



# Healthy Moms and Healthy Babies: Creating a Lead-Free Community

## TOP TIPS FOR KEEPING YOU & YOUR BABY SAFE:

- ❖ If you think you may have been exposed to lead, even as a child, ask your doctor for a blood test! Knowing your own blood-lead level will help you protect your growing baby now!
- ❖ As much as possible, eat a diet rich in calcium, vitamins C and D, iron, and zinc. These vitamins and minerals help protect your fetus from any lead you may have in your system.
- ❖ Ask your landlord about lead in your home or apartment. They are required by law to disclose this information. If buying a home, the seller must also disclose this information. Know your rights!
- ❖ Wet mop instead of sweeping and use a wet cloth for cleaning to avoid stirring up dust particles that may contain lead.
- ❖ Wash hands often, especially before meals and bedtime.
- ❖ Wash children's toys with soap and water often.
- ❖ When possible, purchase products that are NOT flame-retardant. This chemical, often found in crib mattresses, car seats, high chairs, and strollers is toxic and continued exposure may harm your baby.
- ❖ Have your baby's blood-lead level tested at 12 months and 24 months.
- ❖ Know the signs and symptoms of lead poisoning (included in this packet) and take your baby or toddler to the doctor immediately if you suspect they have been harmed.
- ❖ See the Ohio Healthy Homes Network at [ohhn.org](http://ohhn.org) or contact Ohio Lead Free Kids Coalition at [Ohleadfreekids@mail.com](mailto:Ohleadfreekids@mail.com) for more information.

# What is Lead?

- Lead is a heavy metal that exists naturally in the earth, but that is be safe in the body at any amount.
- **Lead poisoning causes permanent damage to the brain, nervous system, and other organs.**
- Lead poisoning can result in anti-social behavior, learning disabilities, seizures, dementia, and even death.
  
- Children 6 years old and under suffer the most damage from lead-poisoning because of their rapidly developing brains and bodies.
- **Children 3 years and under and developing fetuses are most vulnerable!**
- According to [Biological Properties of Lead](#) (Toxipedia), children are at a greater risk of lead poisoning than adults because they are much smaller and will receive a larger dose given the same level of exposure.
- Kids absorb lead at a higher rate than adults, 50% or more, depending on nutrition.
  
- **Even though it was banned from house paint in 1978, the most common source of lead in the U.S. is still from lead-based paint!**
- Lead paint chips and lead dust are still found in many old homes and in the soil.
- Lead from paint is released into the air when painted surfaces rub together, such as from scraping or even from opening and closing windows and doors.
- This friction releases lead dust we can breathe in or that settles onto the surfaces we touch.
- Young children who play on the floor and put their hands and toys into their mouths can be poisoned this way.
  
- Lead particles released into the outside air fall to the ground and contaminate soil.
- Sources of lead-emissions include industrial pollution and the burning of leaded gasoline.
- Even though leaded gasoline has not been used in highway vehicles in the U.S. since 1991, the lead particles from car-exhaust are still present in the ground.
- Soil and groundwater can also be contaminated by lead that leaches from the construction debris, car batteries, and other refuse in landfills.
  
- **Thousands of products that we use every day contain lead!**
- In 2008, the [Consumer Product Safety Improvement Act](#) (cpsc.gov), lowered the amount of lead allowed in many children's products, including clothing and the paint used in toys.
- Many countries do not sufficiently restrict the use of lead, and imported items can contain harmful amounts.

# Lead and Pregnancy

Are you pregnant or planning a family? Exposure to lead in pregnancy can harm you, your developing baby, and the health of your child long after birth.

## Harm to the Mother

- Lead before pregnancy affects reproductive health
- Lead can damage an adult's organs and bodily systems, particularly the kidneys and nervous system.

## Harm to the Fetus

Pregnant women exposed to lead can pass lead to their fetuses.

- Lead passes through the placental barrier. This means that if the mother's blood contains lead, the blood will carry the lead to her fetus.
- High doses of lead can cause miscarriage, premature delivery and low birth weight.
- Lead stored in a woman's bones (where it accumulates over a lifetime) is released into her blood as the calcium from her bones is used to form the bones of her baby.

## Harm to the Child

Exposure to lead in utero (while in the womb) can cause:

- Premature birth
- Small size and low growth-rate
- Poor mental ability and learning difficulties
- Damage to the brain and nervous system
- Damage to the kidneys
- Behavioral problems

For more information, see *Pregnancy, Lead and Your Baby*, a brochure developed by the Childhood Lead Poisoning Prevention Program of the Ohio Department of Health.

