Title: Elderly and/or Disabled Emergency Assistance Program

Purpose: The Stockbridge-Munsee Tribal Council devised the Elderly and/or Disabled Emergency Assistance Program for the purpose of assisting elders and disabled enrolled Tribal members with the cost to repair the physical structure of the home so it is safe, sanitary and secure.

Amount: \$10,000.00 per household every four years from date approved based on eligibility criteria below.

Eligibility Criteria:

- 1. Applicant must be an enrolled member of the Stockbridge-Munsee Tribe.
- 2. Applicant must be sixty-two (62) years old or older OR disabled.
- Applicant must reside in currently live in and use the home as a year round residence and proof of land assignment or ownership must be provided.
 *Life long residence agreements will be taken to Tribal Council for approval/denial.
- 4. Applicant must live in Shawano County.
- 5. Applicant must have a true emergency based on the request and the inspection report by the Division of Community Housing.
 - a. definition of emergency: an unexpected, serious occurrence or catastrophic situation urgently requiring prompt action for the physical structure of a home (an attached garage may be considered part of the home per Tribal Council motion 6-21-22).*the garage can only be covered under Tribal Funds if available
 - 1. Examples of physical structure may include: plumbing, electrical wiring, heating system repair or replacement, roof, windows, exterior doors, walls, basement or foundation.

Procedure:

- 1. A program application shall be obtained from, completed and returned to the Stockbridge-Munsee Division of Community Housing (DCH). The application shall contain the following information:
 - a. name, address, telephone number, date of birth, social security number, and Tribal enrollment number.
 - b. Description of the type of services being requested, and the last date approved for funds (if known).
 - c. If applicant is not aged 62 years old, applicant must provide verification of disability.
 - d. A copy of the enrollment card and the land assignment, or proof of ownership such as: deed or property tax bill will be attached to the application.

- 2. An inspection will be completed by the DCH Inspector to verify the emergency and to discuss with the elder or disabled in determining how to prioritize work needed.
- 3. The DCH Inspector will attach a verification of emergency and recommendation of service needed with estimated cost to the application before it is considered by the Division of Community Housing Staff for funding.
- 4. All applicants that do not spend the full amount on an emergency project at the time they are approved must submit the Request to Use Remaining Funds form.
 - a. Number 2 and 3 above, will still apply.
 - b. The DCH Staff will review each request to use fund balances after reviewing information provided under number 2 and 3 above.
- 5. All requests for assistance/funding are approved or denied by the DCH Staff.
 - a. The first appeal for denial shall be made to the Board of Commissioners.
 - b. The second denial by the Board of Commissioners shall result in the appeal being sent to the Tribal Council for determination.
- 6. All applicants that do not use the \$10,000.00 within the 4 year eligibility period, from date of approval, will NOT carry the balance of the grant over to the next grant approval period.

Contracts:

- 1. The approved Applicant will be required to select a contractor or request assistance in finding a contractor to provide needed services.
- 2. The Applicant, contractor and proper DCH staff shall meet to develop a simple contract for services. The contract shall contain the name of the contractor, the dollar amount of the contract, the payment process, the approved start and end date of services to be provided, a detailed description of services to be completed and any related penalties for incomplete projects by due date. The Tribe is not a party who signs the contract the contract is between the Applicant and the contractor. DCH's role is just to assist the Applicant with ensuring that the contract meets the requirements for this policy.
- 3. The approved Applicant and DCH Inspector shall inspect the final work when a project is reported to be complete by the contractor. If the work is acceptable, both the Applicant and Inspector shall sign the inspection report.
- 4. Payments will be made directly to the contractor/vendor that provides the service after the final inspection, sign-off sheet and final bill are submitted to the DCH.

- 5. An Applicant may be reimbursed for costs incurred by submitting itemized receipts dated after the date of approval for funds and the final inspection and sign-off sheets are completed.
- 6. Special consideration will be given for the reimbursement of purchased materials before a final inspection and sign-off sheet is completed.

