



Preventing Lead Hazards at Home Information Flyer

What is Lead?

Lead is a naturally occurring element found in small amounts in the earth's crust. While it has some beneficial uses such as in batteries, paint, bullets and plumbing materials it can be toxic to humans and animals.

Who is at risk of lead exposure?

Children.

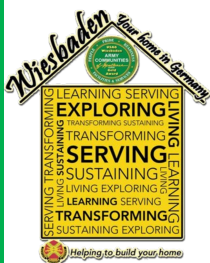
Lead is particularly dangerous to children because their growing bodies absorb more lead than adults do and their brains and nervous systems are more sensitive to the damaging effects of lead. Babies and young children are also more susceptible to lead exposure from frequent hand to mouth contact with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

Adults, Especially Pregnant Women.

Adults may be exposed to lead by eating and drinking food or water containing lead or from using dishes, pottery, or lead crystal glassware containing lead. They may also breathe lead dust by spending time in areas where lead-based paint is deteriorating, and during renovation or repair work that disturbs painted surfaces in older homes and buildings. Working in a job or engaging in hobbies where lead is used, such as making stained glass, and casting fishing sinkers or bullets can increase exposure as can following certain folk remedies that contain lead.

USAG Wiesbaden Lead Abatement Program

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>.





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How can I protect my family from lead exposure?

- ◆ Keep your home clean and dust-free by regularly wet-mopping floors
- ◆ 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 (high efficiency particulate air) filters and disposable bags
- ◆ Teach children to wipe or remove their shoes prior to entering home and wash hands after playing outdoors
- ◆ Inspect all painted surfaces and inform DPW-Customer Service of peeling paint or wood deterioration or place an ArMA request at <https://www.armymaintenance.com/arma>
- ◆ Promptly report water damage to DPW-Customer Service usarmy.wiesbaden.id-europe.list.dpw-customer-rep@mail.mil or 0611-143-548-4357 (HELP) or place an ArMA request at <https://www.armymaintenance.com/arma>
- ◆ Wash children's hands, bottles, pacifiers and toys often
- ◆ 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 water outlets briefly until cold prior to use for drinking or food/formula preparation
- ◆ Use kitchen cold water tap as primary source of drinking water as it is used more frequently

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:

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DPW Environmental Division
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Lead Based Paint POC: Mr. Anzar Khan
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Email: anzar.h.khan.ln@army.mil

Lead in Drinking Water POC: Ms. Ali McLeod
CIV: 0611-143-548-4093
Email: mary.a.mcleod8.civ@army.mil

Report water damage / paint deterioration:

USAG Wiesbaden
DPW Customer Service
Clay Kaserne, Bldg. 1056

CIV: 0611-143-548-4357
Email: usarmy.wiesbaden.id-europe.list.dpw-customer-rep@mail.mil
ArMA: <https://www.armymaintenance.com/arma>