## Are You and Your Baby at Risk?

Take the Ohio Department of Health's pre-natal risk-assessment (included) to find out what in your own environment may expose you to lead.

Pregnant women should not engage in any renovation, rehabilitation, painting or repair activities in homes built before 1978 because of potential lead hazards. If possible, they should not live or spend time in a pre-1978 home where these types of activities are occurring. Pregnant women should be very careful about taking food supplements and herbal or folk remedies. Many of these products are not regulated and can contain lead, like calabash clay, which is used to treat morning sickness, or Sindoor, which can be used as a food additive.

## How can you protect yourself and your baby?

There are many steps you can take!

Talk to your regular doctor and OB/Gyn. Tell them if you've been exposed to lead in the past or if you suspect current exposure. You may want to have your blood tested for lead. The Ohio Department of Health has developed a flyer for medical personnel on this topic titled, Identification and Management of Lead Exposure in Pregnant and Lactating Women. For in-depth medical guidance, see the [CDC Guidelines for the Identification and Management of Lead Exposure in Pregnant and Lactating Women](#).

Learn about proper nutrition during pregnancy and about the foods that can counter lead-absorption:

- The developing fetus requires calcium to build bones. It can get it from the food the mother eats and from the calcium stored in her bones. Since bones also store the lead that has accumulated in the body, this lead can be released with the calcium and harm the fetus. Eating meals rich in calcium can reduce the amount of calcium that is taken from the mother's bones. Calcium is found in milk, yoghurt, cheese, and leafy green vegetables.
- Vitamin C, found in citrus fruit, green and red peppers, broccoli, tomatoes, and juices
- Iron, from lean red meat, beans, cereals, and spinach
- Zinc

You can find more information about lead and nutrition in the EPA brochure, [Fight Lead Poisoning with a Healthy Diet](#). Check out other resources available through the [EPA](#) (epa.gov) to learn more about:

- Testing to see if you have lead at home— on painted surfaces, in drinking water, or in the soil, in consumer-goods
- How to clean to control dust
- How to renovate safely. Be sure that renovation projects, no matter how small, are conducted using lead-safe work-practices and in accordance with EPA and HUD regulations. Pregnant women and children should stay away from any project that disturbs lead-paint.
- The importance of protecting your body from lead at work, and of preventing lead-dust from being transmitted to your home, car, and family.

**\*This information provided by Ohio Health Homes Network. Please see [ohhn.org](http://ohhn.org) for more information.**

# Prenatal Risk Assessment for Lead

✓ **If yes to questions 1-7, blood lead testing is recommended.**

YES NO

1. Do you or others who live with you work with lead at your job?  
(see list below of jobs that may have lead exposure)

Ammunition/explosives production	Bridge, tunnel and elevated highway/subway construction	Glass recycling, stained glass and glass manufacturing	Manufacturing and installation of plumbing components	Occupations using firearms	Rubber manufacturing
Automotive repair shops	Cable/wire stripping, splicing or production	Lead abatement	Manufacturing of industrial machinery and equipment	Plastics manufacturing	Sandblasting, sanding, scraping, burning or disturbing lead paint
Battery manufacturing and recycling	Ceramic manufacturing	Lead production or smelting	Metal scrap yards and other recycling operations	Pottery making	Use of lead based paints
Brass, bronze, copper or lead foundries	Firing range work	Machining or grinding lead alloys	Motor vehicle parts and accessories	Production and use of chemical preparations	Welding or torch-cutting painted metal

2. Do you or others who live with you have any hobbies or activities that involve lead?  
(see list below of activities that may have lead exposure)

Making stained glass or painting on stained glass	Making pottery and ceramic ware with lead glazes and paints	Jewelry making with lead solder	Glassblowing with leaded glass	Hunting and target shooting
Copper enameling	Casting ammunition, fishing weights or lead figurines	Electronics with lead solder	Printmaking and other fine arts	
Bronze casting	Collecting, painting or playing games with lead figurines	Furniture refinishing	Liquor distillation	

3. Do you have children in your home with lead poisoning?
4. Do you have a history of lead poisoning?
5. Have you in the past five years, or are you currently, fixing a home built before 1978 for your job, hobby, or personal use?
6. Sometimes pregnant women have the urge to eat things which are not food, such as clay, soil, plaster or paint chips. Do you ever eat or chew on non-food items?
7. Were you born or have you spent any time outside of the United States?

