I want to be lead free!

Produced by CLEARCorps Detroit
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Updated November 2016

Lead Poisoning 101

What you need to know
to protect your child

Image Credit: Flickr user Soulfull (bit.ly/1lhn6yE) Used under Creative Commons
Lead based paint was used until 1978 on windows, porches, doors, baseboards, some walls, and painted siding. When chipping and peeling, lead based paint creates poisonous dust that damages children’s brains when it is taken in through hand to mouth contact.

Additional Resources

Property Tax Assistance:
City of Detroit Treasury Division
313-224-3560—For Tax Deferment
Detroit Property Assessment Board of Review
313-224-3035—Homeowners Property Tax Assistance Exemption

Foreclosure Help: Michigan Legal Services: 313-964-4130

Utility Assistance:
Shutoff Protection Plan (SPP) - 1-800-477-4747
Low Income Self-Sufficiency Plan (LSP) - 1-844-598-7967, liveunitedsem.org/lsp

DHS State Emergency Relief: 1-(855)-275-6424

Education:
Early On—assists children ages 0-3 that may be experiencing developmental delays: 1-800-EARLYON
Head Start—preschool classes for children ages 0-5 and access to adult education classes: michheadstart.org/locator
Women, Infants, and Children Program (WIC): 1-(800) 26-BIRTH
Asthma: Wayne CHAP Asthma Education - 313-863-2427

City of Detroit:
Buildings, Safety Engineering, and Environmental Department
Code Enforcement and Lead Clearances: 313-224-2733
Housing and Revitalization Department
Citywide Lead Hazard Reduction Program: 313-224-3461
Detroit Health Department (blood lead testing): 313-876-0133
Wayne County Prosecutor’s Office
Childhood Lead Poisoning Prevention: 313-224-5783
Environmental Protection Agency: 1-(800)-424-LEAD
Other Sources of Lead

- Cheap costume jewelry and cosmetics
- Cheap and thrift store plastic toys
- Imported spices, candy, and sauces

Lead Safe Gardening

- Get your soil tested before gardening by calling The Greening of Detroit at 313-237-8733 or Keep Growing Detroit at 313-757-2635 or by visiting detroitagriculture.net. Only soil with lead levels under 300 ppm should be used for growing food to eat.
- Lead from factory pollution, old car exhaust, and chipping paint contaminated the soil. Lead is most commonly found in the top four inches of soil.
- Lead accumulates more in root vegetables like carrots and on leafy greens like lettuce than in fruiting crops like tomatoes.
- Most soil in older, industrial cities like Detroit could be contaminated. Use Best Gardening Practices:
  - Treat soil with lead free compost
  - Till soil as deeply as possible (at least four inches)
  - Plant your garden away from buildings, garages, and the street
  - Keep your soil pH above 6.5 to help limit the amount of lead entering plants
  - Raised garden beds filled with fresh, uncontaminated soil may be a safer alternative in areas of concern.
  - Growing a garden can improve your child’s diet, reducing risk of lead getting into your child’s system.

The Effects of Lead Poisoning

Lead damages the brain.

It can cause:

- Learning difficulties
- Behavior problems
- Violent tendencies
- Hyperactivity
- ADHD-type symptoms
- Memory loss
- Hearing loss

A lead poisoned child is:

- 7 times more likely to drop out of high school.
- 6 times more likely to enter the juvenile justice system.
- 50% more likely to do poorly on the MEAP achievement test.

Sources: clearcorpsdetroit.org/resources/lead-safe-gardening. Special thanks to Keep Growing Detroit.
10 Tips to Prevent Lead Poisoning

Get every child **tested for lead** starting at age nine months at their doctor or at a clinic. Retest them each year until age six.

**Wash** children’s hands, toys, bottles, and pacifiers **often**.

**Feed your child** a diet rich in **calcium** and **iron** (fruits, vegetables, and lean meats). Give them whole milk until age two, and then 2% milk after that. Feed them a daily multivitamin. Avoid fatty and sugary foods. See page 6.

