

Do you live in a house built before 1978?
Do you have children under the age of 6?
Are you remodeling or renovating?
Do you know about the lead hazards in your home?

Lead Poisoning is preventable

NOT curable

Lead Poisoning is the number one environmental hazard faces children across the country. Every year in Maryland, hundreds of children are found to have dangerous levels of lead in their bodies leaving them at high risk for life long, irreversible effects. Because lead poisoning leads to developmental and cognitive problems like speech delay, hearing loss, attention deficit disorder, hyperactivity, reading disabilities, lower IQ scores, and mental retardation, it is a disease that drastically impacts a child's future. The only cure, the only answer, is primary prevention.

Knowing about lead hazards and addressing them before it creates serious problems. The Public Health Service reports that primary prevention could result in \$32 billion dollars in increased income over the course of one generation.



Our Vision:

To end childhood lead poisoning and create healthy homes so that all children may have the opportunity to reach their full potential

Mission Statement:

The Coalition to End Childhood Lead Poisoning is dedicated to preventing childhood lead poisoning through advocacy, outreach, and education. Working in partnership with the community, the Coalition is committed to ensuring that all children grow up in affordable, lead-safe housing and that community-based solutions for lead safe housing are implemented which will result in healthier children and healthier communities.



Organizational Structure:

Non-profit 501(c)(3) organization
Donations are tax deductible

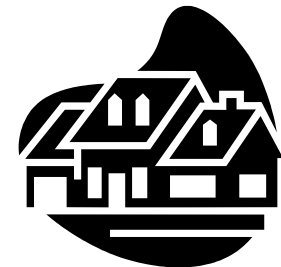


GET THE LEAD OUT!



**Services
Brochure**

800.370.LEAD / 410.534.6447
www.lead-safe.org



**2714 Hudson Street
Baltimore, Maryland 21224**



Public Policy/Advocacy

The Coalition is a leader in advocating for healthy children and communities throughout Maryland and the United States.

Some of the Coalition's public policy activities, Initiatives, and projects include:

- "Windows of Opportunity" Strategic Plan
- Legislation and Community Advocacy
- Maryland Reduction of Lead Risk in Housing Law (House Bill 760)
- Rally For a Lead Safe Maryland
- Lead Poisoning Prevention Community Forum
- Community Health Leaders Program
- Ensuring Compliance with Lead Poisoning Requirements (House Bill 1245)
- Task Force Leadership and Participation
- Relocation Task Force
- Lead In School Water Task Force
- Maryland Lead Poisoning Prevention Partnership



LEADCorps

The Coalition's LEADCorps Lead Hazard Reduction team provides lead reduction services for at-risk families in Baltimore city. All members are certified in safe lead hazard removal. The Coalition is an accredited Lead Abatement contractor organization and holds a Maryland Home Improvement License. All work abides by lead safe work practice standards

Services Include:

- Paint Stabilization
- Light Carpentry Work including baseboards, jamb liners, trim and plane work, capping or replacement of window wells and sills)
- Lead Specific and in door Allergen cleaning
- Site Assessments



Legal Services and Education

Our legal rights education team provides families, property owners, contractors, and realtors with extensive education and counseling regarding federal, state, and local lead poisoning laws and requirements. In Maryland, the Coalition provides in-home counseling services to tenants to assist them in understanding their legal rights. Compliance assistance is also available to property owners to help them understand and comply with the Maryland Lead Laws and House Bill 1245 "Compliance with Lead Poisoning Prevention Requirements."



Services Include:

- Qualified Offer Counseling Service for Maryland residents living in older rental housing as well as for owners of older rental housing
- Educational seminars on local, state, and federal lead poisoning prevention laws (including Title X and HB 1245)
- Tenants' rights education and counseling
- Assistance with filing Notices of Defects and Notices of Elevated Blood Lead Levels for Maryland tenants
- Retaliatory Eviction Prevention
- Establishing Rent Escrow Accounts



Education and Outreach

The goal of the Coalition is to end childhood lead poisoning. The keys to our work are **education** and **early intervention**. Our training and education programs, conducted free of charge, focus on families with young children, pregnant women, contractors, tenant groups, child care-providers and all those invested in a child's future.