By my signature below, I certify that I have read the Stockbridge-Munsee Elderly and/or Disabled Emerge following this policy can cause a delay in receiving scontractor or receiving reimbursement.	ency Program. I understand that not
Applicants Signature	Date
**************************************	***********
This section for Housing Office use:	
I have reviewed the Elderly/Disabled Emergency Assapplicant. This applicant has a balance of \$ if this need is verified by the Housing Inspector.	sistance Program file for this, available to use
Signature	Date
Title	
Date of next eligibility:	

Elderly/Disabled Emergency Assistance Program Application (USDA Housing Preservation Grant)

This application is for the Elderly/Disabled Emergency Assistance Program ("Program") operated by the Stockbridge-Munsee Community ("Tribe") through its Division of Community Housing. The Program assists eligible elder and disabled tribal members with repairing or replacing items in their homes, such as electric wiring, foundations, insulation, windows, doors, entrance landings/stairs, roofs, heating systems, as well as providing elderly/handicapped accessibility features. The Program is intended as a general welfare benefit for qualifying tribal members.¹

The Tribe recently obtained a Housing Preservation Grant from the US Department of Agriculture – Rural Development to supplement tribal funding for the Program. While the Program is not income based, the Housing Preservation Grant is an income-based grant to serve low and very low-income people. We therefore require your income data and an Authorization for the Release of Information for all members of your household in order to determine whether tribal or grant funds are used for your project. The policies and procedures of the Program otherwise remain the same.

Applicant Name:

Phone Number:

Mailing Address:

Physical Address of site to receive services, if different from above:
Have you applied for or received funding from this Program in the past?
Please describe why this situation is an emergency to you:
Enrollment Number: Note: You must attach a copy of your enrollment card and land assignment grant, deed, copy of land taxes or other verification of ownership (if not in file already).

General welfare benefits are not included as gross income for tax purposes. 26 U.S.C. 139E.

List ALL household members that will b	e living in t	the unit for the nex	t 12 m	onths that w	ill be assisted with
funds:	C				
Name	Age	D.O.B		Gender	Ethnic Group**
1)	_				
2)					
3)					
¬)					
5)					
** The Ethnic Group will be categorized as follo (1) White (not of Hispanic origin) (2)	ws: Black (not o Asian or Pa you must p	of Hispanic origin) cific Islander rovide verification	(3)	American Ind	ian or Alaskan Native
	inoint or disc				
You must provide : - CURRENT YEA	R SOCIAL	SECURITY or S	SSI BE	NEFIT LE	TTER
- private pensions					
- 3 MONTHS WO				if benefit let	tters unavailable)
- 4 MOST RECEN					
- proof of any othe					
- Per Cap payment	t informati	on for each house.	hold n	<u>nember</u>	
List all sources of Income in your househ					
Estimated Annual Income (include all me					
The information solicited on this application is re Development, that Federal laws prohibiting discri- gender, familial status, age and handicap are bein to do so. This information will not be used in eva choose not to furnish it, the Tribe is required to no observation or surname. This is an equal opportu	imination againg complied was aluating your a cote race/nation	inst applicants on the bith. You are not requirapplication or to discripal origin and gender or	pasis of red to fur minate a of the inc	race, color, nat irnish this infor against you in a dividual applic	ional origin, religion, rmation but are encouraged any way. However, if you ants on the basis of visual
By my signature below, I certify that the of my knowledge and I authorize the Trib have presented. I authorize the DCH to received a copy of the Lead Based Paint I	e's Divisio inspect my	n of Community H	lousing	g (DCH) to v	erify the information
Applicant Signature:		Da	ate:		



Authorization for the Release of Information

Elderly/Disabled Emergency Assistance Program (Housing Preservation Grant)

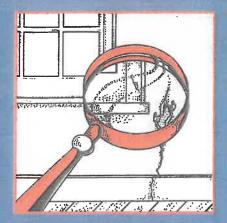
Name of Applicant or hou	sehold member:
	for the Release of Information is needed from each adult household member in lincome levels. Additional information may be requested.
authorization and the infor Development, Housing Pro	e-Munsee Community, Division of Community Housing (DCH) may use this mation obtained to administer and enforce the US Department of Agriculture – Rural eservation Grant rules and policies. The Stockbridge-Munsee Community uses at funding as part of its Elderly/Disabled Emergency Assistance Program.
to income eligibility for pa information about me and/	the release of any information including documentation and other material pertinent relicipation under the Housing Preservation Grant. I authorize the DCH to obtain or my family that is pertinent to eligibility for participation in the Housing athorize the DCH to obtain information on wages, unemployment compensation and executive.
Information May Be Obt Employment General Assistance Social Security – S Unemployment	, ,
Conditions: I authorize th	at photo copies of this authorization for the purpose stated above may be used.
Check appropriate box:	 □ I am the Applicant. □ I am the Applicant's Spouse. □ I am an adult member of the Applicant's household.
Signature:	
Printed Name:	
Social Security Number:	Date:



Authorization for the Release of Information

Elderly/Disabled Emergency Assistance Program (Housing Preservation Grant)

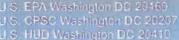
Name of Applicant or hous	ehold member:
	or the Release of Information is needed from each adult household member in income levels. Additional information may be requested.
authorization and the inform Development, Housing Pres	-Munsee Community, Division of Community Housing (DCH) may use this nation obtained to administer and enforce the US Department of Agriculture – Rural servation Grant rules and policies. The Stockbridge-Munsee Community uses t funding as part of its Elderly/Disabled Emergency Assistance Program.
to income eligibility for par information about me and/o	the release of any information including documentation and other material pertinent ticipation under the Housing Preservation Grant. I authorize the DCH to obtain or my family that is pertinent to eligibility for participation in the Housing thorize the DCH to obtain information on wages, unemployment compensation and
Information May Be Obta Employment General Assistance Social Security – SS Unemployment	Pensions Federal, State, Tribal or Local Benefits TANF Benefits
Conditions: I authorize that	at photo copies of this authorization for the purpose stated above may be used.
Check appropriate box:	 □ I am the Applicant. □ I am the Applicant's Spouse. □ I am an adult member of the Applicant's household.
Signature:	
Social Security Number:	Date:



Protect Your **Family** From **Lead In** Your Home









SEPA United States
Environmental
Protection Agency





EPA747-K-99-001

Are You Planning To Buy, Rent, or Renovate a Home Built Before 1978?

any houses and apartments built before 1978 have paint that contains high levels of lead (called lead-based paint). Lead from paint, chips, and dust can pose serious health hazards if not taken care of properly. Federal law requires that individuals receive certain information before renting, buying, or renovating pre-1978 housing:



LANDLORDS have to disclose known information on lead-based paint and lead-based paint hazards before leases take effect. Leases must include a disclosure form about lead-based paint.



SELLERS have to disclose known information on lead-based paint and lead-based paint hazards before selling a house. Sales contracts must include a disclosure form about lead-based paint. Buyers have up to 10 days to check for lead.



RENOVATORS have to give you this pamphlet before starting work.

IF YOU WANT MORE INFORMATION

on these requirements, call the National Lead Information Center at 1-800-424-LEAD (424-5323).

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IMPORTANT!

Lead From Paint, Dust, and Soil Can Be Dangerous If Not Managed Properly

FACT: Lead exposure can harm young children and babies even before they are born.

FACT: Even children who seem healthy can have high levels of lead in their bodies.

FACT: People can get lead in their bodies by breathing or swallowing lead dust, or by eating soil or paint chips containing lead.

FACT: People have many options for reducing lead hazards. In most cases, lead-based paint that is in good condition is not a hazard.

FACT: Removing lead-based paint improperly can increase the danger to your family.

If you think your home might have lead hazards, read this pamphlet to learn some simple steps to protect your family.

Lead Gets in the Body in Many Ways

Childhood lead poisoning remains a major environmental health problem in the U.S.

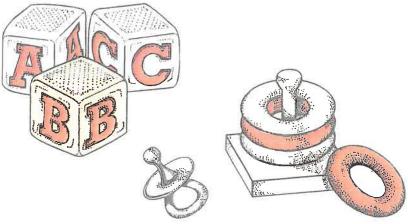
Even children who appear healthy can have dangerous levels of lead in their bodies.

People can get lead in their body if they:

- Breathe in lead dust (especially during renovations that disturb painted surfaces).
- Put their hands or other objects covered with lead dust in their mouths.
- Eat paint chips or soil that contains lead.

Lead is even more dangerous to children than adults because:

- Children's brains and nervous systems are more sensitive to the damaging effects of lead.
- Children's growing bodies absorb more lead.
- Babies and young children often put their hands and other objects in their mouths. These objects can have lead dust on them.



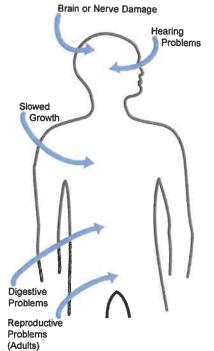
Lead's Effects

If not detected early, children with high levels of lead in their bodies can suffer from:

- Damage to the brain and nervous system
- Behavior and learning problems (such as hyperactivity)
- Slowed growth
- Hearing problems
- Headaches

Lead is also harmful to adults. Adults can suffer from:

- Difficulties during pregnancy
- Other reproductive problems (in both men and women)
- High blood pressure
- Digestive problems
- Nerve disorders
- Memory and concentration problems
- Muscle and joint pain



Lead affects the body in many ways.

