used correctly. Refer to Appendix A for a list of cleaning products and where you can find them.
4. **Remove children and pets from rooms being cleaned.**

**Tools
For
Cleaning
Lead Dust**

- 5. Wear old clothes and plastic gloves.
- 6. Collect the tools needed for cleaning. These tools are listed below.



- ✓ Plastic or rubber gloves, such as gloves used for washing dishes.

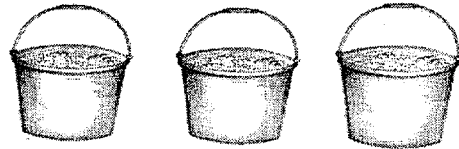


- ✓ Plastic trash bags.

- ✓ Mop that can be washed or thrown away.

- ✓ Tack cloth (a cloth which is made with a sticky substance that can pick up *very small* particles on wood, metal or plaster).

- ✓ Three (3) plastic buckets.



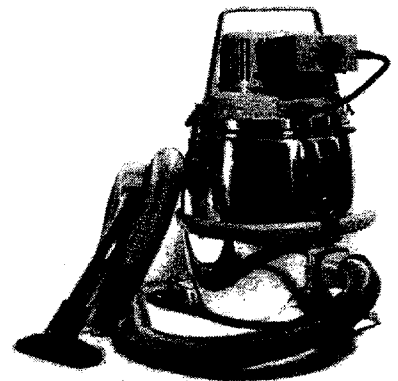
- ✓ Spray bottle.

- ✓ Lint free rags or sponges that can be thrown away or washed.

- ✓ A cleaning product. Products include general home cleaners, trisodium phosphate (TSP), or products made for cleaning lead dust. See Appendix A for a list of cleaning products.



- ✓ **Do not use a common home vacuum cleaner to clean lead dust.** It will spread lead dust into the air! Only use an industrial vacuum with a HEPA filter. HEPA = **H**igh **E**fficiency **P**articulate **A**ir. See Appendix B.



HEPA Vacuum



Guidelines For Cleaning

To Clean Surfaces

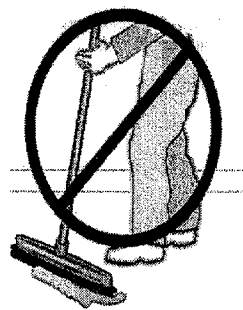
This section provides guidelines on the best methods for cleaning lead dust. When choosing a cleaning product please be aware that the **method** used to clean lead dust may be more important than the cleaning product chosen. Appendix A contains a list of cleaning products.

1. Remove paint chips - With plastic gloves on, pick up large paint chips and place in a plastic trash bag. Next, use one of the following two options to pick up the small paint chips.

- Vacuum - use *only* an industrial HEPA vacuum (refer to page 11 for information about HEPA vacuums).

- Or -

- Wet sweep chips - *first mist the*



Don't Dry Sweep

paint chips with a spray bottle filled



with water. Misting the chips will reduce lead dust in the air. After misting the chips sweep them up and place chips in a plastic trash bag. Tie the bag and place it in an outside trash can with your regular household waste. Homeowners are allowed to dispose of small amounts of lead waste in this way. This does **not** apply to people you hire.

2. Prepare the buckets.

Bucket #1 Mix the cleaning product & water in this bucket. Follow directions on the product's label.



Bucket #2 Fill with plain water. This will be the rinse water.

Bucket #3 Leave empty. This bucket will be used to squeeze out extra water from your rag or mop.

3. Clean one room at a time. Begin at the far end of the room and move toward the entry door of the room.
4. Clean highest surfaces first. Work your way down to the floor.

All surfaces that collect dust need to be cleaned with a wet rag or mop. These include shelves, window frames and sills, window wells, woodwork, heating vents, radiators, floors, small openings between wood floor boards, table tops, dresser tops and all other surfaces in your home that may collect dust.