Services Include:

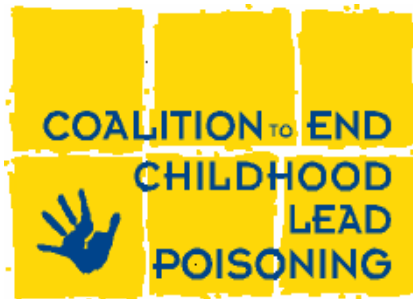
- Prevention and Risk Awareness training programs.
- Public Education and Public Policy Writing
- In-home education services
- Contractor and Renovator education programs
- Website for up-to-date information, articles, news, and alerts (www.lead-safe.org)
- Maryland Lead Poisoning Prevention Partnership
- Community-based Lead Poisoning Prevention
- Information and Prevention Hotline (1-800-370-LEAD)
- HEPA Vacuum loan program

What can you do to protect your family?

- Have your child tested for lead YEARLY.
- Eat foods high in Calcium, Iron, and Vitamin C.
- Wash children's hands often and before you prepare food.
- Always consult a certified lead contractor before beginning work in a pre-1978 home.
- Clean often and thoroughly using safe-cleaning methods

There are grants and loans available to homeowners and property owners throughout Maryland. Call the Coalition for specific grant and loan information.

If you rent a property built before 1950 and there is chipping, flaking, or peeling paint, send your landlord a "Notice of Defect." The Landlord has 30 days to begin work. If s/he fails to do so, you can file for Rent Escrow.



SPECIAL CLEANING INSTRUCTIONS TO REDUCE LEAD DUST IN YOUR HOME

Most children poisoned by lead are poisoned by "lead dust." Lead dust is heavy, sticky and the pieces are so tiny it may be invisible. Do not dry sweep, as that will only spread leaded dust. To get rid of lead dust, always remember to wet clean! Also, when possible use a HEPA vacuum. To find out more about HEPA vacuums, contact the Coalition to End Childhood Lead Poisoning at 410-534-6447 or 800-370-5323.



MATERIALS NEEDED:

rubber gloves	sponges
2 plastic buckets	1 floor mop
<u>hot</u> water	
all-purpose cleaner (for example, Mr. Clean or Spic and Span)	

Call the Coalition (410-534-6447) if you have any questions.

HOW TO CLEAN WINDOW WELLS AND SILLS:

1. Put on rubber gloves to protect your hands. Put a gallon of hot water in one bucket. Add cleanser according to directions. Mix it up.
2. Fill the other bucket with clean hot water — this is your rinse water.
3. Wash the windowsill and window well with a sponge dipped in the soapy water. Wash by pulling the sponge in one direction (right to left or left to right); DO NOT scrub back and forth. Rinse the sponge often in the clean water, and then pick up more soapy water. Change your rinse water after you wash one window (the sill and window well — the "track" the window fits into at the bottom).
4. Throw the rinse water down the toilet or down a laundry sink. DO NOT throw the water down the sink you use to prepare food or down your bathtub drain - it might leave some lead behind that could be harmful.

HOW TO CLEAN TABLETOPS AND COUNTERS:

1. Put on rubber gloves to protect your hands. Put a gallon of hot water in one bucket. Add cleanser according to directions. Mix it up.
2. Fill the other bucket with clean hot water — this is your rinse water.

3. Wash tabletops and counters with a sponge dipped in the soapy water. Wash by pulling the sponge in one direction (right to left or left to right), DO NOT scrub back and forth. Rinse the sponge often in the clean water. Change your rinse water often. If you are cleaning an area where you prepare food, rinse extra well to get all the cleaner off.
4. Throw the rinse water down the toilet or down a laundry sink. DO NOT throw the water down the sink you use to prepare food or down your bathtub drain - it might leave some lead behind that could be harmful.

HOW TO CLEAN FLOORS:

1. Put on rubber gloves to protect your hands. Put a gallon of hot water in one bucket. Add cleanser according to directions. Mix it up. Rinse out your sponge or mop a lot.
2. Fill the other bucket with clean hot water — this is your rinse water.
3. Wash wood or tile floors with your mop, rinsing the mop in the clean water often (every time you wash a 6-foot square or so). Get clean, hot rinse water every time you start a new room. Throw out your rinse water safely - not down your kitchen sink or bathtub.