Where Lead-Based Paint Is Found

In general, the older your home, the more likely it has leadbased paint. Many homes built before 1978 have leadbased paint. The federal government banned lead-based paint from housing in 1978. Some states stopped its use even earlier. Lead can be found:

- In homes in the city, country, or suburbs.
- In apartments, single-family homes, and both private and public housing.
- Inside and outside of the house.
- In soil around a home. (Soil can pick up lead from exterior paint or other sources such as past use of leaded gas in cars.)

Checking Your Family for Lead

Get your children and home tested if you think your home has high levels of lead. To reduce your child's exposure to lead, get your child checked, have your home tested (especially if your home has paint in poor condition and was built before 1978), and fix any hazards you may have. Children's blood lead levels tend to increase rapidly from 6 to 12 months of age, and tend to peak at 18 to 24 months of age.

Consult your doctor for advice on testing your children. A simple blood test can detect high levels of lead. Blood tests are usually recommended for:

- Children at ages 1 and 2.
- Children or other family members who have been exposed to high levels of lead.
- Children who should be tested under your state or local health screening plan.

Your doctor can explain what the test results mean and if more testing will be needed.

Identifying Lead Hazards

Lead-based paint is usually not a hazard if it is in good condition, and it is not on an impact or friction surface, like a window. It is defined by the federal government as paint with lead levels greater than or equal to 1.0 milligram per square centimeter, or more than 0.5% by weight.

Deteriorating lead-based paint (peeling, chipping, chalking, cracking or damaged) is a hazard and needs immediate attention. It may also be a hazard when found on surfaces that children can chew or that get a lot of wear-and-tear, such as:

- Windows and window sills.
- Doors and door frames.
- Stairs, railings, banisters, and porches.

Lead from paint chips. which you can see, and lead dust. which you can't always see, can both be serious hazards.

Lead dust can form when lead-based paint is dry scraped, dry sanded, or heated. Dust also forms when painted surfaces bump or rub together. Lead chips and dust can get on surfaces and objects that people touch. Settled lead dust can re-enter the air when people vacuum, sweep, or walk through it. The following two federal standards have been set for lead hazards in dust:

- ightharpoonup 40 micrograms per square foot (μ g/ft²) and higher for floors, including carpeted floors.
- ightharpoonup 250 μ g/ft² and higher for interior window sills.

Lead in soil can be a hazard when children play in bare soil or when people bring soil into the house on their shoes. The following two federal standards have been set for lead hazards in residential soil:

- 400 parts per million (ppm) and higher in play areas of bare soil.
- 1,200 ppm (average) and higher in bare soil in the remainder of the vard.

The only way to find out if paint, dust and soil lead hazards exist is to test for them. The next page describes the most common methods used.

Checking Your Home for Lead

Just knowing that a home has lead-based paint may not tell you if there is a hazard.

You can get your home checked for lead in one of two ways, or both:

- A paint inspection tells you the lead content of every different type of painted surface in your home. It won't tell you whether the paint is a hazard or how you should deal with it.
- A risk assessment tells you if there are any sources of serious lead exposure (such as peeling paint and lead dust). It also tells you what actions to take to address these hazards.

Hire a trained, certified professional who will use a range of reliable methods when checking your home, such as:

- Visual inspection of paint condition and location.
- A portable x-ray fluorescence (XRF) machine.
- Lab tests of paint, dust, and soil samples.

There are standards in place to ensure the work is done safely, reliably, and effectively. Contact your local lead poisoning prevention program for more information, or call 1-800-424-LEAD for a list of contacts in your area.

Home test kits for lead are available, but may not always be accurate. Consumers should not rely on these tests before doing renovations or to assure safety.



What You Can Do Now To Protect Your Family

If you suspect that your house has lead hazards, you can take some immediate steps to reduce your family's risk:

- If you rent, notify your landlord of peeling or chipping paint.
- Clean up paint chips immediately.
- Clean floors, window frames, window sills, and other surfaces weekly. Use a mop or sponge with warm water and a general all-purpose cleaner or a cleaner made specifically for lead. REMEMBER: NEVER MIX AMMONIA AND BLEACH PRODUCTS TOGETHER SINCE THEY CAN FORM A DANGEROUS GAS.
- Thoroughly rinse sponges and mop heads after cleaning dirty or dusty areas.
- Wash children's hands often, especially before they eat and before 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.
- Make sure children eat nutritious, low-fat meals high in Iron and calcium, such as spinach and dairy products. Children with good diets absorb less lead.