✓ **If yes to questions 8-11, risk reduction counseling/education is recommended.**

YES NO

8. To your knowledge, has your home been tested for lead in the water, and if so, were you told that the level was high ( $\geq 15$  parts per billion)?
9. Do you use any traditional folk remedies or cosmetics that are not sold in a regular drug store or are homemade, which may contain lead?  
For example: kohl, kajal, surma, greta, azarcon, bali goli, pay-loo-ah and ghazard
10. Do you use homemade pottery or leaded crystal for eating or drinking?
11. Do you live in, or regularly visit, a house built before 1978 that either has chipped or peeling paint, or has been remodeled or renovated in the past five years?

# LEAD POISONING PREVENTION



Ensuring lead-safe environments and preventing any exposure to lead in children should be our most important goal. Physicians can play a significant role in this by educating parents and communities about the dangers of lead. When exposure is identified, there are important steps that must be taken to reduce exposure, absorption and hazards.



## Reduce Hazards

- **Beware of lead dust:** Remodeling and renovating can create lead dust
- **Create safe barrier around lead hazards:** Use furniture as a barrier to windows that contain lead paint
- **Keep child safe:** Remove child from area and contain dust during remodeling



## Reduce Exposure

### Cleaning

- Common places with lead dust include wood floors, carpet, upholstery, window sills and window wells
- Wet mop instead of dry sweeping
- Borrow a HEPA vacuum from your local health department
- Thoroughly clean toys and other items that are used by children

### Hygiene

- Wash hands often, especially before meals and before bedtime
- Do not let children play in bare soil outside

### Occupational

If you work around products or materials containing lead (i.e. manufacturing, automotive or construction) avoid exposing your child to lead by:

- Changing clothes and shoes at work
- Showering as soon as you get home
- Washing work clothes separately
- Protection during renovation project is important



## Reduce Absorption

- A well-rounded healthy diet that contains vitamin D supports healthy development
- Vitamin C aids in iron absorption

### Foods rich in Iron and Calcium:

- Non-heme iron: Dried beans, peas, lentils, spinach and broccoli
- Heme iron: Lean red meats, chicken and fish
- Calcium: Low-fat milk, cheese and yogurt

### Foods rich in Vitamin C:

- Citrus, leafy greens, broccoli, bell peppers and sweet potatoes



# LEAD FACTS

## for Ohio Families

### THE IMPORTANCE OF PREVENTION

- There is no safe blood lead level.
- There is no evidence that the effect of lead exposure can be reversed.
- Lead exposure is a risk factor for impaired development and school performance and behavioral problems through a person's entire life.
- An elevated blood lead level (EBLL) is not something that can be diagnosed and reversed – primary prevention is key.

**All kids living in high ZIP codes and all kids insured through Medicaid should have a venous or capillary test completed at 12 and 24 months, per Ohio Department of Health recommendations and Ohio law.**

- While capillary testing is acceptable for screening purposes, medical and environmental testing should be planned based on venous confirmatory test following positive capillary test.
- Venous confirmatory testing should be performed on all children with a capillary blood lead level of 5 µg/dL or higher and all future lead level testings for those children should be venous testing.
- High-risk kids who did not have a blood level test at age 1 or 2 should have a capillary or venous test done. Recheck lead level in three to 12 months, depending on the child's age.

### PATIENT FOLLOW UP

- Steps if lead is detected (BLL < 5 µg/dL):
  - Geometric mean BLL for children <6 is approximately 1 µg/dL.
  - Reinforce primary prevention strategies.
  - Recheck lead level.
- EBLL (BLL ≥ 5 µg/dL) diagnosed through capillary testing should be confirmed with venous test
- Schedule a follow-up test.
- For additional medical management needs, possible referral to regional children's hospital.
- Early Intervention referral for children with BLL 5µg/dL or higher.

Resource: Pediatric Environmental Health Specialty Units <https://www.pehsu.net>

# SIGNS AND SYMPTOMS OF LEAD POISONING

## IN NEWBORNS:

- Prematurity
- Low birth weight
- Slowed growth

## IN CHILDREN:

- Developmental delay
- Learning difficulties
- Irritability
- Loss of appetite
- Weight loss
- Sluggishness and fatigue
- Abdominal pain
- Vomiting
- Constipation
- Hearing loss
- Seizures
- Eating things, such as paint chips, that aren't food (pica)

## IN ADULTS:

- High blood pressure
- Joint and muscle pain
- Difficulties with memory or concentration
- Headache
- Abdominal pain
- Mood disorders
- Reduced sperm count and abnormal sperm
- Miscarriage, stillbirth or premature birth in pregnant women





# Fight **Lead Poisoning** with a Healthy Diet

Lead Poisoning Prevention Tips  
for Families



# Lead and a Healthy Diet

What You Can Do to Protect Your Child

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## Lead's Effects on the Body

Lead is a poisonous metal that our bodies cannot use. Lead poisoning can cause learning, hearing, and behavioral problems, and can harm your child's brain, kidneys, and other organs. Lead in the body stops good minerals such as iron and calcium from working right. Some of these effects may be permanent.