Remember these important points:

- ✓ Clean for lead using wet methods and warm water.
- ✓ Always wear rubber gloves when you clean.
- ✓ Change your rinse water often.
- ✓ Change mop heads and sponges when they look worn or after you've used them 10 or 12 times.
- ✓ **At the end of cleaning, rinse your mop, sponges and pail thoroughly with clean hot water. We suggest that you only use these supplies for special lead cleaning.**

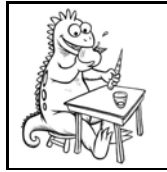
If your child has a lead level higher than 10, cleaning should be done once every week or two. If your child's lead level is under 10, clean once every month - more often in summer.

REMEMBER - PREVENTION IS THE ONLY CURE!

For more information, contact

Coalition to End Childhood Lead Poisoning

2714 Hudson Street • Baltimore, Maryland 21230-4716
Phone: 410-534-6447 • Toll-Free: 800-370-5323 • Fax: 410-534-6475
Internet: www.lead-safe.org E-mail: ceclp@lead-safe.org



PREVENTING LEAD POISONING - FOOD AND GOOD NUTRITION

Lead poisoning can cause learning and behavior problems in children. High levels of lead can cause serious damage and disability. Good nutrition is one way to help reduce the absorption of lead into your child's system.

By preparing food safely and making good food choices, you can help lower your child's risk of lead poisoning. Good nutrition will help strengthen your child's resistance to lead poisoning!

Prepare Foods Safely:

Lead can get into food: sometimes lead can be found in tap water; some imported cans may have lead in the seams; imported ceramic plates, cups or bowls may contain lead; lead dust on floors and surfaces can contaminate foods if the food touches these surfaces.

- < Let cold tap water run for 2 minutes before collecting water to make infant formula. Only use cold water to cook.
- < Never heat foods in cans.
- < Never store food in opened cans.
- < Wash your hands before fixing foods to make sure there is no lead dust on your fingers.
- < Wash your child's hands before he/she eats.
- < Wash off all bottles, pacifiers or food that falls on the floor before giving them back to your child.



Make Good Food Choices:

The food that your child eats can make a difference in how much lead gets into your child's blood. Choose foods that help protect your child from lead poisoning. Serve as many fresh and frozen foods as your budget will allow. Serve foods high in iron, calcium, and vitamin C.

To Help Prevent Lead Poisoning Choose Foods High In Iron:

- < Chicken, turkey, fish, lean beef, liver
- < Cooked dried beans or peas, baked beans, chili, limas, butter beans, black-eyed peas
- < Iron fortified cereals
- < Baked potato with skin
- < Greens and spinach
- < Raisins, nuts and seeds - sunflower or pumpkin seeds

To Help Prevent Lead Poisoning Choose Foods High In Calcium

(Skim or low-fat milk products are best):

- < Milk, cheese, yogurt
- < Greens and Kale
- < Ice milk
- < Hot chocolate or pudding



To Help Prevent Lead Poisoning Choose Foods High in Vitamin C:

- < Oranges, grapefruit, tangerines, strawberries, cantaloupe
- < Juices - oranges, grapefruit, lemonade
- < Tomatoes
- < Bell peppers
- < Potatoes & sweet potatoes baked in their skins
- < Greens and kale

Get the most iron from the food you eat. **Remember, iron helps lower your child's risk of lead poisoning.** These ideas will help:

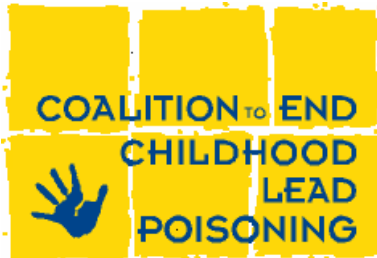
- < Add a food or drink with vitamin C to each meal.
- < If your doctor prescribes iron medicine for your child, mix it with a little bit of orange juice or any juice with vitamin C.
- < Cook food in iron pots and pans. This will add a lot of iron to your child's diet.
- < Serve healthy snacks - 5 to 6 small meals are better than 3 big meals. A child with an empty stomach will take in more lead.
- < Do not serve hot tea or iced tea during a meal. Tea keeps the body from taking in iron.