5. **Step-by-Step Summary of Wet Cleaning**

- Step 1 Wet a clean rag or mop with the cleaning mixture. Test a small area to be sure the cleaning mixture does not damage the surface. If the cleaning solution will damage the surface use a tack cloth.



- Step 2 Wipe surface with the damp rag or mop.



- Step 3 Rinse the used rag or mop in the bucket with the plain water.

- Step 4 Squeeze extra water out of the rag or mop into the empty bucket.

- Step 5 Repeat Steps 1 to 4 until all surfaces have been cleaned in one room.

- Step 6 Empty all of the buckets and fill one with new, clean water. Wipe down all of the cleaned surfaces, using a clean rag and the plain water. Squeeze out extra water into one of the empty buckets

- Step 7 Mix a new bucket of cleaning solution. Get a clean rag or mop. Move to another room and repeat steps 1 to 6. Continue until all rooms have been cleaned.

6. Change the cleaning mixture and rinse water frequently or at least each time you move to another room, or as the product label recommends. This will reduce the risk of putting lead dust back in the area you just cleaned.

Important - Do not throw dirty water on the ground, this will contaminate the soil. Put dirty water down the toilet.

7. Replace rag or mop when it gets dirty.
6. Tack Cloth - Use a tack cloth for surfaces that may be damaged by the cleaning mixture or for hard-to-reach areas such as radiators, and corners.



To Clean Carpets

- Carpets collect lead dust, lead paint chips, dirt, food, dust mites and mold. Think about removing older wall-to-wall carpets and replacing them with area rugs. This may cost less than having old rugs cleaned.
- To remove carpets for off-site cleaning or to throw them away.

Mist the rug with water. Roll up the carpet along with the pad, if you want the pad cleaned too. Wrap the carpet and pad with a sheet of plastic. Close the plastic with tape and then remove the carpet from the home. If the pad is not going to be removed, clean the pad as an area rug (refer to the section "To Clean Area Rugs & Scatter Rugs" on page 6). Children and pregnant women must not be present during carpet removal.

- To clean wall-to-wall carpets in the home or apartment:
 - ① Vacuum the rug with an industrial HEPA vacuum using a beater bar or agitator attachment. Vacuum in one direction first, such as top to bottom and then vacuum in the opposite direction, left to right. Vacuum slowly, this will allow the vacuum to pick up more lead dust. Spend about 10 minutes vacuuming a small 2 feet by 5 feet (10 square feet) area. Continue until all wall-to-wall rugs are vacuumed.
 - ② Wall-to-wall carpets can be steam cleaned, after being vacuumed. To steam clean, use a small amount of detergent that has 5% phosphate in it. General cleaning products have not been tested on rugs to determine if they remove the lead.
- Hiring a professional carpet cleaner, with truck-mounted cleaning equipment is better than rented carpet cleaning equipment. Truck-mounted equipment is more powerful.

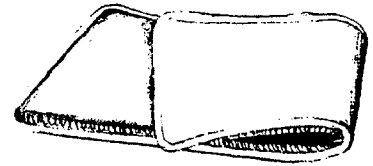
Note: Rug cleaning probably will not remove all lead dust in the rug.



**To Clean
Area Rugs
&
Scatter Rugs**

- Follow Steps 1- 4 for area rugs **and** scatter rugs. Add Step 5 for scatter rugs only. If possible, it may be better to clean area rugs and scatter rugs outdoors (please see the previous section “To Clean Carpets” for suggestions on safe carpet removal).
- Step 1 Vacuum the top (pile) side of the rug using the HEPA vacuum. Use a beater bar or agitator attachment to loosen dirt and dust in the carpet. Vacuum slowly, this will allow the vacuum to pick up more lead dust. Spend about 10 minutes vacuuming a small 2 feet by 5 feet (10 square feet) area. Continue vacuuming small areas until the entire rug has been vacuumed.