## Lead Awareness and Your Child

Children with lead poisoning usually do not look or act sick. The only way to know if your child has lead poisoning is by getting a blood test.

Ask your doctor or health care provider to test your child under six years of age at least once a year.

## Lead Hazards

Where is Lead Found?

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### Main Sources of Lead

**Lead-based paint** is a hazard if it is peeling, chipping, chalking, or cracking. Even lead-based paint that appears to be undisturbed can be a problem if it is on surfaces that children chew or that get a lot of wear and tear. The older your home is, the more likely it is to contain lead-based paint.

**Contaminated dust** forms when lead paint is dry-scraped or sanded. Dust can also become contaminated when painted surfaces bump or rub together. Lead chips and dust can gather on surfaces and objects that people touch or that children put into their mouths.

Lead poisoning occurs **without** any **obvious symptoms** and **harms**

A simple line drawing of a family consisting of a mother, a father, and a child, walking together.  
your child's body.

**Contaminated soil** occurs when exterior lead-based paint from houses, buildings, or other structures flakes or peels and gets into the soil. Soil near roadways may also be contaminated from past use of leaded gasoline in cars. Avoid these areas when planting vegetable gardens.

### Other Sources of Lead

Contaminated drinking water from older plumbing fixtures

Lead-based painted toys and household furniture

Imported lead-glazed pottery and leaded crystal

Lead smelters

Hobbies

Folk remedies like azarcon and pay-loo-ah

Cosmetics like kohl and kajal

Do not store **food** in **glazed pottery** from foreign countries.

A circular icon with a grey background, featuring a white silhouette of a person's head and shoulders, with a target symbol on the forehead, representing food safety or health.



## Oatmeal Swirlers • Makes 4–6 servings

1 1/2 cups of quick cooking oats  
1/3 cup of peanut butter  
1/3 cup of fruit jelly or jam

### Steps:

- Follow the package directions to cook oats.
- Spoon peanut butter and jelly on top of cooked oatmeal.
- Stir and spoon into bowls.
- Serve with low-fat milk.



## French Toast • Makes 4–6 servings

3 eggs, beaten  
1/2 cup of low-fat milk  
Vegetable oil  
6 slices of bread  
Cinnamon  
2 bananas, sliced

### Steps:

- Mix eggs and milk.
- Lightly coat pan with vegetable oil. Use medium heat.
- Dip bread into egg mixture, so that bread is covered.
- Brown one side of bread in pan.
- Sprinkle top with cinnamon.
- Turn over bread and brown the other side. Top with sliced banana.
- Serve with low-fat milk.

## Cheese Omelet • Makes 2–3 servings

3 eggs  
1 tablespoon of low-fat milk  
Vegetable oil  
3 tablespoons of cheese

### Steps:

- Mix eggs and milk in a bowl.
- Lightly coat pan with vegetable oil. Use medium heat.
- Add egg mixture and cook.
- When omelet is cooked on the bottom, add cheese.
- When cheese is melted, fold omelet in half.
- Top with salsa if you like.
- Serve with toast, fruit, and low-fat milk.

## Grilled Cheese & Tomato Sandwich • Makes 1 serving

2 slices of bread  
2 slices of American cheese  
1 slice of tomato  
Vegetable oil

### Steps:

- Make sandwich using bread, cheese, and tomato.
- Lightly coat pan with vegetable oil.
- Brown sandwich on both sides over low heat to melt the cheese.
- Serve with low-fat milk or fruit juice.



## Tuna Salad Sandwich • Makes 2 servings

4 slices of bread  
1 can of water packed tuna  
4 teaspoons of low-fat mayonnaise  
Onion and celery, chopped

### Steps:

- Mix tuna with low-fat mayonnaise, onion, and celery.
- Try your sandwich with cheese and tomato.
- Serve with low-fat milk.



