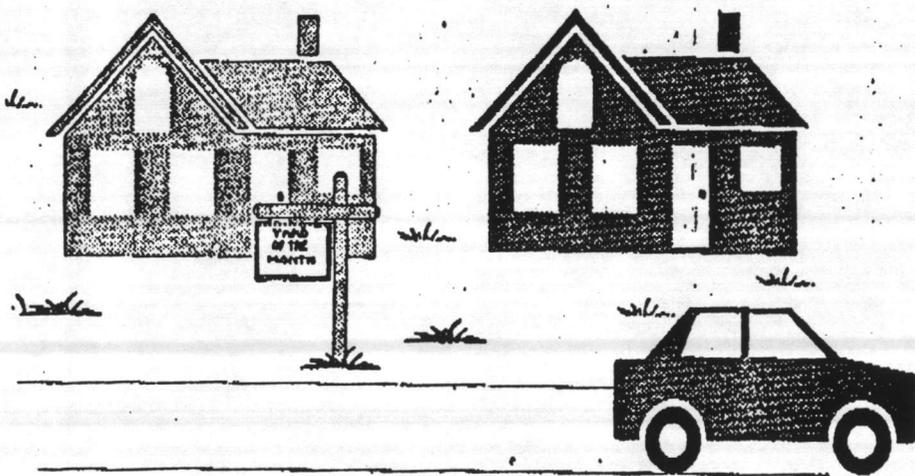
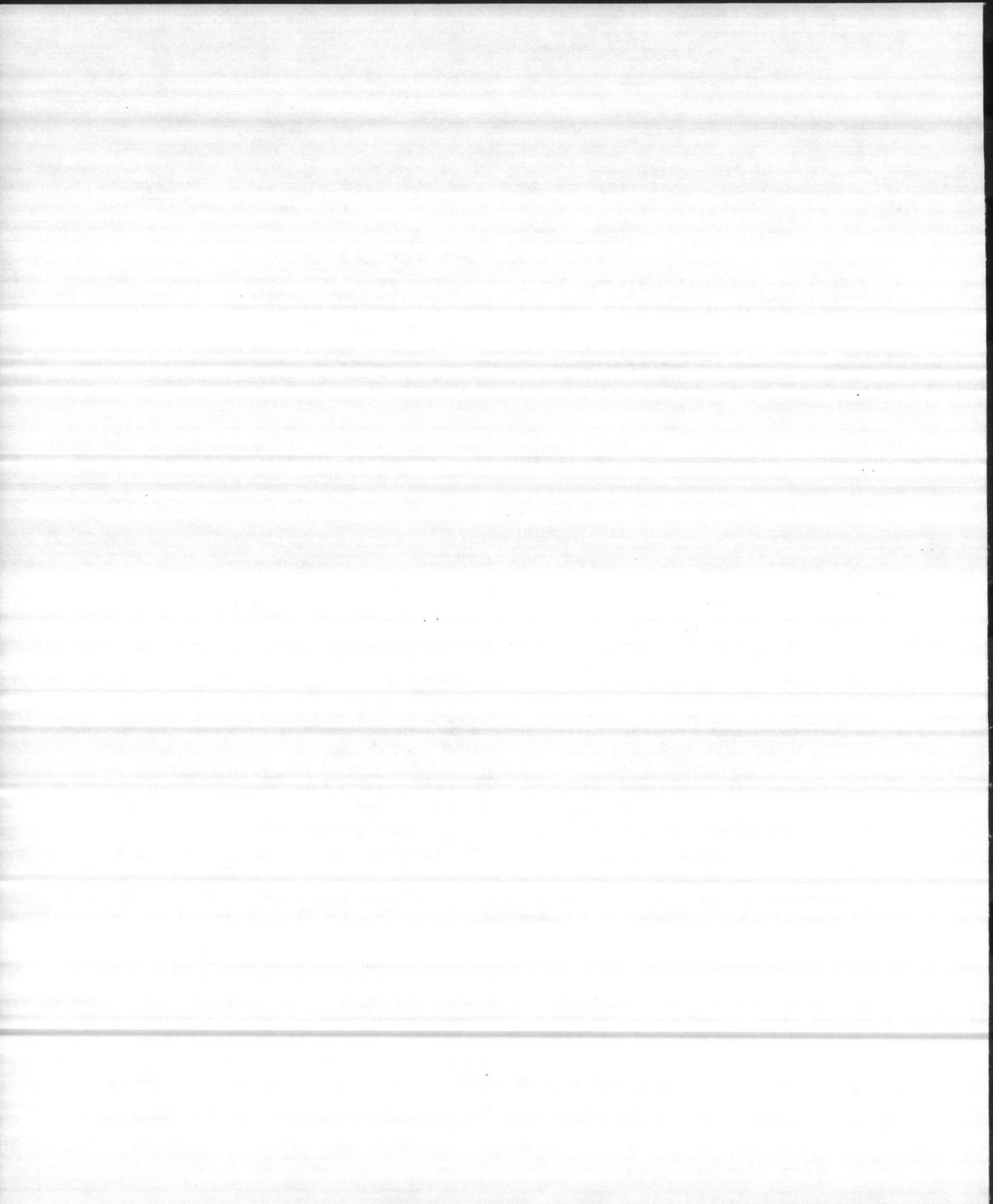


ASBESTOS IN YOUR HOME ?





GENERAL INFORMATION ABOUT ASBESTOS

Asbestos is a naturally occurring mineral fiber that was added to a variety of products to strengthen them and to provide heat insulation and fire resistance.

Studies have linked inhalation of asbestos fibers to an increased risk of respiratory disease. The body cannot absorb or digest asbestos. People who are exposed to high levels over long periods of time can develop lung cancer, mesothelioma, or asbestosis. Symptoms of these diseases don't usually appear for 20 to 30 years after exposure.

The presence of asbestos in your home is not a serious problem if the asbestos materials are in good condition. When asbestos materials are damaged; such as crumbling into dust, sawing, scraping or sanding into powder, the likelihood for exposure and potential for health risk is increased. But exposure can be reduced. Measures like sealing and covering asbestos materials can protect your family from possible exposure.

Remember.....There is NO danger unless fibers are released and inhaled into the lungs.

SMOKING GREATLY INCREASES THE POTENTIAL FOR HEALTH RISK FROM EXPOSURE TO ASBESTOS.

**WHERE CAN I FIND ASBESTOS AND
WHEN CAN IT BE A PROBLEM?**

Asbestos was used in building products and insulation materials until the 1970s. Only a few products made today contain asbestos and these are required to have a warning label.

COMMON PRODUCTS THAT MIGHT CONTAIN ASBESTOS INCLUDE:

INSULATION ON STEAM PIPES, BOILERS, FURNACE DUCTS
These materials may release fibers if damaged, repaired, or removed improperly.

RESILIENT FLOOR TILES, VINYL SHEET FLOORING, AND ADHESIVES
Sanding or scraping tiles, sheet flooring or adhesives during removal could release fibers.

SOUND PROOFING or DECORATIVE MATERIALS sprayed on walls and ceilings. Loose, crumbling or water damaged material may release fibers, as will sanding, scraping or drilling the material.

PATCHING and JOINT COMPOUND for walls and ceilings, and **TEXTURED PAINTS**. Sanding, scraping, or drilling these materials may release fibers.

ASBESTOS CEMENT ROOFING, SHINGLES, AND SIDING
These are **NOT** likely to release fibers unless sawed, cut or drilled.

FIREPROOF GLOVES, IRONING BOARD COVERS, STOVE-TOP PADS and even some **HAIRDRYERS**.

MANAGING ASBESTOS

If you believe you have Asbestos in your home, **DON'T PANIC**. If the material is in good condition, the best thing to do is **LEAVE IT ALONE**. Asbestos material in good condition, generally, does **NOT** release fibers into the air.

Routinely assess suspected asbestos materials, do **NOT** touch it. Look for signs of wear or any damage due to tears, abrasions, or water damage. Report damaged materials to the Housing Office, limit access to the area, and again do **NOT** touch or disturb the material in an attempt to make repairs.

Corrections to damaged materials can be made by **REPAIR** or **REMOVAL**. Both should be done by professionals trained and knowledgeable in asbestos abatement. Repairs usually involve encapsulating the material with a sealant that binds the asbestos fibers together or a special application coating that prevents fiber release. Repairs may also include coverings or enclosures around or over the materials to prevent fiber release.

