



## “Home Safe Home” San Diego Housing Commission

The San Diego Housing Commission’s “Home Safe Home” Program is funded by two federal grants totaling \$4.1 million that protect low-income children and families in the City of San Diego from lead-based paint and other home health hazards.

The U.S. Department of Housing & Urban Development (HUD) grants are comprised of:

- \$3.1 million from HUD’s Lead-Based Paint Hazard Control Grant Program
- \$1.0 million from HUD’s Healthy Homes Production Grant Program.



SAN DIEGO  
HOUSING  
COMMISSION



## San Diego Housing Commission “Home Safe Home” Partners

U.S. Department of Housing &  
Urban Development (HUD)

Environmental Health Coalition

City of San Diego

Environmental Services

City of San Diego

Redevelopment Agency

County of San Diego Health Services

La Maestra Community Health Center

American Lung Association

Urban Corps of San Diego County

Rebuilding Together San Diego

Richard Heath & Associates—SDG&E  
Energy Team

Metropolitan Area Advisory  
Committee (MAAC)

Campeños Unidos

Southeastern Economic Development  
Corporation (SEDC)

Bayside Community Center

Mid-City CAN

Healthy Homes Collaborative

Sherman Heights

Community Center

SAN DIEGO  
HOUSING  
COMMISSION

“Home Safe Home”  
*“We’re About People”*



## Did You Know?

- Exposure to lead-based paint can be harmful to children and adults;
- 75% of the homes built before 1979 contain some lead-based paint;
- The Centers for Disease Control and Prevention estimates that 310,000 children have blood-lead levels above safe limits.



## The Dangers of Lead

Lead-based paint is a major source of lead poisoning for children and can affect adults. Even low levels of lead in children can result in stunted mental and physical development, learning disorders, and behavior problems. Lead can even cause abnormal fetal development in pregnant women.

You might have lead in and around your home without knowing it because you cannot see, taste or smell lead. Lead is most commonly found on exterior-painted surfaces, interior woodwork, doors, and windows. The greatest threat is breathing or ingesting dust from lead-based paint as it chips or deteriorates over time.



## What Should You Do?

- You should test your home and family for lead if you think a potential hazard exists through the “Home Safe Home” Program of the San Diego Housing Commission.
- Submit a pre-application form for lead testing, which can be found on the San Diego Housing Commission’s Web site at: [www.sdhc.org](http://www.sdhc.org).

Contact: (619) 578-7521



## “Home Safe Home” Protects Families

The “Home Safe Home” Program of the San Diego Housing Commission is available to families whose homes are frequented by children under 6-years old.

Primary outreach efforts will focus on high-risk target areas that include the communities of:

- City Heights
- Logan Heights
- Linda Vista
- Sherman Heights

“Home Safe Home” will conduct lead remediation in homes that were built before 1979. Maximum grant amounts are:

- \$10,000 for single-family structures.
- \$5,000 per unit for multi-family structures. An additional \$5,000 per project will be made available for multi-family projects to control lead hazards in common areas.
- Once a property qualifies for remediation, property owners are required to competitively bid their projects and to select the lowest responsive bid.

In addition, throughout the year, blood testing for the presence of lead will be conducted at select schools and communities by the Housing Commission’s partner, the Environmental Health Coalition.

A non-invasive portable Lead Care II blood analyzer is used, which involves a small pin prick to your child’s finger.

The test results are immediate—within three minutes. If your child tests positive, families will be referred for further medical evaluation. In addition families are provided with information on how to eliminate lead hazards, offered a free home inspection, and encouraged to sign-up for the “Home Safe Home” Program.

The blood analyzers were purchased by the San Diego Housing Commission through the “Home Safe Home” Program.



## “Home Safe Home” Protects Families

The second component of the “Home Safe Home” Program assists in keeping your home safe from health hazards such as:

- Roaches
- Rodents
- Dust mites
- Mold and moisture
- Poor indoor air quality that can cause Asthma/allergies
- Debris and unsafe conditions that can cause unintentional injuries



Families can apply for grants and other funding to eliminate health and safety problems in the home. They will be screened for eligibility by the “Home Safe Home” Program of the San Diego Housing Commission.



Visit the San Diego Housing Commission Web site for more information at:  
[www.sdhc.org](http://www.sdhc.org)

## The Facts:

Lead poisoning is a serious disease, especially for young children. Lead poisoning can cause learning disabilities, behavioral problems, mental retardation and stunted growth. Children under six are most at risk.

