GET THE LEAD OUT OF YOUR HOME WITH THESE SIMPLE STEPS
Protect your family in and around your home

Get the Lead Out of Water

- Use only cold water for drinking and cooking, even if you plan to boil it.
- Install and maintain a filter certified to remove lead.
- Using a filter saves money compared to bottled water. Bottled water can cost $1-2 per gallon, while maintaining a most point-of-use filter cost only a few cents per gallon.
- Shop for a filter that is NSF/ANSI 53 certified or check out our filter flyer at https://www.rti.org/brochures/water-filters-certified-remove-lead-drinking-water-and-cooking-water-clean-water-carolina

Get Rid of Lead in Dust with Regular Household Cleaning Tips

- Wet mop floors, windows, and surfaces weekly to remove dust from the house (do not “dust” with a dry duster).
- Take off shoes before entering the home.
- Vacuum carpets and upholstery with a HEPA (High-Efficiency Particulate Air) filter vacuum at least weekly.
- Change air conditioning and heating unit filters at least every three months.
- Brush and wipe down your pet, especially their paws, before letting them inside.
- Dispose of loose paint chips carefully with a wet wipe.
- Do not use or smoke tobacco products in the home because this creates more lead contaminated dust inside your home.
- Replace old and deteriorating vinyl mini blinds because they can create dust.

Get Rid of Lead-Based Paint Safely

- Do not sand, scrape, or saw old painted surfaces.
- Do not blow torch painted surfaces to remove paint.
- Paint over areas with chipping paint using lead-encapsulating paint.
- If chipping paint is found on the exterior of your home, paint with lead encapsulating paint.
- If renovating home, follow US Environmental Protection Agency's Lead Renovation, Repair, and Painting program safety guidelines at https://www.epa.gov/lead/lead-renovation-repair-and-painting-program

PREDICT Healthy Homes Study

School of Public Health
Environmental & Occupational Health
Indiana University Bloomington
RTI International
North Carolina Agricultural and Technical State University
For Potential Lead in Soil
- Cover potential lead in soil with a physical barrier such as turf, mulch, stones, or gravel.
- Purchase soil and use above-ground beds for edible gardens.
- Add phosphate-based fertilizer on yard soil to bind potential lead.

For the Whole Family: Keeping your hands, clothes, and mouth clean
- Change clothes and wash after working with lead in your job or hobby.
- Wash your hands immediately before eating and after playing. Do not play with toys while eating.
- Routine blood lead testing for children (annual testing at 12 and 24 months at minimum).
- Do not let children play with keys or chew on items not intended for teething.
- Eat nutritious foods rich in iron, zinc, calcium, magnesium, and vitamin C to reduce lead absorption.

ADDITIONAL ONLINE RESOURCES
This program is funded by a US Department of Housing and Urban Development (HUD) grant and is a collaboration between Indiana University, North Carolina Agricultural and Technical University, RTI International, and local partners in each of the study counties. To learn more about our study go to: [https://www.cleanwaterforuskids.org/healthyhomes](https://www.cleanwaterforuskids.org/healthyhomes)

- For more information on health and blood tests go to the U.S. Centers for Disease Control and Prevention website: [https://www.cdc.gov/nceh/lead/default.htm](https://www.cdc.gov/nceh/lead/default.htm)
- Check for recalled toys, food, jewelry, and cookware, and replace them with lead-free options. For consumer product recalls go to the U.S. Consumer Product Safety Commission website: [https://www.cpsc.gov/Recalls](https://www.cpsc.gov/Recalls)
- To talk to your state’s Public Health Department about your results
  - For North Carolina, call 919-707-5951
  - For Indiana, call 317-351-7190, Ext 262
- For local information on lead including blood testing.
  - Families in North Carolina go to: [nchealthyhomes.com](http://nchealthyhomes.com) and [https://www.leadfreenc.org/](https://www.leadfreenc.org/)
- For more information on lead prevention in homes go to the U.S. Department of Housing Urban Development website: [https://www.hud.gov/program_offices/healthy_homes](https://www.hud.gov/program_offices/healthy_homes)