## Pizza Bagels • Makes 2–3 servings

1 bagel  
2 tablespoons of tomato sauce  
Garlic, basil, or oregano  
2 tablespoons of cheddar cheese or part-skim mozzarella

### Steps:

- Preheat oven to 400 degrees.
- Slice open a bagel and place on a flat pan.
- Add tomato sauce, seasonings, and cheese.
- Bake for 3 minutes or until cheese melts.
- Serve with fruit juice.

## Sloppy Joes • Makes 4–6 servings

1 pound of lean ground beef, turkey, or chicken  
1 small onion, chopped  
1/2 green pepper, chopped  
1 cup of tomato sauce  
Your choice of seasonings  
5 hamburger buns or pita pocket breads

### Steps:

- In a pan, cook lean ground meat, onion, and green pepper until meat is well done.
- Drain fat.
- Stir in tomato sauce and seasonings.
- Cook for 5 to 10 minutes.
- Spoon into hamburger bun or pita.
- Serve with fruit juice.



## Baked Macaroni and Cheese • Makes 3–5 servings

4 cups of cooked macaroni  
3 cups of grated cheddar cheese  
2 tablespoons of margarine  
2 tablespoons of flour  
Vegetable oil  
2 cups of low-fat milk  
Salt and pepper

### Steps:

- Preheat oven to 375 degrees. Lightly coat casserole dish with vegetable oil.
- Mix cooked macaroni with grated cheese and pour into casserole.
- Melt margarine in a pan. Remove from heat, stir in flour. Return to heat.
- Add low-fat milk slowly, stirring until smooth.
- Season with salt and pepper to taste.
- Pour over macaroni. Stir.
- Cover. Bake for 30 minutes.
- Uncover and bake for another 15 minutes.

## Chicken Stew • Makes 6–8 servings

3 pounds of frying chicken, cut up into small pieces

Vegetable oil

1 medium onion, chopped

1 stalk of celery, chopped

28 ounce can of stewed tomatoes

Poultry seasoning

### Steps:

- Lightly coat pot with vegetable oil. Use medium heat.
- Cook chicken until it is well done.
- Add can of stewed tomatoes.
- Add vegetables and seasoning.
  - Cover and cook over low heat for 30 minutes.
  - Serve with rice or noodles.



## Banana Strawberry

### Smoothie • Makes 2–3 servings

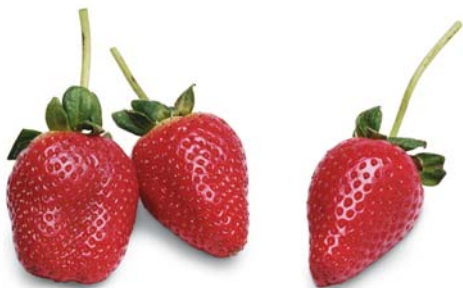
1 cup of low-fat milk

1 cup of fresh or frozen strawberries, mashed

1 ripe banana, mashed

### Steps:

- Mix all together in a blender or use a wire whisk.
- Eat as a snack or for dessert.



trim  
this  
area  
off

## **Regularly Eat Healthy Foods**

Children with empty stomachs absorb more lead than children with full stomachs.

Provide your child with four to six small meals during the day. The following nutrients can help protect your child from lead poisoning:



### **Iron-Rich Foods**

Normal levels of iron work to protect the body from the harmful effects of lead. Good sources of dietary iron include:

*Lean red meats, fish, and chicken*  
*Iron-fortified cereals*  
*Dried fruits (raisins, prunes)*

### **Calcium-Rich Foods**

Calcium reduces lead absorption and also helps make teeth and bones strong. Good sources of dietary calcium include:

*Milk*  
*Yogurt*  
*Cheese*  
*Green leafy vegetables (spinach, kale, collard greens)*



### **Vitamin C-Rich Foods**

Vitamin C and iron-rich foods work together to reduce lead absorption. Good sources of vitamin C include:

*Oranges, orange juice*  
*Grapefruits, grapefruit juice*  
*Tomatoes, tomato juice*  
*Green peppers*

A healthy diet can help

**protect**  
your **child**  
**from the harmful effects**  
**of lead.**



# Simple Steps You Can Take

to Protect Your Family from Lead Hazards

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## If you think your home has high levels of lead:

- Make sure your children eat healthy, low-fat foods high in iron, calcium, and vitamin C.
- Get your children tested for lead, even if they seem healthy.
- Get your home tested for lead if it was built before 1978. Call **1-800-424-LEAD** for more information.
- Always wash your hands before eating.
- Wash children's hands, bottles, pacifiers, and toys.
- Do not use imported pottery to store or serve food.
- Let tap water run for one minute before using.
- Use only cold water for making your baby's formula, drinking, and cooking.
- Regularly clean floors, windowsills, and other surfaces using wet methods that control dust.
- Wipe or remove shoes before entering your house.
- If you rent, it is your landlord's job to keep paint in good shape. Report peeling or chipping paint to your landlord and call your health department if the paint is not repaired safely.
- Take precautions to avoid exposure to lead dust when remodeling or renovating.
- Don't try to remove paint yourself!