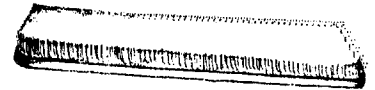
Step 2 Fold the rug in half. Vacuum the back of the carpet. Do **not** use the beater bar or agitator.



Vacuum slowly; this will allow the vacuum to pick up more lead dust. Spend about 1 minute vacuuming a small 2 feet by 5 feet (10 square feet) area. Next, vacuum the floor under this half of the rug, at normal speed. Use a floor attachment. When you are finished unfold the rug.

Step 3 Fold the rug in half again but exposing the back of the other half of the carpet. Do not use the beater bar or agitator. Vacuum the back of the carpet slowly with the HEPA vacuum. Spend about 1 minute vacuuming a small 2 feet by 5 feet (10 square feet) area. Next, vacuum the floor under this half of the rug, at normal speed. Use a floor attachment. When you are finished, unfold the rug.

Step 4 Vacuum the top (pile) side of the rug again with the industrial HEPA vacuum. Spend about 2 minutes vacuuming a small 2 feet by 5 feet (10 square feet) area.



Step 5 Wash scatter rugs in a washing machine. Use a general detergent or a detergent that contains 5% phosphate. **Do not** put any other items in with this wash.



To Clean
Drapes &
Fabric
Furniture

- Drapes and fabric furniture collect lead dust. Vacuum drapes with an industrial vacuum with a HEPA filter. For furniture, spend about 2 minutes vacuuming a small 2 feet by 5 feet (10 square feet) area. Vacuuming slowly will allow more lead dust to be picked up by the vacuum. Be sure to vacuum over each section of the furniture 3 to 5 times.
- Drapes and furniture covers can be professionally dry cleaned, washed or steam cleaned, depending on the material. Read the label for cleaning directions. For information on steam cleaning, refer to the section "To Clean Carpets," on page 6 number ②.
- Consider using furniture covers that can be washed. Place covers over fabric furniture that has just been cleaned.



What
To Do
With
Dirty Rags
&
Mops

- Dirty rags and mops can be thrown out or washed in a washing machine. It is better to throw them out and replace them.
- To wash rags and mops - use a regular detergent or one that has 5% phosphate in it. **Do not** put any other personal items in with this wash!
- To throw out rags and mops - put them in a plastic trash bag, and then tie the bag. Place it in your outside trash can with your regular house trash.



**Tips
For
Keeping
Children
Safe
From
Lead**

- ✓ Wet mop and clean at least once a week. If possible, also use an industrial HEPA vacuum.
- ✓ Never dust with a dry cloth, this will spread lead dust into the air.
- ✓ Hire a certified lead inspector to test your home or apartment for lead paint.
- ✓ Check for peeling, chipping, and chalking paint often. Light colored dust on floors and baseboards may mean chalking paint. Keep children away from these areas.
- ✓ *Before* remodeling or repairing your home, have it inspected for lead paint by a certified lead inspector. Contact a licensed professional or your local Department of Health to help you decide the best repair method.



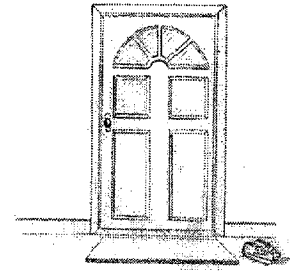
Wet Mop Floor

Licensed and certified lead professionals can be found in the yellow pages of your telephone book under "Lead Paint Detection & Removal Services," or ask your local health department for a list of lead professionals.

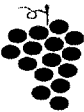


- ✓ Hire a licensed lead abatement contractor if you want to remove lead paint from your home.
- ✓ Discuss having your children tested for lead poisoning with your health care provider. Tell your provider if your child spends a lot of time in a home built before 1978 and that it may contain lead paint. If you know the house contains lead paint also tell your provider the condition of the lead surfaces.
- ✓ Wash children's hands often, especially before children eat, go to bed and after playing outside. This can reduce the amount of lead that gets into their bodies.
- ✓ Wash your children's toys often. Toys collect lead dust. Washing their toys will reduce the amount of lead that gets into your children's bodies, when they put the toys in their mouths.



