

# The Healthy Home



## Pueblo Indoor Air Quality Initiative

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**The mission of PuebloCAREs is to improve the health of our community through sustained community action aimed at reducing toxic environmental exposures.**

We work to educate the public on ways to reduce exposure to indoor radon gas, mold, lead sources, and hazardous household waste/chemicals.

If your organization would like a presentation on any of the topics listed above, please call us at 719-214-9215, or email at [pueblo.cares@gmail.com](mailto:pueblo.cares@gmail.com).

### New Lead Regulations for Contractors

Common renovation activities like sanding, cutting, and demolition can create hazardous lead dust and chips by disturbing lead-based paint, which can be harmful to adults and children. Therefore, beginning April 22, 2010, the EPA is requiring that contractors performing renovation, repair and painting projects that

disturb lead-based paint in homes, child care facilities, and schools built before 1978 must be certified and must follow specific work practices to prevent lead contamination. Individuals can become certified renovators by taking an eight-hour training course from an EPA-approved training provider. Contractors who perform renovation, repairs, and

painting jobs in pre-1978 housing and child-occupied facilities must, before beginning work, provide owners, tenants, and child-care facilities with a copy of EPA's lead hazard information pamphlet *Renovate Right: Important Lead Hazard Information for Families, Child Care Providers, and Schools*.

To find an EPA approved training program near you, go to [http://cfpub.epa.gov/flpp/searchrrp\\_training.htm](http://cfpub.epa.gov/flpp/searchrrp_training.htm)

### Why Lead is a Concern

Lead is a toxic metal which was used for years in many household items because it is malleable and resists corrosion. It was banned from use in many products when it was discovered that it had serious adverse health effects. Lead does not decompose quickly, so it

remains a prevalent health concern. Lead poisoning is of particular concern in children, especially under the age of 6, because their brains and nervous systems are still developing and their growing bodies absorb higher levels of lead. In children, lead can cause

the following:

- Nervous system and kidney damage;
- Learning disabilities, attention deficit disorder and decreased intelligence;
- Speech, language, and behavior problems;
- Poor muscle coordination;

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# The Healthy Home

## A Healthy Diet Can Fight Lead Poisoning

Lead poisoning can occur without any obvious symptoms. One important step in protecting your family is to provide a healthy diet which will reduce the absorption and effects of lead in the body. Especially for children, empty stomachs and poor diet allow for lead to be absorbed more easily. So be sure to include the following foods on a daily basis.

**Iron-rich foods:** normal levels of iron help protect the body from the harmful effects of lead. Iron-rich foods include lean red meats, fish, and chicken; iron-fortified cereals; and dried fruits such as raisins and 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, and green leafy vegetables such as spinach, kale and collards.

**Vitamin C-rich foods:** Vitamin C and iron-rich foods work together to reduce lead absorption. Vitamin C-rich foods include citrus fruit (oranges, grapefruit), tomatoes and tomato juice, and green or red peppers.

For more information on lead and lead poisoning, go to [www.epa.gov/lead](http://www.epa.gov/lead) or [www.cdph.state.co.us/dc/lead/index.html](http://www.cdph.state.co.us/dc/lead/index.html)

## Where Lead is Lurking

Lead-based paint is a common source of lead poisoning. Chipping, peeling paint and paint dust from lead-based paint need particular attention (see article on page 3). Lead can also contaminate soil from chipping exterior lead-based paints, residue from past use of leaded gasoline

in cars, or sources of industrial pollution, including smelters. Other common sources of lead include:

- Vintage toys and furniture painted with lead-based paint
- Drinking water which flows through lead pipes or pipes with lead solder
- Some imported candies

- Lead glazed pottery or porcelain
- Solder (electrical/hobby)
- Some folk remedies (greta and azarcon)
- Some cosmetics, like some forms of kohl
- Lead shot, bullets
- Fishing sinkers
- Food stored in cans with lead solder

## Why Lead is a Concern, continued from pg. 1

- Decreased muscle and bone growth;
- Hearing damage.

