

IS YOUR FAMILY AT RISK?



Lead-based paint in the home is **EXTREMELY** toxic.

Lead is most dangerous for children under 6 years of age.

You may be eligible to participate in the City of Tucson Lead Hazard Control Program

- Protect your family
- Elimination of lead hazard in your home
- FREE PROGRAM
- Home lead-based paint testing

HELP US PROTECT YOUR FAMILY

To Participate:

- Property must be located in the Tucson City limits
- Child under 6 years of age must reside in or "regularly" visit the property
- Property must be built prior to 1978
- All taxes, payments, and assessments must be current
- Income eligibility limits apply
- Property must be free of delinquent liens
- Rental properties have restrictions; owners should call for details

Free Services to Eligible Families:

- Free home lead-based paint testing
- Free lead blood level testing for children under 6 years of age
- Family education and community outreach



**FOR MORE
INFORMATION**

Ray Quihuis, Program Director: 520-837-5336
Karla Timmons, Program Manager: 520-837-5330
Apply today: tucsonaz.gov/hcd/paint

¿ESTÁ EN RIESGO SU FAMILIA?



La pintura dentro su casa a base de plomo es tóxica.

El plomo es mas peligroso para los niños menores de 6 años.

Usted puede ser elegible para participar en el Programa De Control Del Peligro de Pintura Con Base de Plomo de la Ciudad de Tucson.

- Protege a su familia
- Eliminación del peligro de plomo en su hogar
- PROGRAMA GRATIS
- Prueba en casa para detectar plomo en la pintura

AYÚDENOS A PROTEGER A SU FAMILIA

Para Participar:

- Propiedad ubicada dentro de la ciudad de Tucson
- Niño(s) menores de (6) años de edad deben residir en o regularmente visitar la propiedad
- Propiedad construida antes de 1978
- La hipoteca e impuestos de la propiedad deben estar actualizados
- Elegibilidad según ingresos
- La propiedad debe estar libre de cargos morosos
- Las propiedades de alquiler tienen restricciones; propietarios llamen para más detalles

Servicios Gratuitos para Familias Eligibles:

- Prueba en casa para detectar plomo en la pintura
- Examen de plomo en la sangre de niños menores de seis años de edad
- Proveer educación y alcance comunitario a su familia



**PARA MAS
INFORMACIÓN**

Ray Quihuis,
Director del Programa: 520-837-5336
Aplica ahora: tucsonaz.gov/hcd/paint



What You Need To Know About Lead Poisoning

Despite laws established in the 1970s to make people aware of the dangers of lead and its poisonous effects, lead poisoning in children remains a common, yet preventable, environmental health problem in the United States. By understanding, identifying, and safely removing sources of lead, we can ensure the long-term health of children and prevent its devastating and irreversible effects.

What is lead poisoning?

Lead is a toxic metal used in a variety of products and materials, including paint, vinyl mini-blinds, pipes, leaded crystal, dishware, and pottery coatings. When lead is absorbed into the body, it can cause serious damage to vital organs like the brain, kidneys, nerves, and blood cells. Lead poisoning is especially harmful to children under the age of six.

What are the health effects of lead poisoning in children?

Lead interferes with the development and functioning of almost all body organs, particularly the kidneys, red blood cells, and central nervous system.

Lead poisoning is much more serious when children are exposed to lead. Since their bodies are not fully developed, lead poisoning can cause:

- ▶ Brain, liver, and kidney damage;
- ▶ Slowed development;
- ▶ Learning or behavior problems;
- ▶ Lowered intellect (or IQ);
- ▶ Hearing loss; and
- ▶ Restlessness.

What are the symptoms of lead poisoning?

Most children with lead poisoning do not show any outward symptoms unless blood-lead levels become extremely high; consequently, many cases of children with lead poisoning go undiagnosed and untreated. However, some symptoms of poisoning include:

- ▶ Headaches;
- ▶ Stomachaches;
- ▶ Nausea;
- ▶ Tiredness; and
- ▶ Irritability.

Because the symptoms of lead poisoning are similar to those of flu or viruses, the only way to know if a child is poisoned is to have a doctor perform a simple blood test.