Removal, while the ultimate solution, is very costly and poses a greater risk of releasing asbestos fibers into the air. Special equipment and procedures must be used for removing asbestos. As such, removal is generally considered if remodeling or renovations are to be done; or if the asbestos materials are extremely damaged.

MOST IMPORTANT POINTS TO REMEMBER

Do keep activities to a minimum in any areas having damaged material that may contain asbestos.

Do take every precaution to avoid damaging asbestos material.

Don't dust, sweep, or vacuum debris that may contain asbestos, use a wet mop.

Don't saw, sand, scrape, or drill holes in asbestos materials.

Don't use abrasive pads or brushes on power strippers to strip wax from asbestos flooring. Never use a power stripper on a dry floor.

When asbestos flooring needs replacing, install new floor covering over it, if possible.

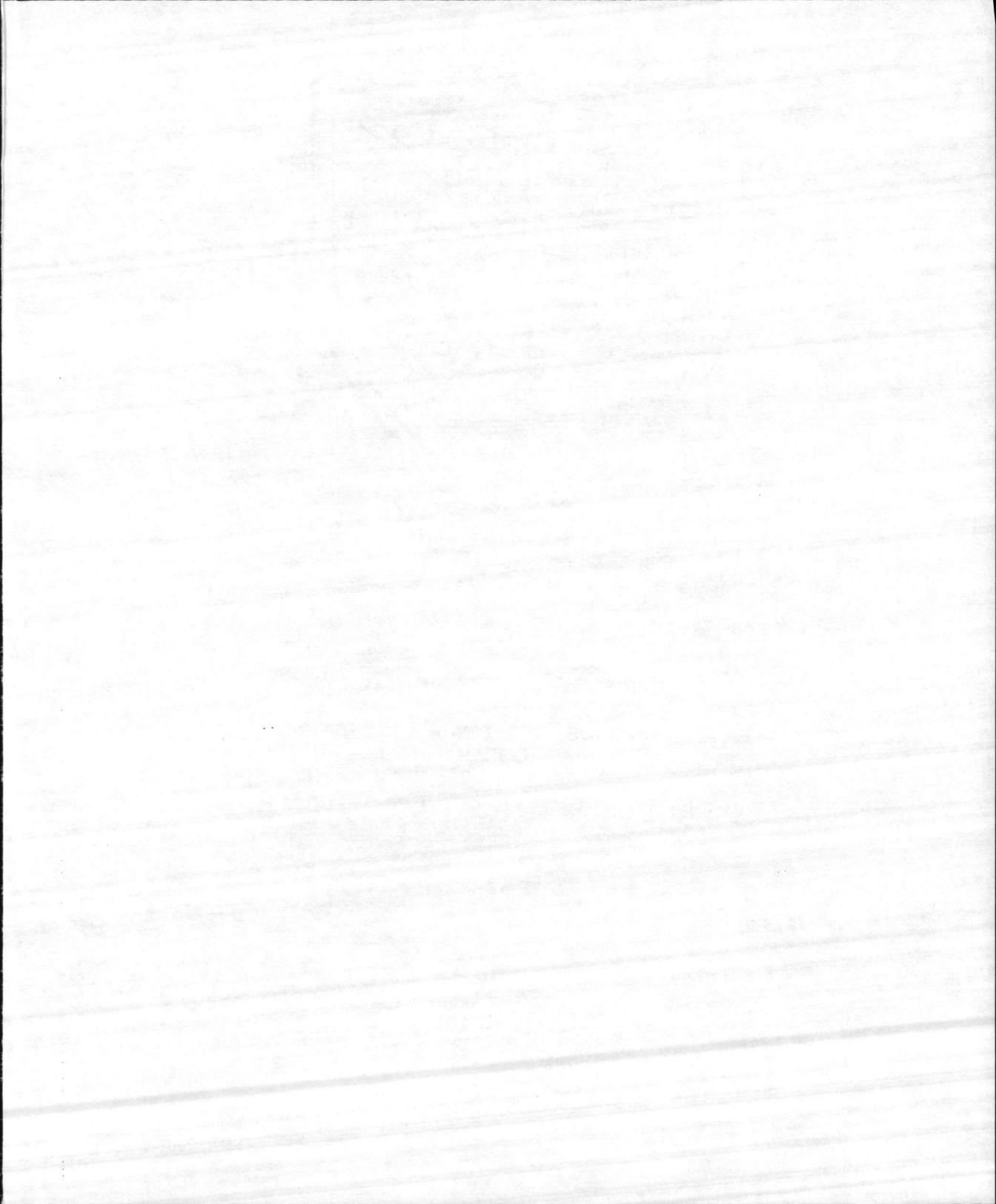
Don't try to make repairs or perform removal yourself, call the Housing Office for professional assistance.

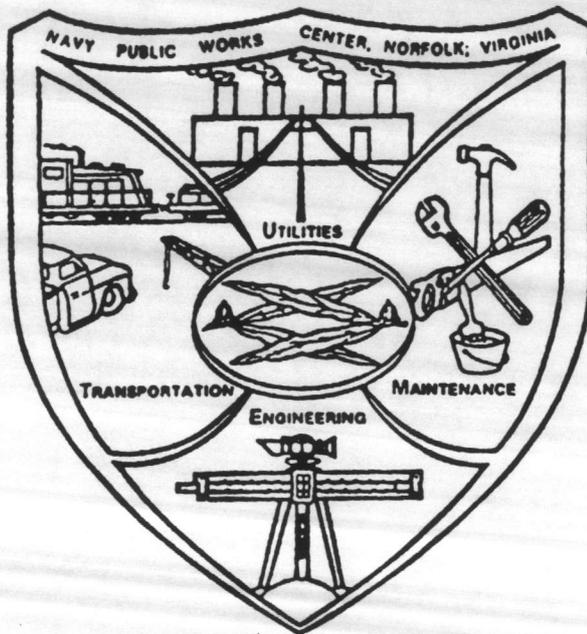
Remember.....Asbestos is **NOT** a threat unless fibers are released and inhaled into the lungs. **EXPOSURE CAN BE PREVENTED.**

**FOR FURTHER INFORMATION CONTACT:
NAVY PUBLIC WORKS CENTER - NORFOLK, VA
ASBESTOS AND LEAD ASSESSMENT PROGRAM**

1-800-645-4761

OR 1-804-445-4885





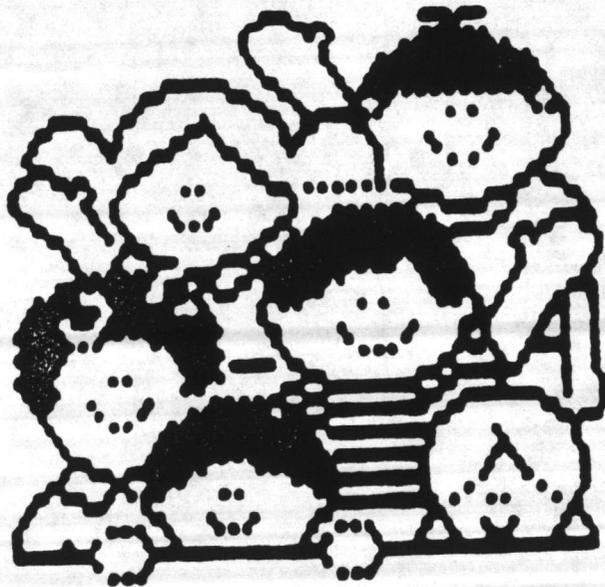
**FOR FURTHER INFORMATION
on the
NAVY ASBESTOS AND LEAD ASSESSMENT
PROGRAM**

1-800-645-4761 or 1-804-445-4885

**Navy Public Works Center
Norfolk, Virginia**

Lead Poisoning

What You Can Do



LEAD POISONING & SOURCES OF LEAD

Lead poisoning can occur in all people of any age, but it is more common in children one to six years of age. We've learned that behavior and learning ability is affected, even when small amounts of lead are absorbed by children. Lead is the # 1 environmental threat to children.

Small children tend to explore their environment using their sense of taste. This leads to placing their hands and objects such as paint chips and dirt into their mouths. They absorb more than adults and are more likely to eat a diet deficient in calcium, iron and zinc (minerals which decrease absorption).

Lead poisoning can be caused by breathing in dust, dirt and particles that contain lead and by eating or drinking substances that have lead in them.