No treatment completely removes lead from the body.

Children can pick up tiny, dangerous particles of lead in many places. For example, leaded paint crumbles into house dust or soil. After crawling on the floor, children may put their dirty hands in their mouths and eat the poisonous lead. And lead comes from other places besides paint.

## The Good News:

Lead poisoning is preventable. By following the steps in this pamphlet, you can help reduce your family's exposure to lead.



*Environmental Health Coalition's mission is to reduce and ultimately eliminate the disease and environmental degradation caused by toxic pollution. We believe that all people have the right to live and work in a safe and healthy environment. Call (619) 235-0281 for more information.*

### IMPORTANT LOCAL PHONE NUMBERS

Free lead testing for eligible children:  
**Child Health & Disability Prevention Program (692-8428)**

To find the clinic closest to you:  
**The Council of Community Clinics (265-2100)**

**San Diego County Dept. of Health Services:**  
Educational materials & questions answered about lead:  
**Public Health Education (236-2705)**  
Case management services for lead poisoned children:  
**AIDS & Community Epidemiology (236-3598)**

Questions about lead in your home, food & pottery:  
**Environmental Health Services**  
**Community Food and Housing (338-2222)**

Signs of lead poisoning & understanding your child's lead test results:  
**San Diego Regional Poison Center (543-6000)**

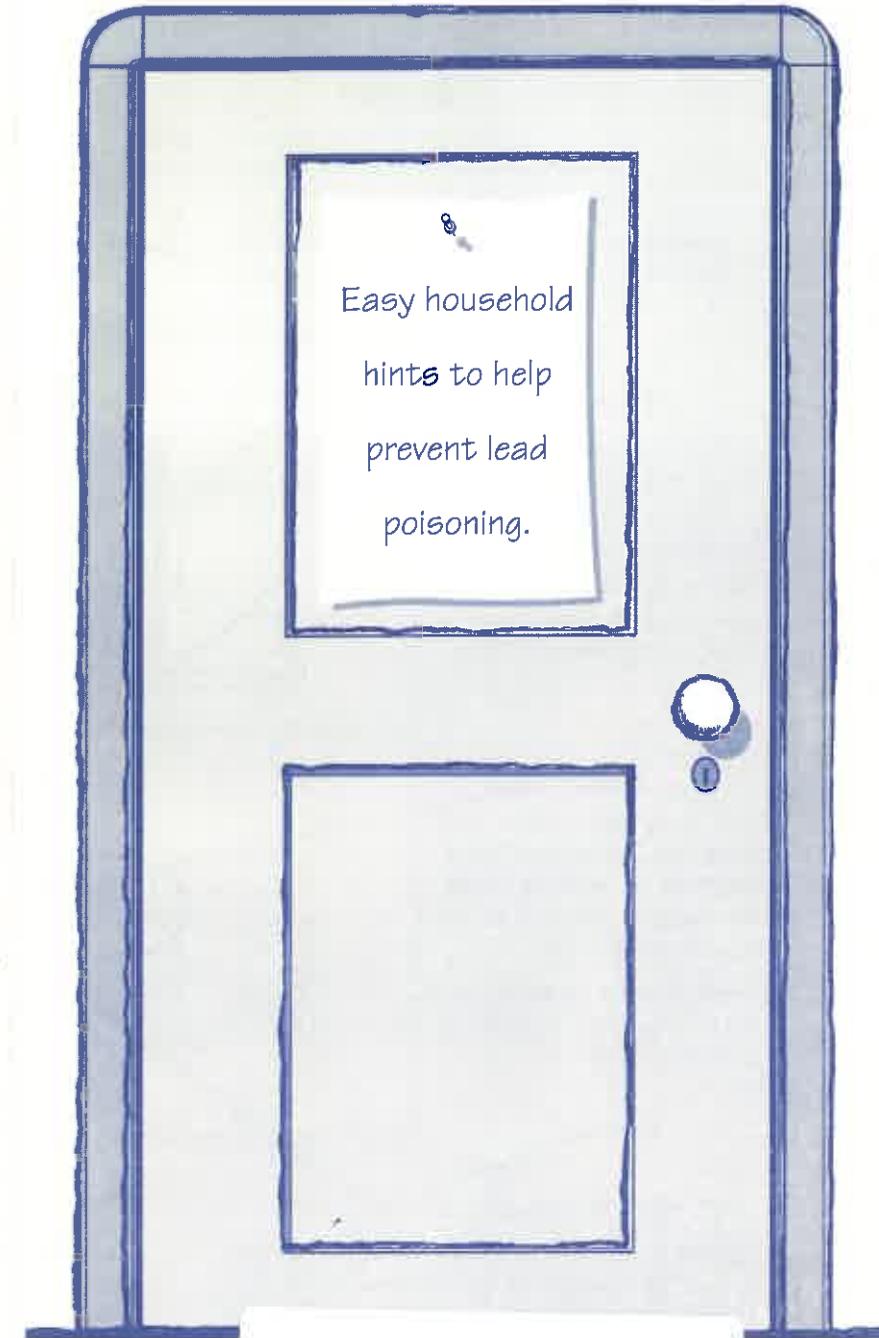
Nutritional information & food vouchers for eligible children:  
**American Red Cross WIC Program (583-6051)**  
**San Diego County WIC Program (338-8127)**  
**San Ysidro Health Center WIC Program (424-7820)**  
**Mercy Hospital WIC Program (260-7054)**