Blood Testing: The only way to detect lead poisoning is by performing a simple blood test. The bodies of children six-months to two years of age absorb more lead; thus, testing is increasingly important for their health. Nevertheless, all children under the age of six should have their blood-lead levels tested at their regular pediatrician's office or at a public health clinic, even if nothing is apparently wrong with their health.

What are the main sources of lead?

Lead hazards can be found in several places inside and outside of your home, including:

- ▶ **Old Paint:** Lead-based paint, most often found in homes built before 1978, is unsafe if it peels, chips, cracks, or chalks. Since babies and young children often put their hands and other objects in their mouths, they are likely to swallow lead dust or chew paint chips.
- ▶ **Lead Dust:** This harmful, invisible dust is created when windows, doors, edges of stairs, rails, or other surfaces with lead-based paint wear down from repeated friction, such as opening or closing windows or doors. Children are most often poisoned by consuming lead dust through normal hand-to-mouth activity. Pregnant women who breathe in high levels of lead dust can transmit lead to their unborn children, causing serious damage.
- ▶ **Important:** Lead dust can spread throughout a home when walls or other painted surfaces are sanded, scraped, or torn down. Only trained professionals should safely remove old paint surfaces in a home.
- ▶ **Soil:** Soil surrounding homes may be contaminated from chipping or flaking exterior lead-based paint. While playing outside, especially on bare soil, children can accidentally swallow the contaminated soil, or track it indoors on carpets and floors where they can come into contact with it.



For more information about lead poisoning, visit EPA's Web site at www.epa.gov/lead or call The National Lead Information Center at 1-800-424-LEAD (5323).





Lo Que Usted Necesita Saber Sobre el Envenenamiento por Plomo

A pesar de leyes establecidas en los años 1970 para informar a personas sobre los peligros del plomo y sus efectos venenosos, el envenenamiento por plomo en niños continúa siendo un problema de salud ambiental común en los Estados Unidos, aún cuando éste puede prevenirse. Al entender, identificar y remover de manera segura las fuentes del plomo, podemos asegurar la salud de los niños a largo plazo y prevenir sus efectos devastadores e irrevocables.

¿Qué es el envenenamiento por plomo?

El plomo es un metal tóxico utilizado en una gran variedad de productos y materiales, incluyendo pintura, cortinas de tiro de vinilo, tubería, vidrio con plomo, vajilla y barnices de alfarería. Cuando el plomo es absorbido en el cuerpo, puede causar daño grave a órganos vitales como el cerebro, los riñones, los nervios y las células de la sangre. El envenenamiento por plomo es especialmente perjudicial a niños menores de seis años de edad.

¿Cuáles son los efectos del envenenamiento por plomo sobre la salud de los niños?

El plomo interfiere con el desarrollo y funcionamiento de casi todos los órganos del cuerpo, particularmente los riñones, los glóbulos rojos y el sistema nervioso central.

El envenenamiento por plomo es mucho más grave cuando los niños son expuestos al plomo. Debido a que los cuerpos de los niños no están completamente desarrollados, el envenenamiento por plomo puede causar:

- ▶ Daños al cerebro, hígado y riñones;
- ▶ Desarrollo lento;
- ▶ Problemas de aprendizaje o de comportamiento;
- ▶ Reducción del intelecto (o del Cociente Intelectual [IQ, por sus siglas en inglés]);
- ▶ Pérdida de audición; e
- ▶ Inquietud.

¿Cuáles son los síntomas del envenenamiento por plomo?

La mayoría de los niños envenenados con plomo no muestran síntomas externos a menos que los niveles del plomo en la sangre sean extremadamente altos. Como consecuencia, muchos de los niños envenenados con plomo no son diagnosticados o reciben tratamiento. Algunos síntomas de envenenamiento por plomo incluyen:

- ▶ Dolores de cabeza;
- ▶ Dolores de estómago;
- ▶ Náusea;
- ▶ Cansancio; e
- ▶ Irritabilidad.

Debido a que los síntomas del envenenamiento por plomo son parecidos a los de la gripe o un virus, la única manera de saber si un niño está envenenado con plomo es mediante una prueba sencilla de sangre realizada por un médico.

Pruebas de Sangre: La única manera de determinar si hay envenenamiento por plomo es mediante una prueba sencilla de sangre. Los cuerpos de niños entre seis meses y dos años de edad absorben más plomo; por lo tanto, el llevar a cabo pruebas del nivel de plomo en la sangre es especialmente importante para su salud. No obstante, todos los niños menores de seis años de edad deben hacerse pruebas del nivel de plomo en la sangre en la oficina de su pediatra o en un dispensario público, incluso cuando no haya evidencia de problemas de salud.