Limit Fats and Oils:

Foods high in fats and oils make it easier for the body to absorb lead. Removing skins from chicken and fat from meat will help reduce fat. Limit These Foods In Your Child's Diet:

- | | |
|-----------|---------------------------------------|
| < Butter | < Scrappe |
| < Oil | < French Fries |
| < Lard | < Potato Chips (high-fat "junk food") |
| < Bacon | < Fried Foods |
| < Sausage | |



THE COALITION TO END CHILDHOOD LEAD POISONING

2714 HUDSON STREET
BALTIMORE, MARYLAND 21224-4716
PHONE: 410-534-6447 ♦ TOLL FREE: 800-370-5323
FAX: 410-534-6475 ♦ INTERNET: WWW.LEADSAFE.ORG
CECLP@LEADSAFE.ORG

MARYLAND DEPARTMENT
OF
THE ENVIRONMENT
1800 Washington BLVD
Baltimore, Maryland 21230
Phone: 410-537-4199

MARYLAND DEPARTMENT
OF
HEALTH AND MENTAL
HYGIENE
201 West Preston Street
Baltimore, Maryland 21201
Phone: 410-767-6860

WIC - WOMEN, INFANTS
AND CHILDREN
SUPPLEMENTAL FOOD
PROGRAM
261 N. Eden ST
Baltimore, Maryland 21205
Phone: 410-396-9423

HEPA Vacuum Loan Program

**Do you live in a property built before 1978?
Are you remodeling your home?
Do you have young children?**

We take so many measures in life to protect our families and provide a safe home, take one more! When you remodel use lead safe work practices and know your resources!

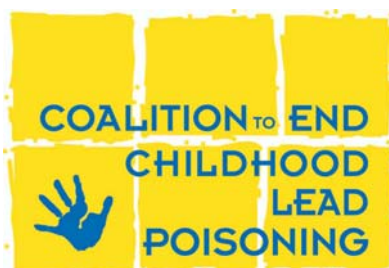
(For detailed information about Lead Safe Renovation Practices please contact the a Coalition staff member)



To learn more about HEPA vacuums, about lead poisoning, or for answers to questions you might have contact us at:

410-534-6447
or 800-370 5323
ceclp@leadsafe.org
www.leadsafe.org

To better serve our communities, the Coalition to End Childhood Lead Poisoning provides HEPA Vacuums for loan or rent to protect families in their homes



For Further Information Contact:

Coalition to End Childhood Lead Poisoning
2714 Hudson Street
Baltimore, MD 21224
410-534-6447/800-370-5323—phone
410-534-6475—fax
www.leadsafe.org
ceclp@leadsafe.org

FREQUENTLY ASKED QUESTIONS ABOUT LEAD POISONING



2714 Hudson Street
Baltimore, Maryland 21224
410-534-6447
www.lead-safe.org

Q: What are the effects of lead poisoning? What can it do to my child?

A: Children under the age of 6 are most likely to become lead poisoned because their bodies and brains are developing rapidly. Lead poisoning can cause developmental problems even at low levels of exposure. Some of the effects include: Attention Deficit Disorder, Learning Disabilities, Hyperactivity, Speech Delay, Hearing Loss, Violent Behavior, Mental Retardation.

Q: How can I tell if my child is lead poisoned or at risk for lead poisoning?

A: If your child spends time in a house, apartment, or daycare facility built before 1978 they are at risk for lead exposure. Most children do not show symptoms until they are severely poisoned. Therefore it is important to have children tested for lead throughout their childhood. If you answer 'I don't know' or yes to any of the following questions you should have your child tested for lead poisoning.

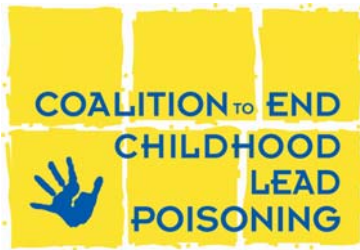
- Has your child ever lived in or stayed at a home or daycare that is more than 20 years old?
- Does your child play or have contact with other children with lead poisoning?
- Does your child lick, eat or chew things that are not food like paint chips, dirt, railings, poles, furniture, toys or the crib?
- Does your child live with someone who:
 - Fixes cars?
 - Works with scrap metal?
 - Spray paints boats, bridges or tunnels?
 - Demolishes or remodels old buildings or homes?
- Have you or your child ever lived in another country?

Q: Are children the only group at risk?

A: No. Pregnant women are also at risk. Lead can pass through the placenta and harm a prenatal child. Elevated blood lead levels in pregnant women can lead to an increased risk of miscarriage, stillbirth, and low birth weight.

Q: Where is lead most often found?