LEAD CAN BE FOUND IN:

Lead based paint
Soil, dust, and dirt
Colored inks used in newspapers, comic books and bread wrappers
Matches and cigarette ashes
Automotive batteries and tire weights
Fishing sinkers and bullets
Stained glass and Tiffany Lamps
Lead pipes, solder and tubes
Water, food and food cans
Curtain weights
Lead Crystal
Improperly glazed pottery and ceramics; especially those from foreign countries
Regular gasoline
Old painted toys, furniture and jewelry
Cosmetics--Grecian Formula

LEAD CAN BE FOUND JUST ABOUT EVERYWHERE. So it is important to know sources of lead and keep them away from your children. This is the first step.

WHAT TO DO

If your child has a low to moderately elevated blood level, there are certain steps that you can take. Always make sure your children's hands are washed both before eating and when they have finished playing.

Provide and encourage your child to eat a well balanced diet which is rich in calcium, iron and zinc. Good sources of these nutrients include:

Low-fat milk and dairy products
Dark green leafy vegetables such as broccoli, spinach and collards
Legumes; dried beans and peas
Iron enriched cereals such as Total, Total Oatmeal, Maypo and Cream of Wheat
Iron enriched breads
Lean red meats such as 85%-90% lean ground beef, roast beef (trimmed) and round steak, lean pork such as fresh ham and lean veal

Foods high in fat, sugar and sodium should be avoided. These include hot dogs, bacon, sausage, bologna, cold cuts, french fries, potato chips and other snack foods, salt from the shaker, regular soft drinks, Kool Aid, candy and fruit drinks.

If your children eat outdoors, they should be taught that if they drop food on the ground, they should not pick it up and eat it. REMEMBER, SOIL IS A SOURCE OF LEAD.

Another step that you can take is to damp dust and damp mop in your home, (especially during warmer months) at least once a week. Doors and windows are open during this time allowing dirt and dust to circulate throughout your home.

FOR CHILDREN WITH LOW LEAD LEVELS

Treatment of children with low levels of lead include:

Finding the source of poisoning and eliminating the source

Know sources of lead and keep your child away from them

Teach children to wash their hands before eating and after playing

Provide and encourage your children to eat a well balanced diet

Avoid giving them foods high in fat, sugar and sodium

Supervise children when they eat outdoors

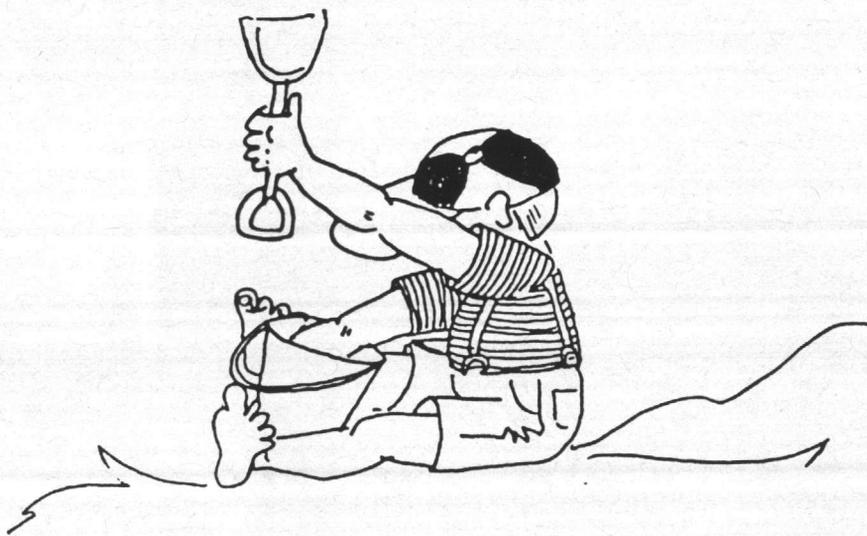
Damp dust and damp mop in your home

Keep appointments with the doctor

**FOR FURTHER INFORMATION CONTACT
PUBLIC WORKS CENTER, NORFOLK VA**

1-800-645-4761 or 1-804-445-4885

Childhood Lead Poisoning Awareness



WHAT IS LEAD POISONING ?

Lead is a heavy metal that occurs naturally in the environment. Lead is also found in many industrial sources such as paint and gasoline.

Lead poisoning is an elevated lead level in the blood. Lead is a poison that damages the body.

SIGNS AND SYMPTOMS

Many signs of lead poisoning are similar to other childhood diseases. If your child has stomach aches, vomits, is tired or cross or eats paint chips or other non-food items, call your doctor. However, many children show no signs of lead poisoning. This is why it is important to have your children up to age six checked every year.

LEAD POISONING IS A SERIOUS THREAT TO CHILDREN

WHY ARE WE CONCERNED ?

Young children sometimes eat lead by picking at peeling paint and eating small chips, a habit called pica. They may also get lead from other sources. Lead stays in the body. When lead is eaten or breathed, it is added to lead already in the body.

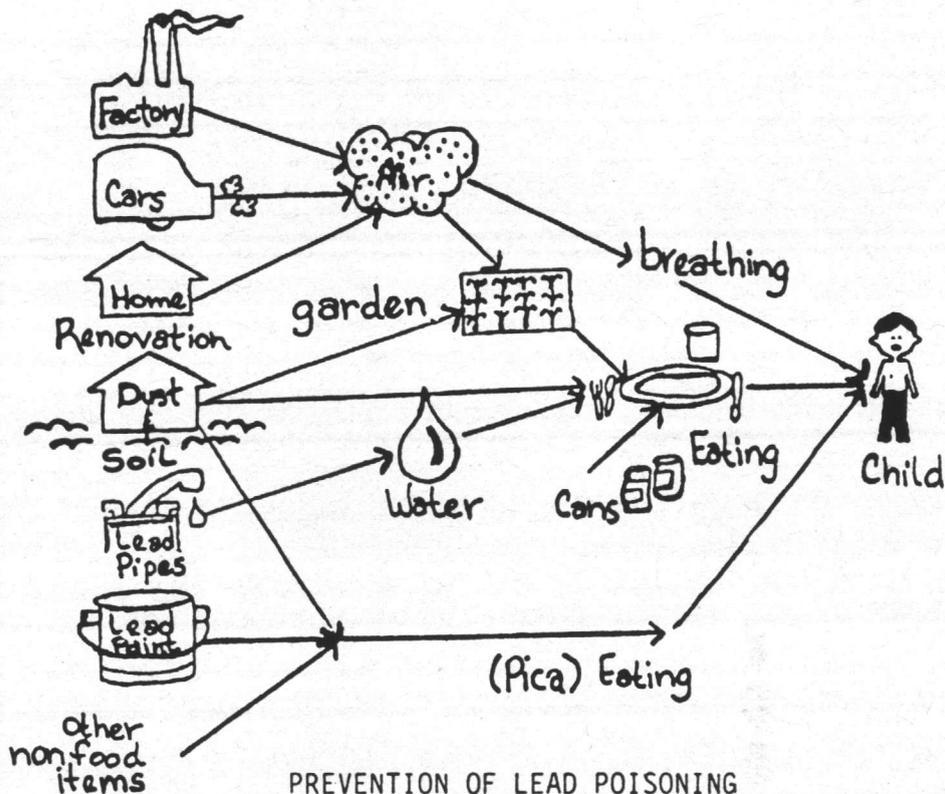
Lead can hurt the liver, brain, kidneys, blood cells, nerves and reproductive system. Lead can cause mental retardation, birth defects, blindness and deafness.

Young children are at risk because their systems are sensitive. Children up to age six, a time of rapid brain growth, are also hurt more by lead because they put things in their mouth.

Eating paint chips is the usual cause of lead poisoning. Lead may also be found in soil around houses, on toys and furniture, pottery, cosmetics and medicines.



SOURCES OF LEAD IN A CHILD'S ENVIRONMENT



PREVENTION OF LEAD POISONING

Lead poisoning can be controlled. Have children up to six years old tested yearly for lead poisoning by your doctor.

Keep children's hands out of their mouth as much as you can.

Wash children's hands often and especially before eating. Wash children's teething toys often.

Let tap water run before you drink it.

A well balanced diet, high in iron and calcium and low in fat is important in keeping a child healthy.

Make sure children do not put non-food items in their mouth.