Para más información sobre envenenamiento por plomo, visite el sitio de Internet de la EPA en www.epa.gov/lead o llame al Centro Nacional de Información sobre el Plomo (The National Lead Information Center) al 1-800-424-LEAD (5323).



High Risk Zip Codes

Apache County

Eagar: 85925; St. Johns: 85936;
Dennehotso, Teec Nos Pos: 86535

Cochise County

Benson: 85602; Bisbee: 85603;
Douglas: 85607; Hereford: 85615;
Mc Neal: 85617; San Simon, Portal: 85632;
Sierra Vista: 85635; Tombstone: 85638;
Willcox, Ft Grant: 85643

Coconino County

Flagstaff: 86004; Williams: 86046

Gila County

Globe: 85501; Miami: 85539

Graham County

Bylas: 85530; Pima: 85543;
Safford: 85546; Thatcher: 85552

Greenlee County

Clifton: 85533; Duncan: 85534; Morenci: 85540

La Paz County

Parker: 85344; Salome: 85348

Maricopa County

Avondale: 85323, 85392; Buckeye: 85326;
Chandler: 85225, 85226; El Mirage: 85335;
Glendale: 85301, 85302, 85303, 85304;
Gila Bend: 85337; Goodyear: 85338;
Guadalupe: 85283; Laveen: 85339; Mesa:
85201, 85202, 85203, 85204, 85205, 85207,
85208, 85210, 85212, 85213; Peoria: 85345;
Phoenix: 85003, 85006, 85007, 85008,
85009, 85012, 85013, 85014, 85015, 85016,
85017, 85018, 85019, 85020, 85021, 85022,
85023, 85028, 85029, 85031, 85032, 85033,
85034, 85035, 85037, 85040, 85041, 85042,
85043, 85051, 85053; Scottsdale: 85250,
85251, 85254, 85257; Surprise: 85378;
Tempe: 85281, 85282, 85283; Tolleson: 85353;
Tonopah: 85354; Youngtown: 85363

Mohave County

Kingman: 86401, 86409; Bullhead City: 86442

Navajo County

Whiteriver: 85941; Holbrook: 86025;
Kayenta: 86033; Winslow: 86047

Pima County

Ajo: 85321; Green Valley: 85614;
Sahuarita: 85629; Sells, Pisinemo: 85634;
Tucson: 85701, 85704, 85705, 85706,
85710, 85711, 85712, 85713, 85714, 85715,
85716, 85719, 85730, 85735, 85736, 85741,
85745, 85746, 85750, 85756, 85757

Pinal County

Apache Junction: 85119, 85120; Casa
Grande: 85122, 85194; Coolidge: 85128;
Eloy: 85131; Florence: 85132;
Kearny: 85137; Maricopa: 85138, 85139;
Superior: 85173; Oracle: 85623; San Manuel:
85631; Winkelman, Dudleyville: 85192

Santa Cruz County

Nogales: 85621; Tubac: 85646; Rio Rico: 85648

Yavapai County

Prescott: 86301; Prescott Valley: 86314; Ash
Fork: 86320; Bagdad: 86321; Cottonwood: 86326

Yuma County

Roll: 85347; San Luis: 85349; Somerton: 85350;
Wellton: 85356; Yuma: 85364; 85365



You live in a **HIGH RISK ZIP CODE**, your child may be at greater risk for **LEAD POISONING**.

Lead poisoning can cause

- ✓ developmental problems
- ✓ learning problems
- ✓ behavioral problems

Young children are most at risk because they are still developing, put everything in their mouths, and absorb lead easily.

Children with lead poisoning look and feel healthy. The only way to detect lead poisoning is through a **BLOOD TEST**.

LEAD POISONING HIGH RISK ZIP CODE TO DO LIST

- ☐ Schedule appointment with provider
- ☐ Get a lab slip for a blood LEAD test
- ☐ Go to lab or provider's office for blood draw
- ☐ Await results 5-10 business days
- ☐ Follow-up with provider to discuss results

For more information visit our website at www.azhealth.gov/lead or call 602-364-3118.