Reducing Lead Hazards In The Home

Removing lead improperly can increase the hazard to your family by spreading even more lead dust around the house.

Always use a professional who is trained to remove lead hazards safely.



In addition to day-to-day cleaning and good nutrition:

- You can temporarily reduce lead hazards by taking actions such as repairing damaged painted surfaces and planting grass to cover soil with high lead levels. These actions (called "interim controls") are not permanent solutions and will need ongoing attention.
- To permanently remove lead hazards, you should hire a certified lead "abatement" contractor. Abatement (or permanent hazard elimination) methods include removing, sealing, or enclosing lead-based paint with special materials. Just painting over the hazard with regular paint is not permanent removal.

Always hire a person with special training for correcting lead problems—someone who knows how to do this work safely and has the proper equipment to clean up thoroughly. Certified contractors will employ qualified workers and follow strict safety rules as set by their state or by the federal government.

Once the work is completed, dust cleanup activities must be repeated until testing indicates that lead dust levels are below the following:

- 40 micrograms per square foot (μg/ft²) for floors, including carpeted floors:
- 250 μg/ft² for interior windows sills; and
- ϕ 400 μ g/ft² for window troughs.

Call your local agency (see page 11) for help with locating certified contractors in your area and to see if financial assistance is available.

Remodeling or Renovating a Home With Lead-Based Paint

Take precautions before your contractor or you begin remodeling or renovating anything that disturbs painted surfaces (such as scraping off paint or tearing out walls):

- Have the area tested for lead-based paint.
- Do not use a belt-sander, propane torch, heat gun, dry scraper, or dry sandpaper to remove lead-based paint. These actions create large amounts of lead dust and fumes. Lead dust can remain in your home long after the work is done.
- Temporarily move your family (especially children and pregnant women) out of the apartment or house until the work is done and the area is properly cleaned. If you can't move your family, at least completely seal off the work area.
- Follow other safety measures to reduce lead hazards. You can find out about other safety measures by calling 1-800-424-LEAD. Ask for the brochure "Reducing Lead Hazards When Remodeling Your Home." This brochure explains what to do before, during, and after renovations.

If you have already completed renovations or remodeling that could have released lead-based paint or dust, get your young children tested and follow the steps outlined on page 7 of this brochure.



If not conducted properly, certain types of renovations can release lead from paint and dust into the air.



Other Sources of Lead



While paint, dust, and soil are the most common lead hazards, other lead sources also exist.





- Drinking water. Your home might have plumbing with lead or lead solder. Call your local health department or water supplier to find out about testing your water. You cannot see, smell, or taste lead, and boiling your water will not get rid of lead. If you think your plumbing might have lead in it:
 - Use only cold water for drinking and cooking.
 - Run water for 15 to 30 seconds before drinking it, especially if you have not used your water for a few hours.
- The job. If you work with lead, you could bring it home on your hands or clothes. Shower and change clothes before coming home. Launder your work clothes separately from the rest of your family's clothes.
- Old painted toys and furniture.
- Food and liquids stored in lead crystal or lead-glazed pottery or porcelain.
- Lead smelters or other industries that release lead into the air.
- Hobbies that use lead, such as making pottery or stained glass, or refinishing furniture.
- Folk remedies that contain lead, such as "greta" and "azarcon" used to treat an upset stomach.

For More Information

The National Lead Information Center

Call 1-800-424-LEAD (424-5323) to learn how to protect children from lead poisoning and for other information on lead hazards. To access lead information via the web, visit www.epa.gov/lead and www.hud.gov/offices/lead/.

For the hearing impaired, call the Federal Information Relay Service at 1-800-877-8339 and ask for the National Lead Information Center at 1-800-424-LEAD.

EPA's Safe Drinking Water Hotline

Call **1-800-426-4791** for information about lead in drinking water.

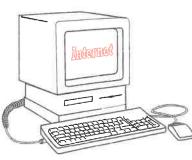
Consumer Product Safety Commission (CPSC) Hotline

To request information on lead in consumer products, or to report an unsafe consumer product or a product-related injury call 1-800-638-2772, or visit CPSC's website at: www.cpsc.gov.