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## For more information on childhood lead poisoning prevention:

### Call

- Your child's pediatrician
- The National Lead Information Center  
**1-800-424-LEAD (424-5323)**
- U.S. Environmental Protection Agency's (EPA) Safe Drinking Water Hotline  
**1-800-426-4791**



### Visit

- EPA Lead Program Web site  
**[www.epa.gov/lead](http://www.epa.gov/lead)**
- U.S. Centers for Disease Control and Prevention (CDC) Web site  
**[www.cdc.gov/nceh/lead](http://www.cdc.gov/nceh/lead)**
- U.S. Department of Housing and Urban Development (HUD) Web site  
**[www.hud.gov/offices/lead](http://www.hud.gov/offices/lead)**





# LEAD IN YOUR HOME: KNOW YOUR RIGHTS!

## AS A RENTER

Almost all homes built before 1978 have lead-based paint in them. This includes most of the homes in Cleveland. Landlords are required to inform you of any lead-based hazards that they are aware of in the home under the federal Real Estate Disclosure Rule.

### Before you sign a lease, the landlord must:

- Disclose any known information about lead-based paint or lead-based paint hazards, including paint locations and the condition of the painted surfaces.
- Provide all records and reports on lead-based paint and lead-based paint hazards that are available to the landlord.
- Provide a copy of the EPA's pamphlet, [Protect Your Family From Lead In Your Home](#). This pamphlet is available in [English, Spanish, Vietnamese, Russian, Arabic, and Somali](#).
- Include an attachment to the lease (or insert language into the lease itself) that includes a [Lead Warning Statement](#) and that confirms that the landlord has complied with the disclosure rules. This attachment or insert must be in the same language as the rest of the lease. The landlord and the tenant must both sign and date it.

### Does your home contain a lead hazard?

- If your home does have lead-based paint it is not necessarily a hazard. **Look for paint or varnish that is peeling, cracking, or chipping.** Damaged paint can create lead dust and paint chips that can be **breathed in or swallowed**. Look in areas where painted surfaces experience friction, such as window sashes and door jambs, porches and stair treads.
- Make sure your home is not currently under a health-department lead hazard control order. These orders require the owner to have lead hazards removed from the property. Some landlords may ignore lead orders and try to rent out the units illegally. Contact your local health department.
- Hire a licensed lead inspector or lead-risk assessor to inspect your home. You can find inspectors and risk-assessors by conducting a search on the [Ohio Department of Health's website](#) or calling 211. You do not need your landlord's permission, but you will be responsible for the cost. Check to see if your community has access to HUD Lead Hazard Control grant funds; if your household is eligible, the program can cover the cost of inspections and lead hazard control. See the OHHN Resource's Directory for resources in your county.
- If you have evidence that there is a lead hazard in your home, **DO NOT** stop paying your rent. You can be legally evicted if you do not pay your rent on time and in full. Notify your landlord of your concerns in writing, being as specific as possible. Get legal advice on what you can do if your landlord does not make the repairs you feel are necessary.

- Ohio's lead poisoning law only requires landlords to remove lead hazards in cases where a child has already been lead-poisoned. If your landlord is unwilling or unable to control the lead hazards in your unit and/or building and you are pregnant or have young children, you may want to consider moving to a unit in better condition, one built after 1978 or a unit that has been made lead-safe.

## A Renovated Home or Apartment

Even small renovation or painting projects can create enough dust to create lead poisoning in pre-1978 spaces.