Legal services for lead-related health & housing issues:  
**Legal Aid Society of San Diego (262-5557)**

Training courses for contractors, and facilities maintenance and construction workers to manage lead-based paint hazards safely:  
**Western Regional Lead Training Center (1-800-572-LEAD)**

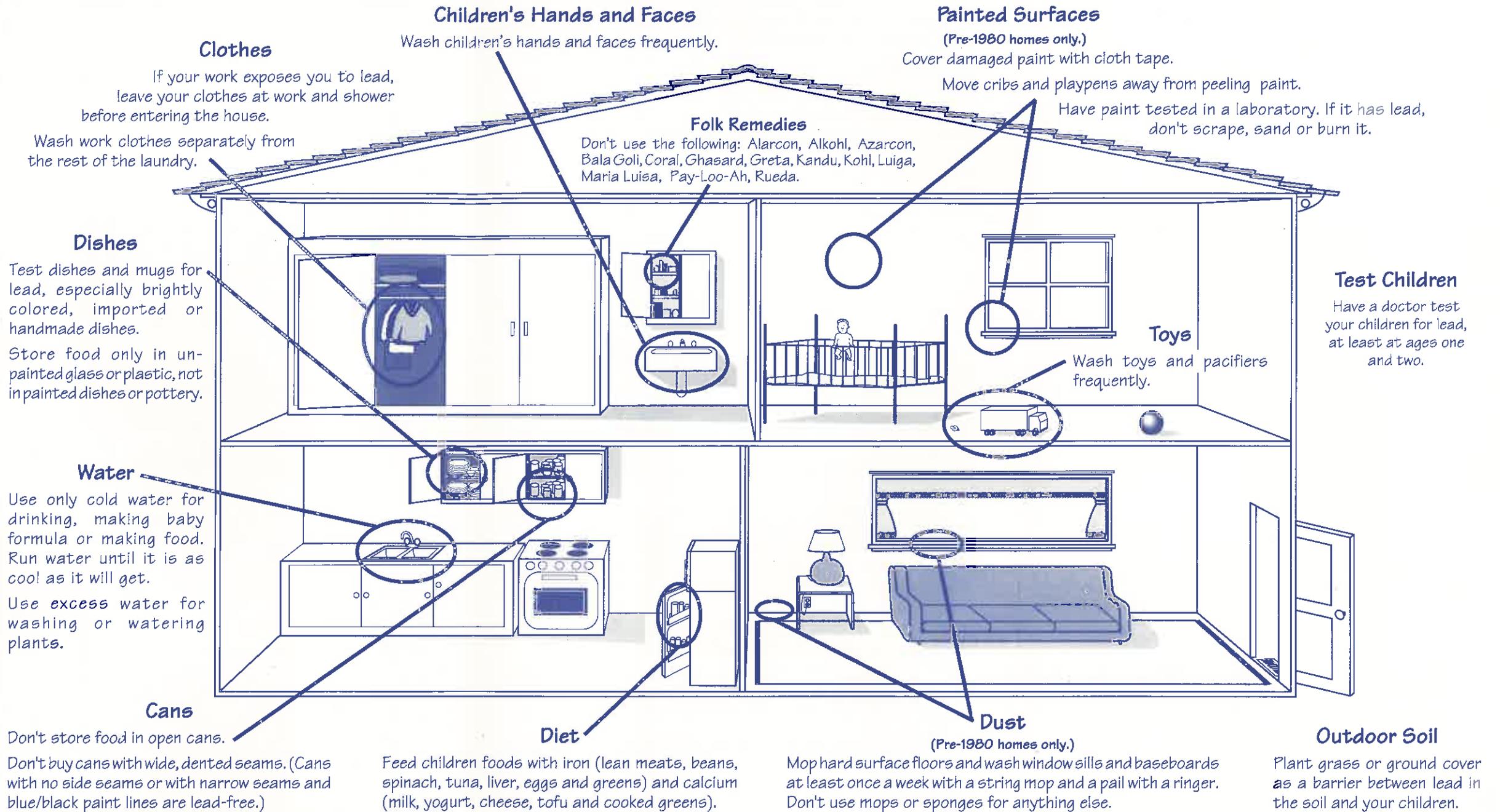
*Funding for the Environmental Health Coalition "Get the Lead Out" Campaign has been provided by the Abelard Foundation, Noral Memorial Fund and the San Diego Community Foundation.*