- A:** Chipping, peeling, flaking, and worn paint, inside and outside the home (window sills, door frames, ceilings, floors, porches, etc) pose the greatest risk for lead exposure. Lead dust generated by opening and closing windows, from friction surfaces like doors, or chewable surfaces like banisters and old cribs are responsible for poisoning many children.
- B:** Lead dust is very fine and sticky. Children get this dust on their hands and then ingest it when they put their hands in their mouths. Lead will accumulate in the body of time so even very small amounts like three grains of sugar a day can poison a child over time.
- C:** Lead can be brought in from outside of the home. Lead dust from demolition can settle in sandboxes and exposed dirt. Children playing in these areas can get the dirt and dust onto their hands, under their fingernails, on their toys, etc. It is important that 'outside' toys are washed frequently.
- D:** Lead is also present in water. Lead solder and some lead pipes will leach lead into the water we drink. Always let your water run for 30 seconds before use. Always use cold water when preparing food and especially when preparing baby formula.



Lead Poisoning: Background

Over 464,000 children nationally are suffering from lead poisoning but only 20% of children nationally are screened for lead poisoning

Lead poisoning IS an environmental justice issue:

- 11.2% of African American children, 4% of Hispanic/Latino children and 2.3 % of white children are lead poisoned
- 8.0% of low income children were found to be lead poisoned
- **Highest risk:** low income African American children living in urban housing built before 1946 (21.9%)

In Maryland:

- 440,958 Maryland homes built before 1950 likely contain lead paint
- 1,059,368 Maryland homes built before 1978 likely contain lead paint

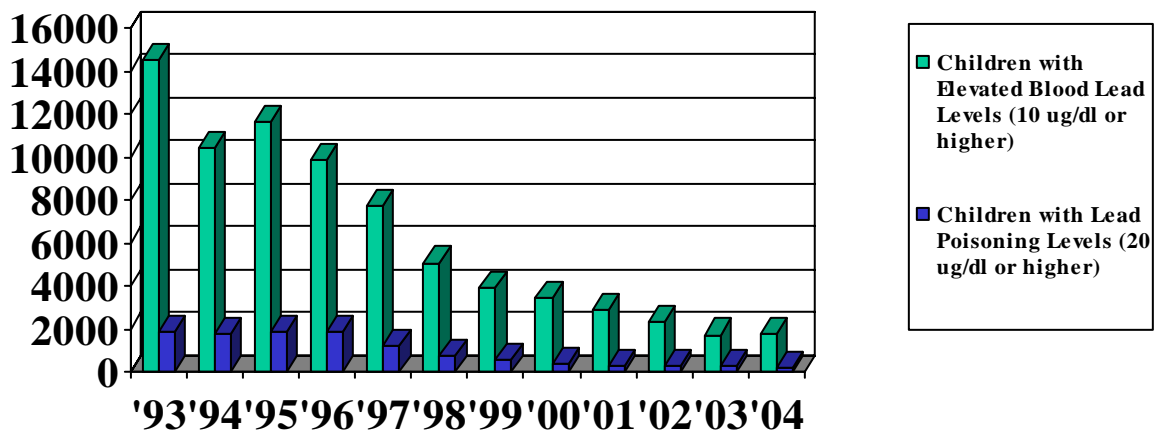
At Low Level Poisoning:

Decreased Intelligence (I.Q.)
 Reduced Motor Control and Balance
 Hearing and Memory Problem
 Anti-Social Behaviors
 Attention Deficit Problems

At High Level Poisoning :

Mental Retardation
 Coma
 Convulsions
 Death

Lead Poisoning in Maryland



Societal Implications:

Learning Disabilities
Juvenile Delinquency and Aggressive Behavior
Language Delay
Attention Deficit Disorder
Hyperactivity
Death

Juvenile Delinquency:

- “Lead exposure is associated with increased risk for **antisocial and delinquent** behavior” (Needleman et al. JAMA 1996 275:5)
- “Children absorb up to 50% of the lead they ingest; lead is known to effect neurotransmitters which affect cognition and influence impulse control” (Masters et. Al 1997)

Real Life Costs of Lead Poisoned Children

- Effects are long term and often irreversible
- Children poisoned by lead are 7 times more likely to drop out of school
- Primary prevention could result in increased income in the range of \$32 Billion from enhanced school performance (Public Health Service)
- Lead poisoning prevention results in potential cost savings from reductions in crime and delinquency and reductions in special education costs