- Pregnant women and children should not participate in renovations or clean-up, and should be kept away from the work-area until it is properly cleaned and tested.
- Lead-safe work practices should be employed on all projects that disturb lead-paint.
- **For most pre-1978 housing, owners of rental units are required by federal law to follow the Renting, Renovation, and Painting Rule.** You can read more about RRP at [epa.gov](http://epa.gov).
  - For most rental property, the RRP Rule applies whether the owner does the work, pays contractors do the work, or arranges for the tenant to do the work.
  - The owner and renovator must take specific steps to ensure lead-safety during the project and must follow specific lead-safe work practices and avoid prohibited practices that cause lead-hazards.
  - The owner must make sure that tenants receive the EPA's brochure, [The Lead-Safe Certified Guide to Renovate Right: Important Lead Hazard Information for Families, Child Care Providers and Schools](#), before the renovation project begins.
  - The renovation site must pass a lead-clearance exam before it can be used again as a living area. The owner must give tenants the results of any tests.

## Your Rights

### Ohio Landlord-Tenant Law

With or without a lease, tenants and owners have certain rights and duties under the law. Landlords cannot transfer the legal responsibilities and duties placed on them to their tenants, even if they include such terms in the lease. Owners and tenants cannot agree to waive certain rights or to ignore legal requirements, such as health and building codes, and such agreements cannot be enforced.

- If your landlord fails to fulfill an obligation imposed by Ohio Landlord/Tenant Law, or by your lease, or by a government agency acting to enforce building, health, safety codes, **DO NOT WITHHOLD YOUR RENT.** Withholding rent can get you evicted, whether or not your complaint is fair.

- Instead, you may be eligible to start the escrow process. You may be able to deposit your rent with the Clerk of Courts instead of paying the landlord directly. The landlord will have to fix the problem before the court will release the money.
- To be eligible to use the escrow process, you must first give written notice to your landlord of what specific problems need to be fixed. You must also be current in all your rent payments. If your landlord does not fix the problems within thirty days, you may start to escrow your rent.
- If you follow these steps to become eligible to escrow your rent, you may alternatively choose to ask the court to order the repairs, to reduce all rent-due until the problems are fixed, and/or to release any escrowed rent-money to you so that you can make the repairs. You can also ask the court to terminate the lease so that you can move out.
- Seek legal advice to determine what your duties and rights are in your particular situation.

### **Federal Fair Housing Law**

For detailed information, read about [Fair Housing Law](#) on the HUD website, hud.gov, and read the pamphlet, [Fair Housing-It's Your Right](#).

- Property owners cannot discriminate against tenants, or prospective tenants, on the basis of “familial status.” Unless a unit qualifies as housing for the elderly, **an owner cannot refuse to rent to you because you have children, or evict you because you have children.** Familial status protection also applies to pregnant women and anyone securing legal custody of a child under 18.
- This means that it is illegal for owners to refuse to rent to a tenant with children in order to avoid liability in a case of lead-poisoning.
- It is illegal for owners to evict tenants with children in order to avoid liability in lead-poisoning.
- It is illegal for an owner to evict a tenant after learning that a resident child has lead-poisoning, or after being notified of a lead-hazard in the property.
- Consult an attorney to determine if you have been the victim of housing discrimination.

### **Finding Affordable Legal Advice**

The [Ohio Legal Services](#), ohiolegalhelp.org, is a nonprofit law firm founded in 1966 by the Ohio State Bar Association. The OSLSA website lets you search for legal services across the state by zip-code or county.

## **BUYING A HOME**

### **The Lead Disclosure Rule**

- The Real Estate Notification and Disclosure Rule (Section 1018 of Title X) requires disclosure of the existence of lead-based paint in pre-1978 housing on sale or at time of lease in public and privately owned housing.
- Ohio’s real estate disclosure law requires use of a [property disclosure form](#) for all residential real property transfers that includes the lead-based paint disclosure requirement

## What are the Disclosure Rule requirements?

Before approval of a contract for housing sale or lease, sellers and landlords must:

- Provide a free EPA-approved educational pamphlet, Protect Your Family From Lead in Your Home, to prospective owners and tenants.
- Disclose known lead-based paint or lead-based paint hazards.
- Disclose all available information on any lead in the property. Provide any records and reports on lead-based paint or lead-based paint hazards.
- **Home buyers get a 10-day period to conduct a lead-based paint inspection or risk assessment at their own expense.** The rule gives the two parties flexibility to negotiate key terms of the evaluation. Note: Parties may mutually agree, in writing, to lengthen or shorten the time period for inspection. Homebuyers may waive this inspection opportunity. To find a lead inspector in your area, go to the [Ohio Department of Health's data base of state licensed lead professionals](http://odh.ohio.gov). (odh.ohio.gov)
- The EPA and HUD jointly enforce the Rule. See the [EPA's Section 1018: The Real Estate Notification and Disclosure Rule](#) and [HUD's The Lead Disclosure Rule for more information](#).