## Reducing Lead in Your Home



**Environmental Health Coalition**  
2727 Hoover Avenue, Suite 202  
National City, CA 91950

# Reducing Lead in Your Home



## LOS DATOS:

El envenenamiento por plomo es una enfermedad seria, especialmente para los niños pequeños. El envenenamiento por plomo puede causar incapacidades en el aprendizaje, problemas de conducta, retraso mental y puede impedir el desarrollo normal del niño/a. Los niños menores de seis años son los que corren un riesgo mayor de contraer el envenenamiento por plomo.

Ningún tratamiento elimina completamente el plomo del cuerpo.

Los niños pueden recoger pequeñas partículas de plomo en muchos lugares. Por ejemplo: partículas de pintura con plomo se desmenuzan en el polvo o tierra de la casa.

Después de gatear o arrastrarse por el suelo, los niños pueden poner sus manos sucias en la boca y comer las partículas venenosas de plomo. Y el plomo también viene de otros lugares, además de la pintura.

## BUENAS NOTICIAS:

El envenenamiento por plomo se puede prevenir. Siguiendo los pasos en este panfleto, Usted puede ayudar a su familia a exponerse menos al plomo.



**La agencia Environmental Health Coalition (Coalición para la Salud Ambiental) tiene como meta el reducir y esencialmente eliminar la enfermedad y la degeneración ambiental causada por la contaminación. Nuestra creencia es que todo mundo tiene el derecho de vivir y trabajar en un ambiente seguro y sano. Para más información, llame al (619) 235-0281.**

### NUMEROS LOCALES IMPORTANTES

Prueba gratuita del nivel de plomo en la sangre para los niños elegibles:  
**Child Health and Disability Prevention Program (692-8428)**

Para encontrar la clínica más cercana a usted:  
**The Council of Community Clinics (265-2100)**

**San Diego County Department of Health Services:**  
Ofrece materiales educativos y dá respuestas a preguntas sobre el plomo:  
**Public Health Education (Educación de la salud) (515-6505)**  
Mantenimiento de casos para los niños envenenados:  
**AIDS and Community Epidemiology (515-6620)**

Si tiene preguntas sobre plomo en el hogar, en la comida o en la losa:  
**Environmental Health Services**  
**Community Food and Housing (338-2222)**

Información sobre los síntomas del envenenamiento por plomo y de cómo comprender los resultados de la prueba:  
**San Diego Regional Poison Center (543-6000)**

Para información sobre la nutrición; para obtener cupones para comida para niños elegibles:  
**American Red Cross WIC Program (Programa WIC de la Cruz Roja) (583-6051)**  
**San Diego County WIC Program (338-8127)**  
**San Ysidro Health Center WIC Program (426-7966)**

Ayuda legal para problemas de salud y vivienda relacionados al plomo:  
**Legal Aid Society of San Diego (262-5557)**

Cursos sobre las precauciones necesarias al tratar con la pintura con plomo. Los cursos son especialmente para contratistas y para trabajadores en mantenimiento y construcción:  
**Western Regional Lead Training Center (1-800-572-5323)**