Federal Health Care & Children at Risk

- Elevated blood lead levels remain a significant problem for children served by federal health care programs (Medicaid, WIC, Health Centers Program)
- Most children served by federal health care programs are not being screened for lead (an estimated 400,000 children aged 1-5)
- Screening rates are affected by lack of oversight and other problems

Required Screening: Medicaid & HCFA Policy

- Effective October 26,1998 **all children** eligible for Medicaid are required to have a blood lead tests at the ages of 12 and 24 months
- In addition, all children between 36-72 months must receive a blood lead test if they have not received one previously
- This applies to **ALL** states receiving Medicaid funds



For more information contact:
Coalition to End Childhood Lead Poisoning
2714 Hudson Street, Baltimore, Maryland 21224
(410) 534-6447 or (800) 370-5323
www.lead-safe.org or ceclp@lead-safe.org

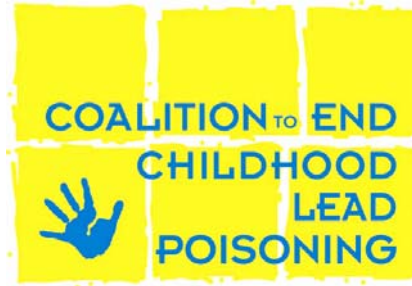
LEAP will help you meet full risk reduction standards and get MDE-certification.

If you provide Step 1:

- Visual review of all exterior and interior painted surfaces;
- The removal and repainting of any chipping, peeling, or flaking paint on interior and exterior surfaces;
- Repair of any structural defects that are causing paint to chip, peel, or flake;
- Re-hanging of all doors necessary to prevent the rubbing of lead-painted surfaces with another surface;
- Making all floors smooth and cleanable

We will provide Step 2:

- Replacement windows
- Stripping, repainting, replacing, or encapsulating all interior window sills with vinyl, metal or other approved materials, and in a manner approved by MDE;
- Installation of caps of vinyl, aluminum or other approved materials in all window wells to make wells smooth and cleanable;
- HEPA vacuuming and wet-washing the interior of the unit.



Coalition to End Childhood Lead
Poisoning

2714 Hudson Street
Baltimore, MD 21224-4716
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Our Vision:

To end childhood lead poisoning and create healthy homes so that all children may have the opportunity to reach their full potential.



**OPERATION
LEAP**
LEAD ELIMINATION ACTION PROGRAM
BALTIMORE

- *Do you need help making your home or rental property lead safe?*
- *LEAP will provide free windows and dust clearance testing for 150 units in Baltimore City.*

Coalition to End Childhood Lead Poisoning
Telephone: 410-534-6447
Toll Free: 800.370.LEAD
Website: www.leadsafe.org

What is LEAP?

Operation LEAP Baltimore is a program to help landlords, homeowners, and tenants make their homes safer by reducing lead hazards.



LEAP will provide free windows and lead dust clearance testing to homes that undertake work to meet risk reduction standards.

Who can apply?

- ✓ **Homeowners:** if you own your home
- ✓ **Landlords:** if you own rental units for low income individuals
- ✓ **Tenants:** if you rent your home

Does my property qualify?

To qualify, your unit must be:

- ✓ Located in one of the zip codes below:

21201	21213	21218
21205	21214	21223
21206	21215	21224
21207	21216	21229
21212	21217	21230
		21239
- ✓ Constructed prior to 1978
- ✓ Occupied by a child under 6 and/or a pregnant woman
- ✓ At least one bedroom
- ✓ In a building with one to four dwelling units

How do I apply?

- **CALL** 410-534-6447 OR go to www.lead-safe.org to obtain an application form.
- **FAX** the completed application to 410-534-6475 OR mail it to:
Coalition to End Childhood Lead Poisoning
2714 Hudson Street
Baltimore, MD 21224
- **CALL US** at 410-534-6447 if you have any questions about completing your application

What happens next?

Your application will be reviewed by our staff and you may be contacted for further information.

We will schedule an **initial assessment** that will include a visual, dust, and XRF inspection to verify the presence of lead-based paint.

If the assessment reveals that lead is present, **you will be enrolled** in the LEAP program and a **scope of work** will be developed for the unit. The scope of work will detail the lead hazard work necessary to meet the U.S. Department of Housing and Urban Development (HUD) Guidelines and clearance inspection.

Step 1: You must hire a contractor or complete the initial phase of work yourself.

Step 2: The Coalition's qualified team will install new windows and provide lead dust clearance testing *at no cost to you!*