## What types of housing are covered by the Disclosure Rule?

Most privately owned housing, public housing, federally owned housing, and housing receiving Federal assistance.

## How long must disclosure records be kept?

Sellers and lessors must retain a copy of the disclosures for no less than three years from the date of sale or the date the leasing period begins.

## How can I report violations of the Disclosure Rule?

If you did not receive the Disclosure of Information on Lead-Based Paint and/or Lead-Based Paint Hazards form when you bought or leased pre-1978 housing, call **1-800-424-LEAD (5323)**. For more information, go to the [National Lead Information Center](http://epa.gov). (epa.gov)

## Are there special Fair Housing requirements for housing providers about lead-based paint?

Yes, HUD has prepared special guidance for housing providers. For additional information on Fair Housing laws, see [HUD's resources on Fair Housing and Equal Opportunity](http://hud.gov). (hud.gov)

\*This information provided by Ohio Healthy Homes Network. Visit [ohhn.org](http://ohhn.org) for more information and links to other agencies.

# Lead Poisoning Prevention Tips

## Help Make Your Home Lead Safe\* for Children During COVID-19 Outbreak

Walk through your home with these TIPS in hand...



\*Older homes built before 1978 likely to have lead paint.

Ohio Lead Free Kids Coalition [OHleadfreekids@gmail.com](mailto:OHleadfreekids@gmail.com) Ohio Healthy Homes Network [OHHN@ohhn.org](mailto:OHHN@ohhn.org)

For more information, search for **Child Lead Poisoning** at this link: [www.odh.ohio.gov](http://www.odh.ohio.gov)



It's important to both CLEAN and DISINFECT our homes to prevent disease. Cleaning with soap and water removes germs. Disinfecting uses chemicals to kill germs, after cleaning. Bleach and other common disinfectants can be dangerous, so how do we keep our families clean and safe?



Ohio Healthy Homes Network

## COVID-19 Healthy Home Cleaning Guide

- DO** Keep cleaning/disinfectant products out of reach of children (i.e. NOT under the sink but on upper shelves, etc.)\* Wash your hands after you use them!
- DO** Wash your hands frequently and thoroughly (like 20 seconds) with soap and running water – this is the BEST way to prevent disease.
- DO** Keep surfaces clean with soap and water or dish detergent; use vinegar mixed with water and a drop of dish detergent to scrub away mold and mildew; use baking soda as an abrasive scrub.
- DO** Use disinfectants like straight Rubbing Alcohol (70 – 91%) or Hydrogen Peroxide which dry quickly & aren't as harmful to your skin. Keep cleaning/disinfecting products in clearly labeled containers.
- DO** Use diluted bleach only as a last resort, see instructions below. Use bleach only to DISINFECT surfaces you touch frequently – like doorknobs, switches, faucet handles, remotes, etc. Follow all label instructions closely! Keep area ventilated: open a window and/or turn on the exhaust fan.
- X** Never ingest chemicals, and never spray them on people or into the air! Follow the label directions.
- X** Don't use household chemicals like bleach on your skin, especially not for washing your hands or bathing.
- X** Don't use bleach or other disinfectants for ordinary cleaning. Use disinfectants on surfaces that have first been cleaned with soap and water.
- X** Don't EVER mix household cleaners or disinfectants with each other – you could create poison gas. Mixing 2 effective cleaners or disinfectants doesn't create something even better – in fact it could be deadly.
- X** DON'T use more bleach than the label instructs. Using too much bleach will irritate your lungs, eyes, nose and throat, and cause asthma symptoms. Bleach can also react with other household products.

### Liquid Bleach Mixing Guide

Mix Bleach with WATER ONLY, never mix with other cleaners or disinfectants. Diluted bleach loses its effectiveness after 24 hours – only mix what you need for a single day! Discard carefully by flushing. **To disinfect household surfaces – Mix 5 Tablespoons (1/3 cup) of Bleach per Gallon of water**, and keep in clearly labeled bottle out of reach of children.

Check the CDC's website at [www.cdc.gov](http://www.cdc.gov) for detailed and up-to-date cleaning and disinfecting instructions, as well as other info about COVID-19.

\*If ingested, call Poison Control at 1-800-222-1222.

Ohio Healthy Homes Network [Ohhn@ohhn.org](mailto:Ohhn@ohhn.org)  
Ohio Lead Free Kids Coalition [OHleadfreekids@gmail.com](mailto:OHleadfreekids@gmail.com)