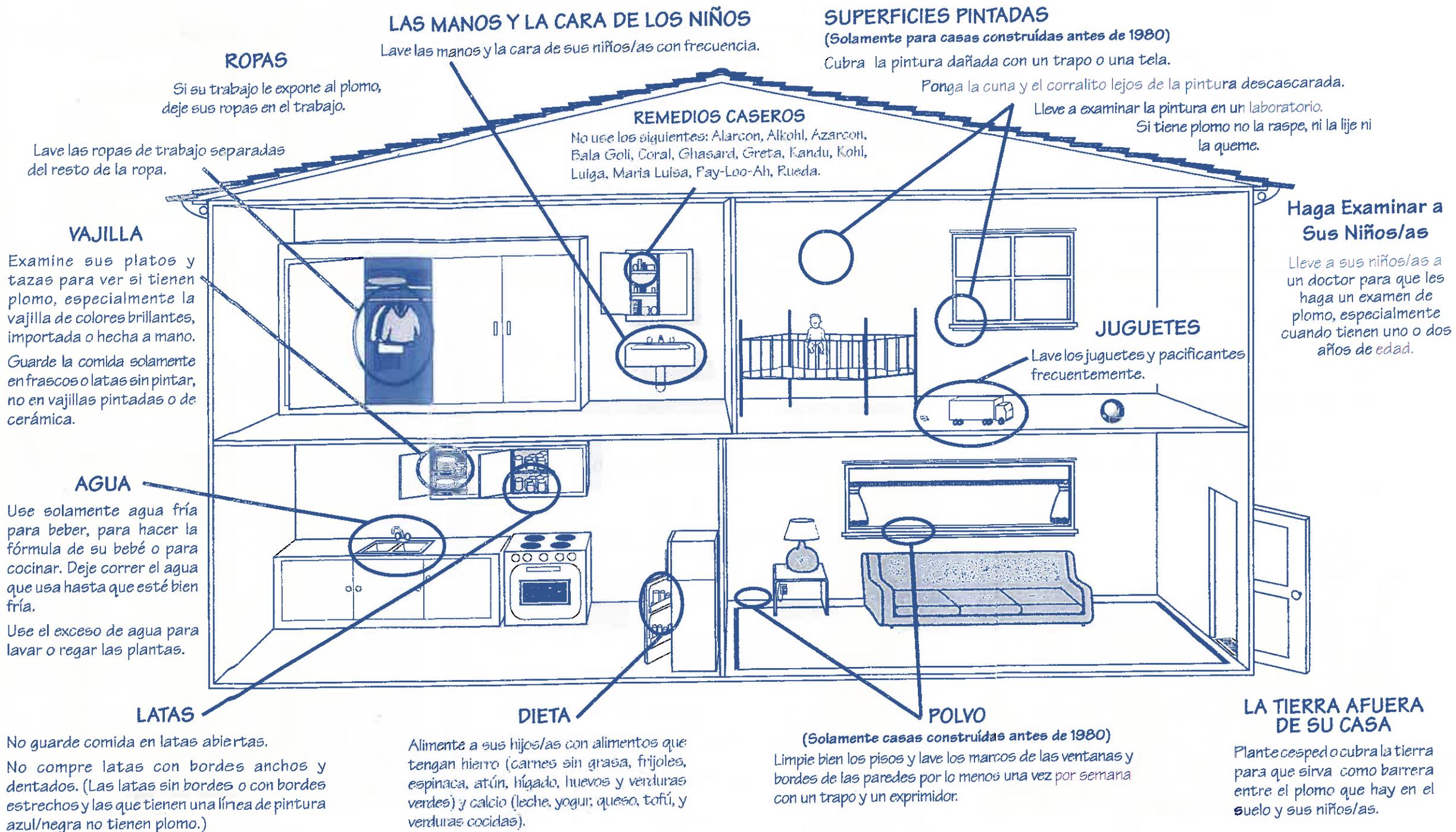
*"Como Reducir el Plomo en Su Casa" es producido como parte de la Campaña de Barrios Libres de Tóxicos de la Coalición de Salud Ambiental. Financiamiento ha sido proporcionado por: James Irvine Foundation, San Diego Foundation for Change, Campaign for Human Development, French American Charitable Trust, Public Welfare Foundation, Unitarian Universalist Veatch Program at Shelter Rock.*

## COMO REDUCIR EL PLOMO EN SU CASA



**ENVIRONMENTAL HEALTH COALITION**  
**2727 Hoover Avenue, Suite 202**  
**National City, CA 91950**

# COMO REDUCIR EL PLOMO EN SU CASA



# CONGRATULATIONS ON HAVING YOUR CHILD TESTED FOR LEAD

Lead is very toxic to children. Most of the time children who are lead poisoned have NO symptoms. A blood test is the only way to know for sure if your child is lead poisoned. Even low levels of lead poisoning can cause learning and behavior problems. Ask your doctor to have your child re-tested for lead poisoning in 6 months.