**Wet clean weekly.** Mop all floors. Spray and wipe window sills, troughs, and baseboards. See page 7.

Do not let children play in **bare dirt**, near windows, or on porches with **old paint**. Cover bare dirt with grass.

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**Lead in Water**

- Most lead hazards come from **lead-based paint dust**.
- Lead can get into your drinking water when it sits in your pipes for several hours. The longer water is in your pipes, the more lead it may contain, such as during the day while you are away or at night while you sleep.
- Lead in water comes from exposed lead service lines, old solder, and old fixtures that contained lead. Until 1986, solder could contain around 50% lead, and until 2014, pipes and fixtures could contain up to 8% lead, even if they were labeled “lead free”.
- Over time, mineral deposits form a protective layer over the insides of your pipes, reducing, but not stopping, exposed lead.

**What You Can Do**

- “Flush” your pipes before drinking or cooking any time a faucet has not been used for several hours. Run the water for 30 seconds to two minutes until you feel it get as cold as it can.
- If you know you have a lead service line, “flush” your pipes for an additional 1-2 minutes.
- Cook only with cold tap water.
- Make baby formula or bottles using only cold tap water that you heat up. **Never use hot tap water to make baby formula.**
- **Get your water tested for lead by calling the Detroit Water and Sewerage Dept. at 313-964-9300**
- If your water tests at or above the EPA action level (15 ppb or more as of Nov. 2016), use a **NSF/ANSI Standard-53** rated water filter to purify your drinking water, but still flush your pipes.

**Sources:** EPA/810-F-93-001 and Section 1417 of the Safe Drinking Water Act: Prohibition on Use of Lead Pipes, Solder, and Flux
Get Your Home Tested

- Only a Lead Inspection/Risk Assessment (LIRA) by a certified Lead Inspector/Risk Assessor can legally **determine lead hazards in your home**.
- A LIRA will tell you which surfaces have lead based paint, and which are hazards.
- A LIRA is **required** before a landlord rents out a property in Detroit.
- Only hire a professional to perform a LIRA, which should cost between $450-$600.

**Make sure your Lead Inspector/Risk Assessor:**

1. Uses an XRF instrument to determine lead hazards.
2. Has a written contract.
3. Is certified and in good standing with the State of Michigan by calling 866-691-5323
4. Is familiar with the City of Detroit Property Maintenance Code (See page 11).

=> View tips for choosing **recommended** Lead Inspector/Risk Assessors at clearcorpsdetroit.org

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Lead Poisoning Is 100% Preventable.

- Take your **shoes off** at the door. You can track lead dust in from outside.
- Only use **cold tap water** to cook or to make bottles. **Flush your pipes each morning before you drink water from them.** **Water standing in pipes for several hours can contain lead** from old solder and fixtures. **Hot tap water can also contain lead.** See page 13.
- When **repairing** or remodeling your home, do not let children near work areas. **Clean thoroughly. Work lead safe.** See pages 8-9.
- Make sure that anyone who **works** in construction or auto repair **changes their clothes** and showers before greeting or holding children. **Separate dirty work clothes from other laundry.**
- Get the **word out** about preventing lead poisoning!
Get Your Child Tested

- **Get your child tested** for lead each year from age nine months to age six.
- The test will tell you your child’s blood lead level.
- Request a lead test from your doctor.
- Ask your local health dept. for other testing sites. **Call the Detroit Health Dept. at 313-876-0133**
- Your insurance, including Medicaid, should cover the lead test.
- A child is lead poisoned with a level of 5 µg/dL (micrograms per deciliter) or higher.

Lead and the Law

**City of Detroit Property Maintenance Code**

- It is illegal for a landlord to rent out a property in the City of Detroit with lead hazards. Landlords must register their rental properties at [detroitmi.gov/rental](http://detroitmi.gov/rental).
- Landlords must **obtain a Lead Clearance** to obtain a Certificate of Compliance, which is necessary to rent out a property. Visit [tinyurl.com/leadordinance](http://tinyurl.com/leadordinance) for legal requirements.
- Landlords must obtain a Lead Inspection/Risk Assessment, and then fix all identified lead hazards before they rent out their unit.
- Ask your landlord if their property has a Lead Clearance. Ask them to provide you with a copy.