- ✓ Place scatter rugs at all entrances of your home and remove shoes at entry points. This can reduce the amount of lead contaminated soil and lead dust that may be tracked into your home.



- ✓ Serve children three healthy meals and at least two healthy snacks every day. Foods high in calcium and iron are important. Fatty foods and an empty stomach may increase the amount of lead that gets into children's bodies.

<u>Food Group</u>	<u>Servings Each Day</u> <u>For Children Age 6 & Under</u>	
☺ Bread, Cereal, Rice, and Pasta	6 or more servings	
☺ Fruit	2 or more servings	
☺ Vegetable	3 or more servings	
☺ Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts	2 to 3 servings	
☺ Milk, Yogurt, & Cheese	3 or more servings For children under 2 years of age, serve <u>whole milk</u> .	

NOTE: Foods such as nuts, peanuts, seeds, hot dogs, raw carrots and whole grapes may cause choking and should be avoided for children under 4 years of age.

- ✓ Determine if anyone in the household has a job or hobby that may involve lead. Ask that person to change clothes and shower before returning home. Wash these clothes separately from other household laundry. This can reduce the amount of lead dust that gets into your home.

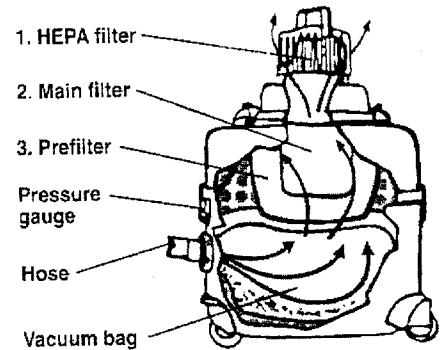


About HEPA Vacuums

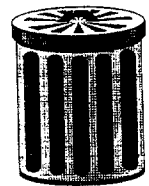
- HEPA is a standard for air filters. To meet the HEPA standard, filters must trap 99.97% of all particles .3 microns in size and larger. Lead dust can be as small as .3 microns.
- Some common home vacuums are sold with HEPA filters. However, *lead dust may still be blown out of the seams and other parts of the vacuum.* It is recommended that you use only industrial vacuum cleaners with a HEPA filter. (Figure 1).

Figure 1. Industrial Vacuum with a HEPA Filter.

Dirt, paint chips, and lead dust get sucked into the vacuum bag, through the hose. The air and dust are then filtered through the prefilter, the main filter, and the HEPA filter.



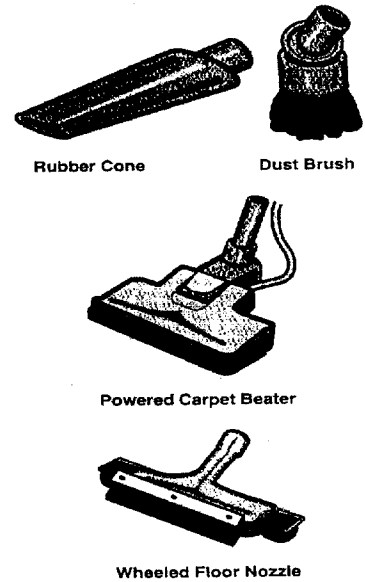
- Industrial vacuum cleaners are different from common home vacuums. Most industrial vacuums have three filters and rubber seals to stop lead dust from blowing out the seams and other parts of the vacuum. At this time, only industrial vacuums with a HEPA filter are safe to use in your home to control lead dust.
- Follow directions provided with the industrial HEPA vacuum. Improper care of the unit when cleaning or changing the filters is unsafe. Improper use may reduce the vacuum's cleaning ability and redeposit lead dust that has already been collected by the vacuum, into the home. Filters should be changed outside of the home or apartment. Place the dirty filter in a plastic bag, then tie the bag closed. Place the bag in an outside trash can with your regular household trash.