Damp mop inside floors and surfaces before dust settles. Outside dirt becomes dust when it comes into the house.

If you work where there is lead:

- Change out of your work clothes before going home. If you can wash clothes at work.
- Do not take anything that has been around lead home, such as shoes, lunchbox.....

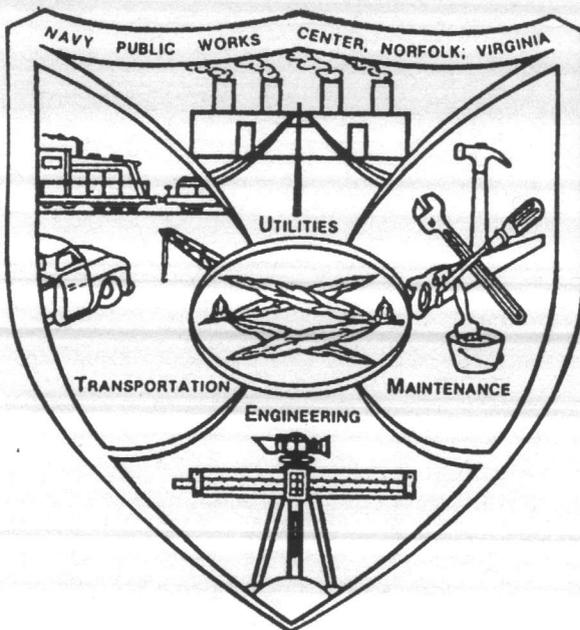
If you think you or your child may have lead poisoning, call your doctor or where you get medical care.

FOR FURTHER INFORMATION ABOUT "LEAD" CALL
NAVY PUBLIC WORKS CENTER, NORFOLK, VA

1-800-645-4761

OR

1-804-445-4885



FOR ADDITIONAL INFORMATION

NAVY PUBLIC WORKS CENTER

NORFOLK, VIRGINIA

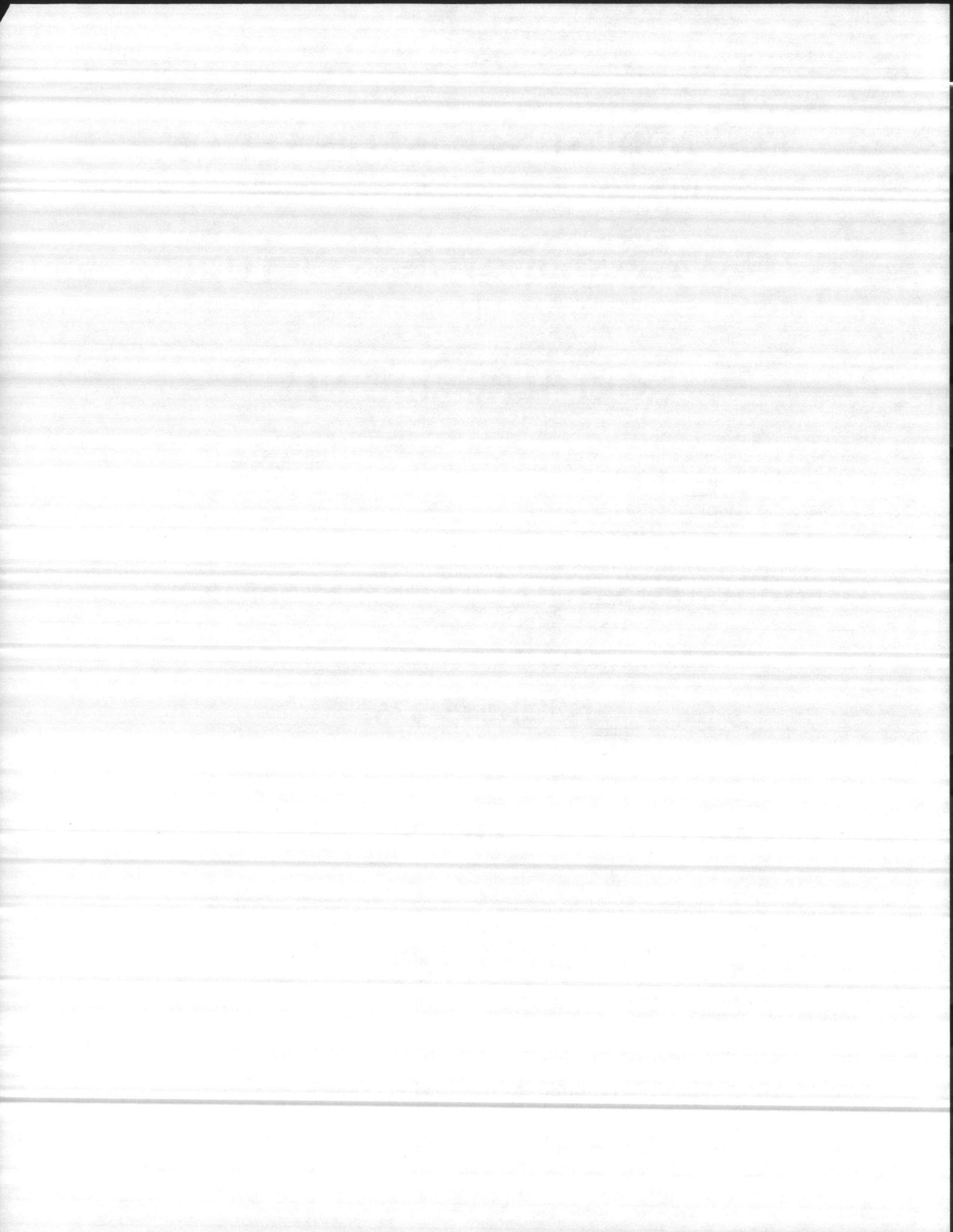
ASBESTOS AND LEAD ASSESSMENT

1-800-645-4761

OR

1-804-445-4885

OFFICE HOURS: 7:30 AM TO 4:00 PM EST
voice mail available after hours



LEAD IN WATER

GENERAL INFORMATION ABOUT LEAD IN WATER

Plumbing installed before the 1940's is likely to contain lead. The condition of water can effect the amount of lead (if any), that may enter the water. Water that is very acidic or too soft will more easily corrode plumbing. When this happens, lead dissolves from the pipes, solder or fixtures into the water.

Normally a coating will develop on the inside of the pipes. This coating acts a barrier between the pipe and the water and helps prevent lead from leaching into the water. However, if the water is too corrosive (soft or acidic), it slows the buildup of the coating and lead exposure is greater.

It is estimated that 10-20% of lead exposure in children is due to lead in drinking water. But exposure to lead does not have to be a problem. Simple measures like flushing the plumbing after periods of inactivity, will help decrease the risk of lead exposure.

STEPS YOU CAN TAKE TO PROTECT YOUR FAMILY

Flush Your Plumbing

- run cold water until it is as cold as it can get (generally a few gallons)
- flush taps to be used for drinking and cooking
- flush a tap when it has not been used for 6 or more hours
- save "flushed" water for watering plants or chores
- after flushing, fill jugs with water for cooking and drinking