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

In adults, lead can also cause health problems, including:

- Increased chance of illness during pregnancy;
- Harm to a fetus, including brain damage or even death;
- Fertility problems (in

- both men and women);
- High blood pressure;
- Digestive problems;
- Nerve disorders;
- Memory and concentration problems;
- Muscle and joint pain.



## Steps to Prevent Lead Poisoning

In addition to the recommendations for a healthy diet listed on page 2, there are several other steps you can take to protect your family from lead poisoning:

- If your home was built before 1978, purchase a simple lead test kit and test the paint in your home;
- If your home contains lead-based paint, clean your floors, window frames, window sills,

and other surfaces weekly with a sponge, warm water and phosphate based soap;

- Thoroughly rinse sponges and mop heads after cleaning dirty or dusty areas;
- Wash children's hands often, especially before eating, nap time and bed time;
- Keep play areas clean. Wash bottles, pacifiers, toys, and stuffed animals regularly;

- Keep children from chewing window sills or other painted surfaces;
- Clean or remove shoes before entering your home to avoid tracking in lead from soil.

If you plan to remodel or renovate a home with lead-based paint, hire a certified professional who has received training in lead mitigation (see article on page 1).



## Radon Task Force

PuebloCAREs will be helping to facilitate a task force to look at radon mitigation in Pueblo County. In particular, the task force will look at Appendix F of the International Residential Code which would require installation of a passive mitigation system at the time of construction. There

will be discussion as to whether or not this appendix is appropriate for Pueblo County, or how it might be adapted to local conditions. Inspections of mitigation systems in existing homes and certification of mitigators will also be discussed. In addition, educational

brochures will be developed to educate contractors, builders and homeowners about radon and mitigation solutions.

Anyone interested in joining the task force can contact Kathy at 719-214-9215. The first meeting of the task force will be Thursday, June 24th.

### Do-It-Yourself

#### Radon Mitigation Classes

June 19

July TBD

To register, please call the Radon Hotline: 719-252-6258

## Current PuebloCAREs Partners

PuebloCAREs partners provide invaluable support to the project in a variety of ways: inviting us to present to their staff; distributing flyers to their constituents; co-sponsoring public events with us; etc. We are grateful for the support of the following partners:

- U.S. EPA
- Citizens for Clean Air and Water in Pueblo
- Citizens for Clean Air in Pueblo for Education, Research, Action
- Pueblo City-County Health Dept.
- Pueblo County Commissioners
- Pueblo West Metro District
- Salt Creek Neighborhood
- Eastside Neighborhood Assoc.
- Eastwood Heights Neighborhood Assoc.
- Bessemer Assoc. for Neighborhood Dev.
- Neighborhood Pride
- Peppersauce Bottoms Neighborhood
- Access for All
- Mountain Park Environmental Center
- Senior Resource Development Agency
- Christ Congregational Church
- Sierra Club, Sangre de Cristo Chapter
- Center for Environmental Research & Technology, Inc.



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## Calendar of Events

**June 9: BTC Business Fair, 301 N. Main, 11:00 a.m.—2:00 p.m.**

**June 9: Steering Committee meeting, PuebloCAREs office, 3:00 p.m.**

**June 16: Healthy Cleaners Class, Mountain Park Environmental Center, Beulah, 6:30—7:30 p.m.**

**June 19: Do-It-Yourself Radon Mitigation Class, Rawlings Library, 9:00 a.m.—12:00 p.m.**

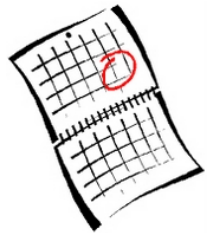
**June 24: Radon Task Force, BTC conference room; 2:00 p.m.**

**July 14: Steering Committee meeting, PuebloCAREs office, 3:00 p.m.**

**July 21: Partner's Meeting, Pueblo City-County Health Dept.; 6:30 p.m.**

**July 22: Radon Continuing Education class for realtors; Keller-Williams Performance Realty, 627 N. Main St., 9:30 a.m.—12:00 p.m.**

**July: Do-It-Yourself Radon Mitigation Class, Pueblo West, date to be determined**



For more information on any of these events, please call: (719) 214-9215 or email: pueblo.cares@gmail.com