



Preventing Lead Hazards at Home Information Flyer

What is lead?

Lead is a naturally occurring metal found in small amounts throughout our environment. While this heavy metal has some beneficial uses such as in batteries, paint, and plumbing materials it is toxic if ingested to humans, especially children.

Who is at risk of lead exposure?

Children.

Lead is particularly dangerous to children because their growing bodies absorb more lead than adults do and their brains and nervous systems are more sensitive to the damaging effects of lead. Babies and young children are also more susceptible to lead exposure due to frequent hand to mouth contact with objects that may contain lead or lead dust. Children can be exposed to lead in the same ways as adults.

Adults, especially pregnant women.

Adults may be exposed to lead by eating food or drinking water containing lead, using lead containing dishes or pottery, or from lead crystal glassware. Inhalation of lead dust may occur through the release of deteriorating lead-based paint or from renovation or repair work that disturbs painted surfaces in older homes and buildings are other sources. Working in a job or engaging in hobbies where lead is used, such as making stained glass, casting fishing sinkers, and handling ammunition can increase exposure as can following certain folk remedies that contain lead.

What do I do if I think my child or I have been exposed to lead?

Consult with your health care provider to conduct a lead exposure screening and blood lead testing if necessary.

Questions or concerns:

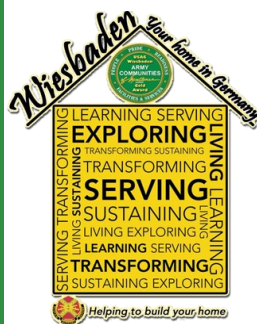
USAG Wiesbaden
DPW Environmental Division

POC: Mr. William Kavanagh
CIV: 0611-143-548-4092
Email: william.j.kavanagh.civ@mail.mil

Report water damage / paint deterioration:

USAG Wiesbaden
DPW Customer Service
Clay Kaserne, Bldg. 1056

CIV: 0611-143-548-4357
Email: usarmy.wiesbaden.imcom-europe.list.dpw-customer-rep@mail.mil





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How can I protect my family from lead exposure?

By applying below Best Management Practices:

- ◆ Keep your home clean and dust-free by regularly wet-mopping floors and cleaning window-sills
- ◆ Clean friction areas such as windows and drawers with a wet sponge or rag to remove paint chips or dust
- ◆ Use door mats to wipe shoes or remove shoes when entering your building and home
- ◆ Use vacuums equipped with HEPA filters and disposable bags
- ◆ Teach children to wash hands after playing outdoors
- ◆ Wash children's hands, bottles, pacifiers, and toys often
- ◆ Inspect all painted surfaces and inform DPW-Customer Service of peeling paint or wood deterioration
- ◆ Promptly report water damage to DPW-Customer Service
- ◆ Use only lead free containers/cookware/tableware to store/cook food or drinks
- ◆ Ensure that your family members eat well-balanced meals. Children with healthy diets absorb less lead.

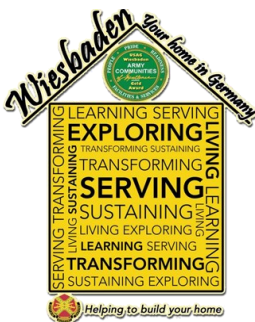
To immediately improve water quality and reduce potential exposure to lead in drinking water, you can:

- ◆ Use only cold water to prepare food, drinks, and baby formula
- ◆ Flush tap briefly until water is cold prior to use for drinking or food/formula preparation
- ◆ Use kitchen cold water tap as only source of drinking water as it is used more frequently
- ◆ Clean or replace faucet screens (aerators) every several months to remove mineral deposits

What does the Army do to protect me and my family?

USAG Wiesbaden manages a broad Lead Abatement Program. It consists of several different protective measures including trained lead-based paint inspectors, risk assessors, and recurring lead-based paint surveys. Housing units are continually renovated and maintained eliminating or encapsulating lead. Playground equipment and synthetic turfs are certified lead free or tested lead safe.

If you have any questions about the Lead Abatement Program including specific test results for your building, please contact the DPW Environmental Division POC on the flip side of this flyer. For more information about preventing lead hazards, please visit <https://www.epa.gov/lead> or scan below QR Codes.



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