Use Cold Water

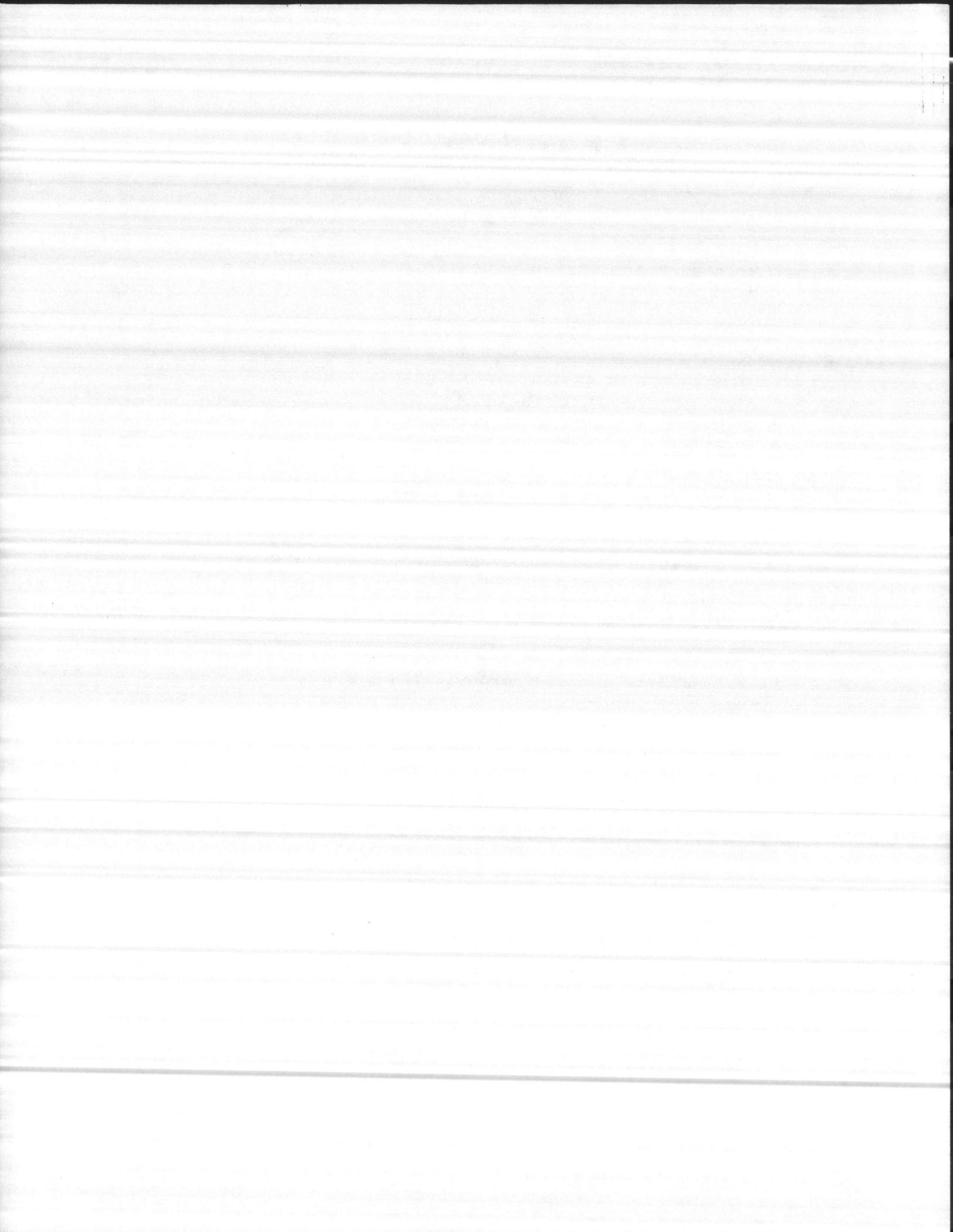
- for cooking and drinking
- hot water causes pipe corrosion and may contain a higher level of lead

Have An Electrician Check Your Wiring

- water pipes used for grounding electrical systems will have greater corrosion. Have grounding wires relocated.

Be Careful of Water Filters or Bottled Water

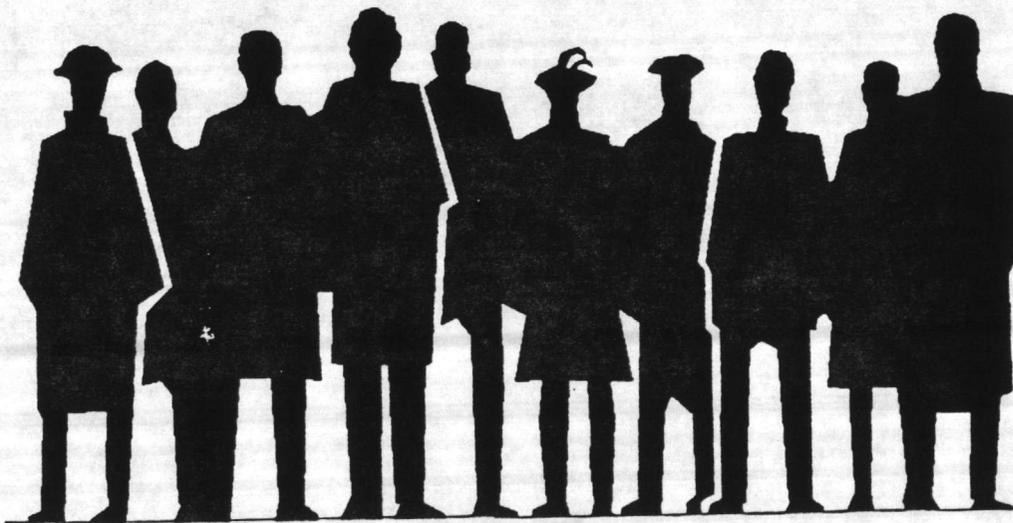
- water filters (sand, carbon, and cartridge) do NOT trap lead, be sure the filter you consider is approved for lead.
- be sure your bottled water stays lead free; by law bottled water may contain as much lead as allowed in tap water.

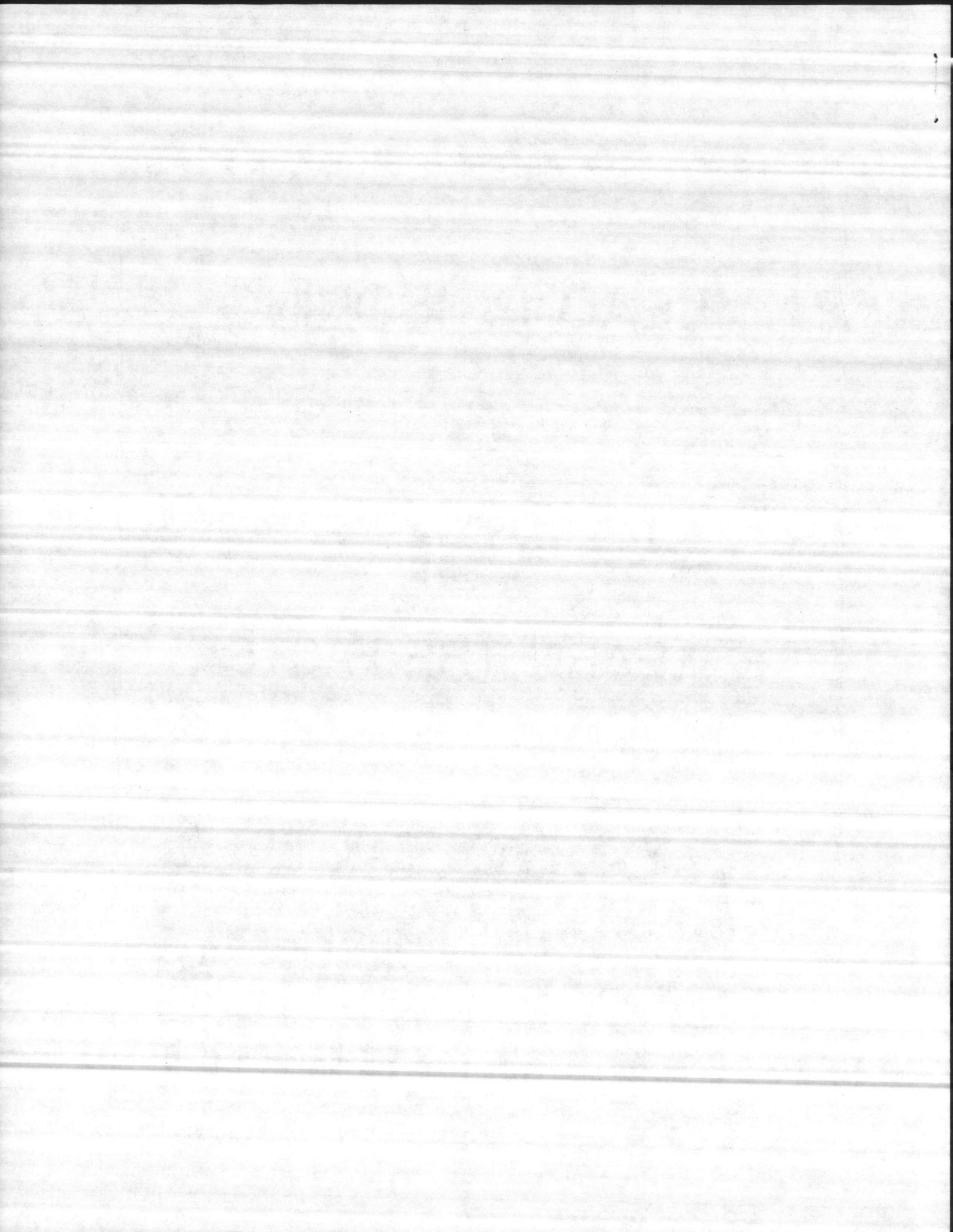


LEAD POISONING



LEARN THE FACTS





PREFACE

RECENTLY, THE MEDIA HAVE CARRIED MANY STORIES ALERTING PARENTS TO THE POTENTIAL DANGER OF LEAD IN AND AROUND THEIR HOMES. UNFORTUNATELY, PRACTICAL ADVICE TO PARENTS ON HOW TO PROTECT THEMSELVES AND THEIR CHILDREN HAS NOT BEEN WIDELY AVAILABLE.