Below are simple steps to help keep your child safe from lead poisoning.

## DON'T BRING LEAD HOME WITH YOU

Some of these items may include:

- ☉ Imported, homemade or older dishes and pots.
- ☉ Medicines not prescribed by a doctor.
- ☉ Make-up like Kohl or Surma.
- ☉ Some imported candies, especially candies made with chili or tamarind fruit.
- ☉ Some children's toys and jewelry.
- ☉ If you or a family member works with lead change out of work clothes and shoes and wash up or shower before coming home. If there are no showers at work, shower at home before making contact with your family.



To find out about recalled items, call the Consumer Product Commission Safety Hotline at 1-800-638-2772.

## FEED YOUR CHILD HEALTHY MEALS AND SNACKS

Make sure meals include foods rich in:

- ☉ **CALCIUM:** milk, cheese, yogurt, corn tortillas, tofu, bean curd, collard/mustard greens, broccoli, oranges, corn muffin and salmon.
- ☉ **IRON:** meat, chicken, cooked dried beans, iron-fortified cereals, raisins, baked potatoes, leafy green vegetables and watermelon.
- ☉ **VITAMIN C:** oranges, grapefruit, tomatoes, mangos, cantaloupe (melon), fruit juice, broccoli, bell peppers, strawberries and papaya.

*Don't forget...*

**WASH YOUR CHILD'S HANDS AND TOYS OFTEN!**

## IF YOUR HOME WAS BUILT BEFORE 1979 IT MAY HAVE LEAD IN THE PAINT AND DUST



Tips to help keep your home clean and dust free:

- ☉ Keep children away from flaky, cracked or peeling paint.
- ☉ Mop floors using soapy water and rinse with clean water. If possible, vacuum carpets using a vacuum with a HEPA filter regularly.
- ☉ Use water or household cleaners when dusting.
- ☉ Use a wet cloth to wipe window sills often.
- ☉ Wash children's hands and toys with soap and water regularly.
- ☉ Keep furniture (including baby furniture) away from paint that is chipped or peeling.
- ☉ Do not let your child chew on painted surfaces or eat paint chips.
- ☉ Cover chipped or peeling paint with contact paper or duct tape.
- ☉ Take shoes off or wipe the bottoms on a doormat before entering the house.

**IMPORTANT! LEAD SAFE WORK PRACTICES MUST BE USED WHEN DOING WORK ON A HOME BUILT BEFORE 1979. IF NOT, YOU MAY BE EXPOSING YOUR FAMILY TO LEAD!**

**SEE ATTACHED BROCHURE FOR INFORMATION ON HOW YOU CAN ENROLL IN A FREE PROGRAM TO KEEP YOUR HOME SAFE FROM LEAD.**

Call (619) 515-6629 for free information on lead

If you have questions about lead poisoning or would like further information, contact the Childhood Lead Poisoning Prevention Program at 619-515-6694.

# Le Felicítamos Por Haberle Hecho El Examen de Plomo A Su Hijo

El plomo es un veneno. Los niños envenenados con plomo casi nunca tienen síntomas. La prueba de plomo indica si su hijo tiene envenenamiento de plomo. Aun pequeñas cantidades pueden causar problemas de aprendizaje y comportamiento. Pídale al doctor que repita el examen de plomo en seis meses.

Consejos sencillos para proteger a sus niños contra el envenenamiento de plomo:

## NO LLEVE PLOMO A CASA

A veces la familia trae objetos con plomo a casa sin saberlo. Por ejemplo:

- ☺ Ollas o platos importados, hechos de barro o más antiguos.
- ☺ Remedios no recetados por un doctor.
- ☺ Maquillaje de la India como el Kohl o Surma.
- ☺ Algunos dulces importados especialmente aquellos hechos con chile o tamarindo.
- ☺ Algunos juguetes o joyería.
- ☺ Cámbiese de ropa y zapatos y lávese o bañese antes de llegar a casa si trabaja con plomo. Si no hay regaderas en su trabajo, bañese antes de tener contacto con su familia. Su ropa debe lavarse separada de los otros.