**State of Michigan Landlord Penalty Law**

- It is illegal to rent a unit to a family with a lead poisoned child if the landlord has knowledge that lead hazards exist at the property.
- **Fines** for first time offenders can be up to $5,000 and 93 days in jail.

**Federal Disclosure Law**

- Landlords must **disclose all known lead hazards** to tenants at time of lease or lease renewal and provide tenants with the *Protect Your Family From Lead In Your Home* brochure.

Feed Your Child Right

A healthy diet can prevent lead from getting into your child’s system.

Feed your family:
- A diet rich in calcium and iron
- Fruits and veggies
- Lean meats
- Whole milk until age two, and then 2% milk after that.
- A daily multivitamin

Avoid fried foods and sugary foods because the body can store lead in fat.
Make Your Home Lead Safe
There are grant programs that can help!

- You must have a child under six living in your home or rental property to qualify for most grant programs.

- **Apply** for the Michigan Dept. of Health and Human Services HUD Lead Safe Home Program by calling 313-924-4000 or 866-691-5323.

- Apply for the Detroit Housing and Revitalization Department’s HUD Citywide Lead Hazard Reduction Program by calling 313-224-3461.

Lead Safe Housing

- **Detroit landlords** must make their properties lead safe before they rent them out as required by the Detroit Property Maintenance Code.

- Avoid renting a home with old wood windows.

- Search for homes on michiganhousinglocator.com

- Call 313-924-4000 and ask for assistance with finding lead safe housing.

Clean Lead Safe: Clean Wet!
How to remove leaded dust from your home.

**Materials Needed:**

- Mop
- Any soapy cleaning solution
- Two Buckets
- Spray bottle
- Paper towels

**Directions for Floors:**

- Fill one bucket with cleaning solution and water and one bucket with just rinse water.
- Start in the corner of the room farthest from the door.
- Mop out of the room heading towards the door.
- Wring out mop frequently using rinse water.
- Change all water frequently.

**Directions for Window Sills, Wells, and Surfaces:**

- Spray all wooden parts of the window with cleaning solution from a spray bottle.
- Wipe with disposable paper towels.
- Clean from top to bottom.
- Focus on window sills and wells.
- Change paper towels frequently.

⇒ Wet clean weekly where your child plays.
⇒ Wet clean anything your kids touch or put in their mouths.

Wet clean weekly on a regular schedule!
How to Work Lead Safe*

Lead was in paint until 1978.
When working with old paint, ALWAYS:

1. Assume that paint on wood trim, windows, doors, porches, and exterior surfaces contains lead.

2. Contain dust and paint chips in work areas by taping down plastic sheeting over doorways and on the floor.

3. Wear work clothes and shoes you will change out of before holding children or sitting on furniture. If producing a lot of dust, wear a NIOSH-Approved P-100 rated respirator, found at your local hardware store.

4. Work wet. Mist surfaces with water from a spray bottle. Wet scrape with a hand scraper. This helps reduce dust. **Do not dry sand. Do not strip paint with an open flame or heat.**

5. **Paint** all wet scraped surfaces. Normal painting does not permanently cover a lead hazard. Repaint as needed.

6. **Wet clean** during and after the work process. Do not use a wet/dry-type vacuum. Use only a HEPA rated vacuum.

7. Carefully dispose of all plastic and debris in a heavy duty garbage bag sealed with duct tape.

8. Change your clothes and wash them separately. Shower immediately following work.

When working with old paint, **NEVER:**

- Touch or hold your children during work or let them near where you are working.
- Use an open flame or heat on old paint. Never dry sand painted surfaces.

Get Certified:

Become Renovation, Repair, and Painting (RRP) Certified: www2.epa.gov/lead

*Disclaimer: this brochure does not certify you to perform work for pay or to work on rental properties.