WHILE PUBLIC AND PRIVATE RESEARCH ORGANIZATIONS ARE WORKING TO COME UP WITH BETTER WAYS TO DEAL WITH THE PRESENCE OF LEAD IN THE ENVIRONMENT AND TO PROTECT PEOPLE FROM THE HAZARD IT REPRESENTS, NO ONE HAS ALL THE ANSWERS.

WHAT IS LEAD POISONING?

LEAD IS PART OF OUR WORLD TODAY. IT IS FOUND IN THE AIR, SOIL, PAINT ON SOME OLDER BUILDINGS AND IN SOME FOOD. BEING EXPOSED TO TOO MUCH LEAD CAN BE HARMFUL AND MAY CAUSE LEAD POISONING. A CERTAIN IS ALWAYS IN OUR BODIES AS A RESULT OF THE BACKGROUND PRESENCE OF LEAD IN FOOD, WATER, AND NATURALLY OCCURRING SOURCES IN THE SOIL. THIS SMALL AMOUNT OF LEAD DOES NOT CAUSE HARM IN EITHER CHILDREN OR ADULTS. IN ORDER FOR LEAD TO CAUSE LEAD POISONING, IT MUST GET INTO OUR BODIES ABOVE BACKGROUND LEVELS.

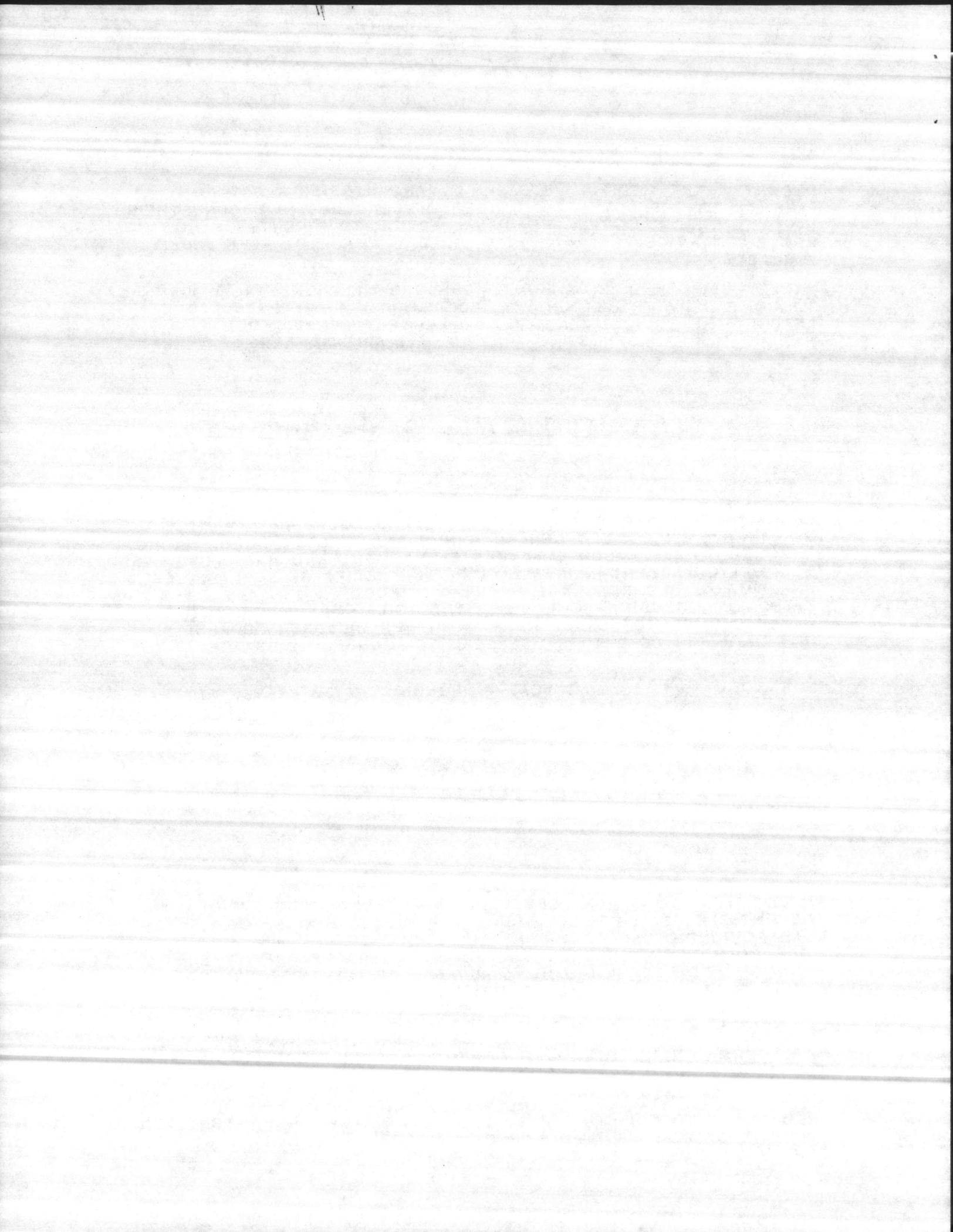
THE GOOD NEWS IS THAT LEAD POISONING CAN BE PREVENTED.

WHO DOES IT AFFECT?

AN ELEVATED BLOOD LEAD LEVEL IS ONE OF THE MOST SERIOUS AND PREVENTABLE HEALTH PROBLEMS IN THE UNITED STATES TODAY. LEAD POISONING CAN OCCUR IN ALL PEOPLE OF ANY AGE, BUT IT IS MORE COMMON IN CHILDREN ONE TO SIX YEARS OF AGE. THEIR BEHAVIOR AND LEARNING ABILITY IS AFFECTED, EVEN WHEN SMALL AMOUNTS OF LEAD ARE ABSORBED. LEAD IS THE NUMBER 1 ENVIRONMENTAL HAZARD TO CHILDREN.

THIS CAN BE EXPLAINED BY THE FACT THAT CHILDREN OF THIS AGE HAVE NORMAL HAND TO MOUTH CONTACT, ABSORB MORE LEAD THAN ADULTS AND ARE MORE LIKELY TO EAT A DIET DEFICIENT IN CALCIUM, IRON AND ZINC.

LEAD TENDS TO BUILD UP IN TO BODY OVER TIME, SO SOMEONE WHO TAKES IN ONLY SMALL AMOUNTS OF LEAD CAN GRADUALLY OVER A PERIOD OF TIME DEVELOP LEAD POISONING.



HOW DOES LEAD GET INTO OUR BODIES?