Health and Environmental Agencies

Some cities, states, and tribes have their own rules for lead-based paint activities. Check with your local agency to see which laws apply to you. Most agencies can also provide information on finding a lead abatement firm in your area, and on possible sources of financial aid for reducing lead hazards. Receive up-to-date address and phone information for your local contacts on the Internet at www.epa.gov/lead or contact the National Lead Information Center at 1-800-424-LEAD.





EPA Regional Offices

Your Regional EPA Office can provide further information regarding regulations and lead protection programs.

EPA Regional Offices

Region 1 (Connecticut, Massachusetts, Maine, New Hampshire, Rhode Island, Vermont)

Regional Lead Contact U.S. EPA Region 1 Sulte 1100 (CPT) One Congress Street Boston, MA 02114-2023 1 (888) 372-7341

Region 2 (New Jersey, New York, Puerto Rico, Virgin Islands)

Regional Lead Contact U.S. EPA Region 2 2890 Woodbridge Avenue Building 209, Mail Stop 225 Edison, NJ 08837-3679 (732) 321-6671

Region 3 (Delaware, Maryland, Pennsylvania, Virginia, Washington DC, West Virginia)

Regional Lead Contact U.S. EPA Region 3 (3WC33) 1650 Arch Street Philadelphia, PA 19103 (215) 814-5000

Region 4 (Alabama, Florida, Georgia, Kentucky, Mississippi, North Carolina, South Carolina, Tennessee)

Regional Lead Contact U.S. EPA Region 4 61 Forsyth Street, SW Atlanta, GA 30303 (404) 562-8998

Region 5 (Illinois, Indiana, Michigan, Minnesota, Ohio, Wisconsin)

Regional Lead Contact U.S. EPA Region 5 (DT-8J) 77 West Jackson Boulevard Chicago, IL 60604-3666 (312) 886-6003 Region 6 (Arkansas, Louisiana, New Mexico, Oklahoma, Texas)

Regional Lead Contact U.S. EPA Region 6 1445 Ross Avenue, 12th Floor Dallas, TX 75202-2733 (214) 665-7577

Region 7 (Iowa, Kansas, Missouri, Nebraska)

Regional Lead Contact U.S. EPA Region 7 (ARTD-RAL!) 901 N. 5th Street Kansas City, KS 66101 (913) 551-7020

Region 8 (Colorado, Montana, North Dakota, South Dakota, Utah, Wyoming)

> Regional Lead Contact U.S. EPA Region 8 999 18th Street, Suite 500 Denver, CO 80202-2466 (303) 312-6021

Region 9 (Arizona, California, Hawaii, Nevada)

Regional Lead Contact U.S. Region 9 75 Hawthorne Street San Francisco, CA 94105 (415) 947-4164

Region 10 (Alaska, idaho, Oregon, Washington)

Regional Lead Contact U.S. EPA Region 10 Toxics Section WCM-128 1200 Sixth Avenue Seattle, WA 98101-1128 (206) 553-1985

CPSC Regional Offices

Your Regional CPSC Office can provide further information regarding regulations and consumer product safety.

Eastern Regional Center
Consumer Product Safety Commission
201 Varick Street, Room 903
New York, NY 10014
(212) 620-4120

Central Regional Center Consumer Product Safety Commission 230 South Dearborn Street, Room 2944 Chicago, IL 60604 (312) 353-8260 Western Regional Center Consumer Product Safety Commission 1301 Clay Street, Suite 610-N Oakland, CA 94612 (510) 637-4050

HUD Lead Office

Please contact HUD's Office of Healthy Homes and Lead Hazard Control for information on lead regulations, outreach efforts, and lead hazard control and research grant programs.

U.S. Department of Housing and Urban Development Office of Healthy Homes and Lead Hazard Control 451 Seventh Street, SW, P-3206 Washington, DC 20410 (202) 755-1785

Simple Steps To Protect Your Family From Lead Hazards

If you think your home has high levels of lead:

- Get your young children tested for lead, even if they seem healthy.
- Wash children's hands, bottles, pacifiers, and toys often.
- Make sure children eat healthy, low-fat foods.
- Get your home checked for lead hazards.
- Regularly clean floors, window sills, and other surfaces.
- Wipe soil off shoes before entering house.
- Talk to your landlord about fixing surfaces with peeling or chipping paint.
- Take precautions to avoid exposure to lead dust when remodeling or renovating (call 1-800-424-LEAD for guidelines).
- Don't use a belt-sander, propane torch, heat gun, dry scraper, or dry sandpaper on painted surfaces that may contain lead.
- Don't try to remove lead-based paint yourself.