- Before buying or using an industrial HEPA vacuum be sure the filter meets the HEPA standard. When buying a vacuum get the agitator attachment, beater bar and other attachments (Figure 2). Common attachments include brushes of different sizes, and tools that will get into small places. HEPA vacuums may be bought at safety supply stores. Prices vary, so comparison shop. (Refer to Appendix B).

Figure 2. Examples of Industrial Vacuum Attachments

- ▶ The rubber cone is used where the floor meets the baseboard, along cracks in the floor, and in window wells.
- ▶ The dust brush is for walls, woodwork, and similar surfaces.
- ▶ The wheeled floor nozzle is for bare floors.
- ▶ The powered carpet beater is for carpeted floors.



The rental or loan of industrial HEPA vacuums is limited in Connecticut. Please refer to Appendix B for rental and loan sources.

HEPA vacuums can be expensive. If you can't buy one, follow **all other** cleaning guidelines in this booklet. This will still help reduce the amount of lead dust in your home or apartment.



Industrial
HEPA
Vacuum
Rental or
Loan

The method used to clean may be more important in reducing the amount of lead dust than the cleaning product selected.

Products listed in this table can be used to clean lead dust.

Some of these products can be **dangerous** to the user, the environment and to surfaces being cleaned, if not used properly.

Read **and** follow product label directions.

This table may not include all available cleaning products for lead dust. However, these are the products that the Department of Public Health is aware of at this time.

Product	Manufacturer	Local Retailer
General household cleaners		Local grocery store.
Tack Cloth		Local hardware and paint stores.
Ledizolv Detergent	Hin-Cor Industries, Inc. P.O. Box 410945 Charlotte, NC 28241 (704) 587-0744 http://www.ledizolv.com	AramSCO Inc. Wallingford, CT (800) 767-7731
Sentinel 805 TSP Final Wash & EnviroTowels for Lead	Sentinel Chemical Company, Inc. 7714 Beech Street, NE Minneapolis, MN 55432 (800) 373-0633 http://www.senpro.com	Environmental Contractor's Supply 12-3 Eastview Drive Farmington, CT 06032 (860) 676-2603 or (800) 322-0225
Lead-Away	Lead-Away Company P.O. Box 5015 Salisbury, MA 01952 (508) 462-9907 or (800) 398-6947	Contact the manufacturer at (800) 398-6947 to order.
Powdered Automatic Dishwasher Detergents*		Local grocery store. *Check ingredient label for 5% phosphate or greater
TSP (Trisodium Phosphate)	Durabond Division USG Industries Chicago, IL 60606-4385 or The Savogran Company Norwood, MA 02062-0130 (800) 225-9872	Local hardware and paint stores.

Sources for Industrial HEPA Vacuums - Appendix B

The cost of industrial HEPA vacuums varies. Prices start around \$500.00.

Compare prices, vacuums, and attachments.

This list may not include all companies that sell or rent HEPA vacuums. This list includes companies the Department of Public Health is aware of at this time.

For companies from your area, refer to the yellow pages of the telephone book under "Safety Equipment & Clothing" or under "Asbestos Removal Equipment & Supplies."

Industrial HEPA vacuums are also used for asbestos removal.