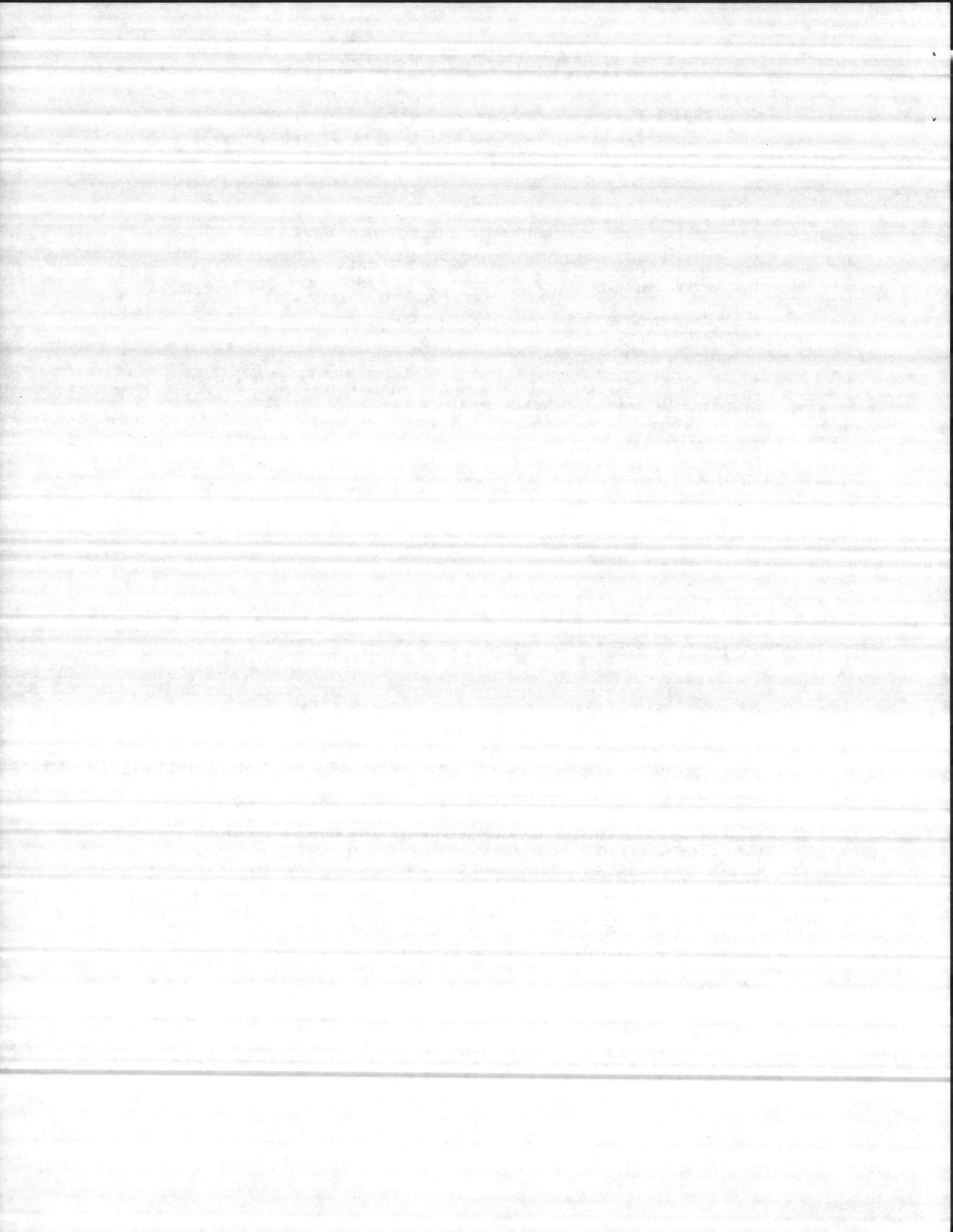
LEAD CAN ENTER THE BODY IN THE FOLLOWING WAYS.

- ✓ IF WE OR OUR CHILDREN EAT EVEN SMALL CHIPS OF LEAD-BASED PAINTS OR LEAD-CONTAMINATED SOIL OR DUST (EITHER DIRECTLY OR FROM UNWASHED FOOD OR HANDS).
- ✓ IF WE DRINK WATER, TEA, OR OTHER BEVERAGES WHICH CONTAIN LEAD.
- ✓ IF WE OR OUR CHILDREN BREATHE DUST PARTICLES CAUSING SOME OF THEM TO GET CAUGHT IN THE NOSE AND LUNGS. IF THOSE PARTICLES CONTAIN LEAD, THE LEAD CAN BE TAKEN INTO THE BLOODSTREAM.

IT IS IMPORTANT FOR YOU TO KNOW THAT LEAD DOES NOT ENTER THE BODY THROUGH THE SKIN. THE SKIN FORMS A NATURAL BARRIER WHICH CAN KEEP THE LEAD OUT.

WHAT ARE THE SYMPTOMS?

MOST OF THE TIME THERE ARE NOT ANY SYMPTOMS. WARNING SIGNS SUCH AS HEADACHES, STOMACHACHES, TIREDNESS, IRRITABILITY, CHANGE IN APPETITE, OR OVERLY ACTIVE OR FUSSY COULD BE MISTAKEN FOR OTHER COMMON AILMENTS. LEAD CAN AFFECT THE BRAIN CAUSING LEARNING DISABILITIES AND BEHAVIORAL AND FUNCTIONAL PROBLEMS. FOR EXAMPLE, ELEVATED BLOOD LEAD LEVELS CAN LEAD TO REDUCED ATTENTION SPAN, SLOWED REACTION TIME, AND POOR HAND-TO-EYE COORDINATION. LEAD CAN AFFECT VIRTUALLY EVERY SYSTEM IN THE BODY. A BLOOD TEST IS THE ONLY SURE WAY TO TELL IF YOU OR YOUR CHILD HAVE AN ELEVATED BLOOD LEAD LEVEL. SINCE CHILDREN UNDER THE AGE OF SEVEN YEARS ARE MOST SUSECEPTIBLE, A YEARLY BLOOD LEAD LEVEL TEST IS ADVISED.



WHAT DO I DO?

HAVE YOUR CHILDREN TESTED FOR LEAD

WASH CHILDREN'S HANDS FREQUENTLY AND BEFORE MEALS

AVOID USING LEAD-GLAZED POTTERY OR PEWTER DISHES FOR SERVING FOOD

KEEP CHILDREN'S PLAY AREAS AWAY FROM HEAVY TRAFFIC

EAT A WELL-BALANCED DIET CONTAINING LARGE AMOUNTS OF VITAMIN C, CALCIUM, AND IRON.

USE WATER FROM THE COLD TAP FOR DRINKING AND COOKING. FLUSH FAUCETS FOR 2-3 MINUTES WHEN THE WATER HASN'T BEEN USED FOR MORE THAN 6 HOURS.

DON'T USE LEADED GASOLINE IN CARS THAT CAN OR SHOULD RUN ON UNLEADED FUEL.

WASH FRUITS, VEGETABLES, AND HANDS BEFORE EATING.

SHOWER AND CHANGE CLOTHES AS SOON AS POSSIBLE IF EXPOSED TO LEAD AT WORK OR HOBBIES.

DON'T STORE FOOD IN OPEN CANS.

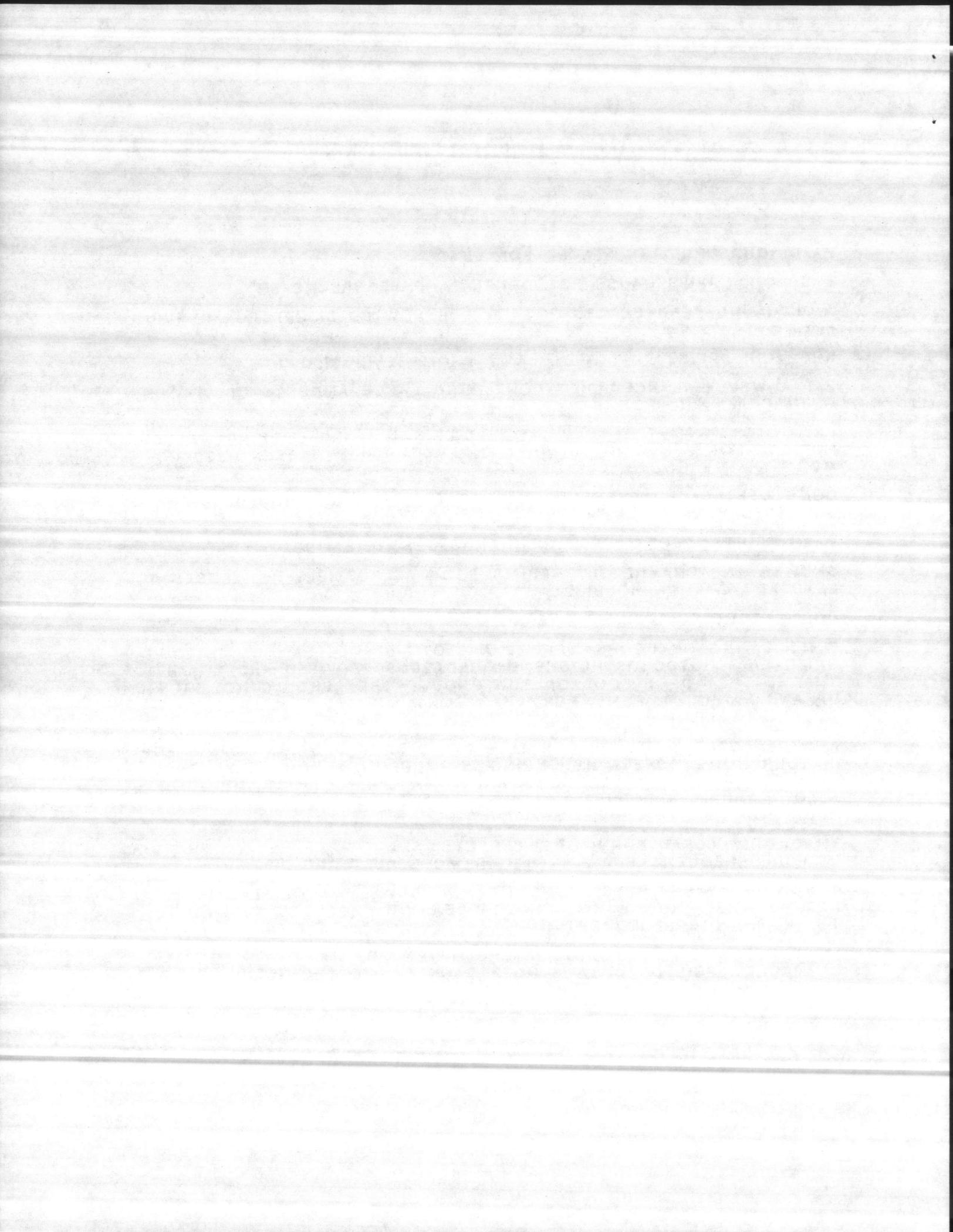
WHEN EATING OUTDOORS, SPREAD A CLOTH BEFORE EATING. IF YOUR CHILD EATS OUTDOORS HE/SHE SHOULD BE SUPERVISED AND TAUGHT THAT IF THEY DROP FOOD ON THE GROUND THEY SHOULD NOT PICK IT UP AND EAT IT! REMEMBER, LEAD CONTAMINATED SOIL IS A SOURCE OF LEAD.

