

# GOT LEAD? DON'T PANIC!





If your home was built on or near heavy-metal mining or smelting waste, if your home was built before 1978 or you know or suspect that there is Lead-Based Paint (LBP) present in your home, this fact sheet is for you. Most of the time, LBP dust can be managed by good, regular cleaning. The following information provides some practical and safe ways to clean to protect you and your family. As you work through our recommendations, there are a few things to keep in mind:

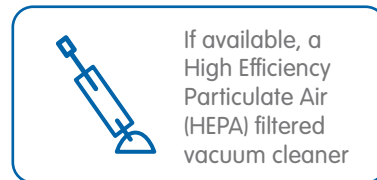
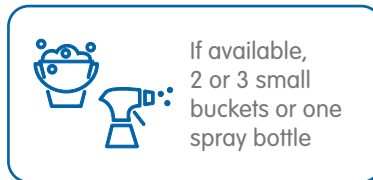
## Dos & Don'ts

- ✓ Damp-dust and wet-mop **even where you don't see dust!**
- ✗ Do not clean by dry dusting, spraying cleaner right onto a surface, or sweeping.
- ✓ If possible, have a floor mat at your home's entrance (the door you use most often) AND remove your shoes at the door. This prevents bringing contaminated soil into the home.
- ✗ Do not open windows that have flaking paint.
- ✓ Always clean "Top to Bottom" – clean higher areas first and work your way down. Floors should be the last thing you clean.
- ✓ Wash your hands and under your nails with soap and water: 1) after cleaning, 2) after being outside, 3) before and after eating.
- ✓ Vacuum with a HEPA filter vacuum. When you vacuum, do so very slowly so that you pick up as much dust as possible. Vacuum first, mop second.

## CLEANING RECOMMENDATIONS – WITH, WHAT, WHEN

WITH:	WHAT:	WHEN (this is a goal; do it when you can):
Dust and clean with warm soapy water	<ul style="list-style-type: none"> <li>• Hard-surfaced toys, pacifiers, eating area, containers</li> <li>• Walls, doors, windowsills</li> <li>• Plastic or leather furniture</li> </ul>	Weekly
Vacuum (use a HEPA filtered vacuum if available)	<ul style="list-style-type: none"> <li>• Floors, carpeting, upholstered furniture (couch, chairs, beanbag chairs, etc. – use the vacuum hose)</li> </ul>	At least weekly
Mop (Cloth-style or Swiffer-type with disposable pads)	<ul style="list-style-type: none"> <li>• Hard-surfaced floors</li> </ul>	At least weekly
 <p>Remove OR put things you want to save in sealable plastic totes AND donate or trash items you no longer use</p>	<ul style="list-style-type: none"> <li>• Damaged or old toys, keepsakes, household items, etc.</li> <li>• Clutter</li> </ul>	As needed
 <p>Clean in a washing machine or sink</p>	<ul style="list-style-type: none"> <li>• Bedding (blankets, pillowcases)</li> <li>• Stuffed toys or animals</li> </ul>	Weekly
	<ul style="list-style-type: none"> <li>• Curtains</li> <li>• Pillows</li> <li>• Stuffed toys not used</li> </ul>	Monthly

## CLEANING RECOMMENDATIONS – WITH, WHAT, WHEN



### HOW TO CLEAN EFFECTIVELY — TO REMOVE LEAD AND OTHER CONTAMINANTS

For hard surfaces like windowsills, door frames, wood trim, toys, etc.:	For carpeting and/or upholstered furniture:	For hard-surface floors:
<ol style="list-style-type: none"> <li>1. If using rags (at least 2 per room), prepare spray bottle with soap and water OR fill bucket 1.) with soap and water and 2.) with clean water. You may use wet wipes instead of rags and buckets.</li> <li>2. Put on gloves.</li> <li>3. Pick up any loose paint chips and place directly into trash bag.</li> <li>4. Wet the rag and wash surfaces well, dip second rag in rinse water and wipe down washed surfaces. Empty water into toilet and refill buckets after each room. Repeat. If using wet wipes, dispose of them safely.</li> </ol>	<ol style="list-style-type: none"> <li>1. If your HEPA vacuum has a hose, begin by cleaning around trim or other hard-to-reach areas.</li> <li>2. Vacuum the carpeting very slowly to allow dust to be pulled up. After you vacuum floor in one direction, repeat vacuuming slowly across first direction.</li> <li>3. Vacuum all the surfaces on upholstered furniture by at least using the hose and attachments.</li> <li>4. Use slipcovers, if possible, so they can be removed and laundered.</li> </ol>	<ol style="list-style-type: none"> <li>1. Fill 1 bucket with soapy water and fill other bucket with clean rinse water OR if using Swiffer-type mop, apply new pad.</li> <li>2. Dip mop into soapy water and mop a small section. Wring and rinse mop into empty bucket and continue until floor is finished. If using Swiffer, replace pads a few times per room.</li> <li>3. Empty buckets into toilet and refill after each room. Repeat as needed.</li> </ol>

If you have questions that are not answered here, please visit <https://www.epa.gov/mo/missouri-cleanups> or <https://www.epa.gov/lead> for further guidance. If you cannot find answers to your questions online, please call our PEHSU hotline at (913) 588-6638 or toll free at (800) 421-9916, or email us at [mapehsu@cmh.edu](mailto:mapehsu@cmh.edu).

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