Type of Service	Local Source	Address	Telephone
Loan	Sue Heller, Manchester Lead Abatement Project	63 East Center St. Suite 2A Manchester, CT	(860) 647-3288 Or Fax (860) 647-3291
	New London Health Department	120 Broad St. New London, CT	(860) 447-5233
Rental	Hamden Rental	17 Marne St., Rear Hamden, CT	(203) 288-1160
	Sue Heller, Manchester Lead Abatement Project	63 East Center St. Suite 2A Manchester, CT	(860) 647-3288 Or Fax (860) 647-3291
Sales	Abern/Twyman Safety	43 Warehouse Point Road P.O. Box 843 Wallingford, CT	(203) 265-5621 or toll free at (888) 247-0277
	Eastco	340 Stamm Road Newington, CT	(800) 303-3882
	Environmental Contractor Supply	12 Eastview Drive Farmington, CT	(860) 676-2603
	Hamden Rental	17 Marne St., Rear Hamden, CT	(203) 288-1160
	Industrial Health and Safety	176 Newington Road West Hartford, CT	(860) 233-9881
	Northeast Cleaning Supply Center/ Division of Ro-Vic, Inc.	2693 State St. Hamden, CT Fax (203) 230-4699 AND 146 Sheldon Rd. Manchester, CT Fax (860) 647-7057	(203) 230-4695 or toll free at 1-800-969-3200 (860) 646-3322 or toll free at 1-800-832-1013

Read and follow directions provided with the industrial HEPA vacuum.

Lead Information Resources - Appendix C

To learn more about lead poisoning and lead poisoning prevention, contact any of the following resources.

Resource	Telephone Number	Internet Address Http://
Alliance to End Childhood Lead Poisoning	(202) 543-1147	aeclp@aeclp.permanet.org
Connecticut Citizens Research Group	(860) 525-1834	CCRG@ntplx.net
CT Department of Public Health Childhood Lead Poisoning Prevention Program	(860) 509-7745 or 509-7299	None
EPA Region I - Office of Pollution Prevention & Toxics, Lead Programs	(617) 565-3420	www.epa.gov/opptintr/lead/index.html
Hartford Regional Lead Treatment Center	(860) 714-4792	None
Lead in glaze of china	None	www.edf.org/pubs/brochures/leadinchina
National Lead Information Clearinghouse	(800) 424-LEAD	www.nsc.org/ehc/lead.htm
National Lead Information Center	(800) LEAD-FYI	www.nsc.org/ehc/lead.htm
National Center for Lead Safe Housing	(410) 992-0712	None
New Haven Regional Lead Treatment Center	(203) 764-9106	None
Office of Ground Water & Drinking Water	(800) 426-4791	www.epa.gov/OGWDW
Safe Drinking Water Hotline	(800) 426-4791	None
United Parents Against Lead	(773) 324-7824	None
University of Connecticut Cooperative Extension System	(860) 570-9012	
US Department of Housing & Urban Development	(888) 532-3547	www.hud.gov/lea/leahome.html
Water Quality Association	(630) 505-0160	www.wqa.org
Your Local Health Department and/or Community Based Organization	Refer to the blue pages of your telephone book under the name of the town.	None

The pamphlets listed here are available from the State Department of Public Health Childhood Lead Poisoning Prevention Program (CLPPP).

Single pamphlets can be ordered for free by calling the CLPPP at: (860) 509-7745 or (860) 509-7299

- ✓ License and Certificate Requirements for People Working With Lead In and Around Homes and Day Care Centers
- ✓ Guidelines for Choosing a Lead Abatement Contractor
- ✓ Keep Your Child Lead-Safe
- ✓ A Landlord's Guide for the Interim Control of Lead Hazards in Housing
- ✓ A Parent's Guide for the Interim Control of Lead Hazards in Housing
- ✓ Tool Box Guide for Residential Lead Paint Abatement
- ✓ Reducing Lead Hazards When Remodeling Your Home
- ✓ Encapsulants:
 - Deciding Whether to Encapsulate
 - Care and Maintenance of Encapsulated Surfaces
 - Guidelines for Tenants and Property Owners
- ✓ Healthy Yard/Toxic Yard and Controlling Lead In Soil
- ✓ Environmental and Occupational Health Reference Guide

**Remember
Lead Poisoning Is Preventable!**