Para más información sobre objetos con plomo que se han quitado del comercio, llame a la Comisión de Seguridad de Productos De Consumo al 1-800-638-2772.

## ALIMENTE A SU HIJO COMIDAS Y BOCADILLOS NUTRITIVOS

Asegúrese que las comidas incluyan alimentos ricos en:

- ☺ **CALCIO:** leche, queso, yogurt, tortillas de maíz, tofu, frijoles, brócoli, naranjas, pan de maíz y salmón.
- ☺ **HIERRO:** carne, pollo, frijoles cocidos, cereales con hierro, pasas, papas al horno, verduras y sandía.
- ☺ **VITAMINA C:** naranjas, toronjas, tomates, mangos, melón, jugo de frutas, brócoli, chile morrón, fresas y papaya.

No se le Olvide...

**LAVE LAS MANOS Y JUGUETES DE SUS HIJOS FRECUENTEMENTE**

## SI SU CASA FUE CONSTRUIDA ANTES DE 1979 O SI USTED NO SABE CUANDO FUE CONSTRUIDA, PUEDE QUE TENGA PLOMO EN LA PINTURA Y POLVO.

Mantenga su casa limpia y sin polvo:



- ☺ No deje que sus hijos toquen pintura de apariencia sospechosa o descarapelada.
- ☺ Limpie sus pisos frecuentemente con agua y jabón. Si es posible, pase la aspiradora con filtro HEPA regularmente.
- ☺ Use trapos húmedos para sacudir los muebles.
- ☺ Use trapos húmedos para limpiar las ventanas.
- ☺ Lave los juguetes y manos a sus niños frecuentemente.
- ☺ Mantenga todos los muebles lejos de las paredes con pintura descarapelada.
- ☺ No deje que sus hijos mastiquen superficies pintadas o que coma pedazos de pintura.
- ☺ Cubra la pintura descarapelada o sospechosa con cinta adhesiva.

**CUANDO SE HAGA TRABAJO EN CASAS CONSTRUIDAS ANTES DE 1979 TOME PRECAUCIONES. SI NO, SU FAMILIA PUEDE SER EXPUESTA AL PLOMO!**

**LEA EL FOLLETO INCLUIDO QUE LE INFORMA COMO INSCRIBIRSE EN UN PROGRAMA GRATUITO QUE LE ENSEÑA COMO PROTEGER SU CASA CONTRA LOS PELIGROS DEL PLOMO.**

Llame al (619) 515-6629 para información gratuita sobre prácticas seguras para trabajar con plomo.

Si tiene preguntas sobre el envenenamiento de plomo o quiere más información, llame al Programa De Prevención De Envenenamiento de Plomo en los Niños 619-515-6694



## CERTIFIED CANDY PRODUCTS WITHOUT LEAD DULCES CERTIFICADOS SIN PLOMO

### THE FAVORITES / LOS FAVORITOS



PULPARINDO



TAMA ROCA



PELON PELO RICO



VERO MANGO



DEDOS INDY



JILOTÉ KARLA



LIMÓN 7



LUCAS PELUCAS



MARA ELOTES



GONDI SERPENTINAS



VERO ELOTES



CHACA CHACA

**Candy products are being monitored and tested. Several candies are now safe to eat, you can enjoy these!**

We urge parents to take precaution. Visit [www.environmentalhealth.org](http://www.environmentalhealth.org) to view a complete list of certified candy products. Lead Poisoning is the #1 environmental health threat to children under 6 years-old.

**Los dulces se están monitoreando y examinados. Varios dulces ya se pueden comer. ¡Puedes disfrutar de estos!**

Le pedimos a los padres que tomen precaución. ¡Visiten nuestra pagina web [www.environmentalhealth.org](http://www.environmentalhealth.org) para ver la lista completa de los dulces certificados! El envenenamiento por plomo es la amenaza #1 a la salud de los niños menores de 6 años.

FOR MORE INFORMATION/ PARA MÁS INFORMACIÓN  
LUZ PALOMINO (619) 474-0220 X 121  
[LUZP@ENVIRONMENTALHEALTH.ORG](mailto:LUZP@ENVIRONMENTALHEALTH.ORG)

EMPODERANDO A LA GENTE. ORGANIZANDO A LAS COMUNIDADES. LOGRANDO LA JUSTICIA.