ANOTHER STEP THAT YOU CAN TAKE IS TO DAMP DUST AND DAMP MOP IN YOUR HOME, ESPECIALLY DURING WARMER MONTHS AT LEAST ONCE A WEEK. DOORS AND WINDOWS ARE OPEN DURING THIS TIME ALLOWING DIRT AND DUST TO ENTER AND CIRCULATE THROUGHOUT YOUR HOME.

THOROUGHLY CLEAN FURNITURE, CARPETS, AND DRAPERIES; THIS MAY INCLUDE FREQUENT VACUUMING TO REMOVE DUST AND DIRT.

THOROUGHLY WASH WALLS, WOODWORK, WINDOWS, WINDOWSILLS TO REMOVE DUST. USE A HOUSEHOLD CLEANING PRODUCT AND CHANGE THE WASH WATER FREQUENTLY.

HOSE OFF SIDEWALKS, PATIOS, STEPS OFTEN SO THAT LEAD CONTAINING SOIL OR DUST IS NOT TRACKED INTO THE HOUSE.



LEAD AND PREGNANCY

PREGNANT WOMEN SHOULD TAKE PARTICULAR CARE NOT TO EXPOSE THEMSELVES TO LEAD DUST. A PREGNANT WOMAN SHOULD ALSO KNOW THAT LEAD CARRIED IN HER BLOOD CAN PASS TO HER UNBORN CHILD.

IT'S A GOOD IDEA TO HAVE A BLOOD LEAD TEST AT AN EARLY STAGE IN YOUR PREGNANCY TO FIND OUT IF YOU OR YOUR BABY ARE AT RISK.

OTHER THINGS YOU AS AN EXPECTANT MOTHER CAN DO TO MINIMIZE YOUR INTAKE OF LEAD:



EAT A WELL-BALANCED DIET FROM THE FOUR FOOD GROUPS: MEAT, MILK PRODUCTS, FRUIT AND VEGETABLES, AND BREAK AND CEREALS. FOODS THAT ARE RICH IN IRON AND CALCIUM ARE ESPECIALLY GOOD FOR YOU.



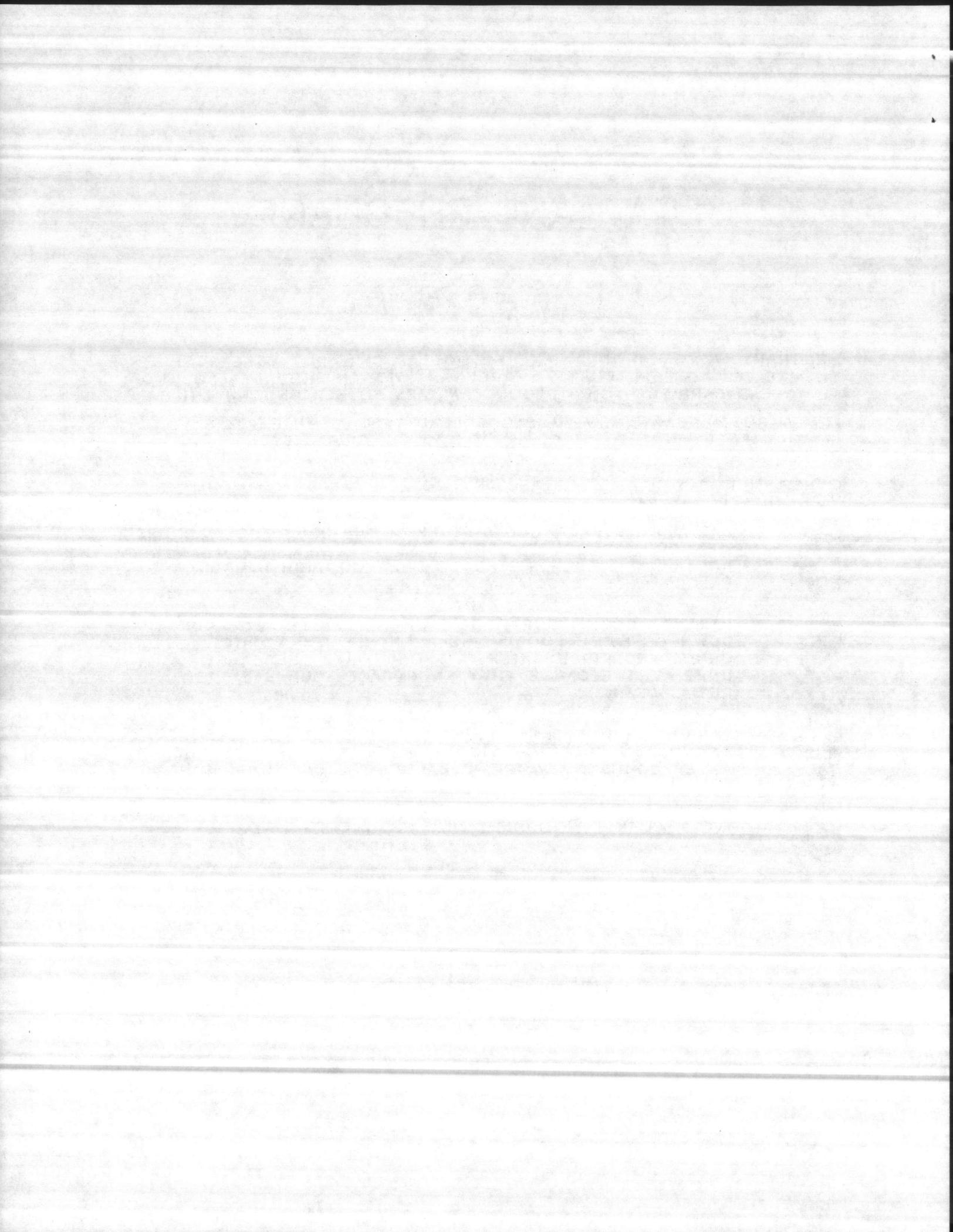
BAKE OR BROIL YOUR FOOD RATHER THAN FRY IT. CUT DOWN ON FATTY FOODS LIKE FRENCH FRIES, POTATO CHIPS, AND FRIED CHICKEN. FOODS LIKE THESE ARE UNHEALTHY BECAUSE THEY ENCOURAGE YOUR BABY TO RETAIN LEAD.



WASH YOUR HANDS FREQUENTLY, BUT ESPECIALLY BEFORE EATING AND PREPARING FOOD. REMEMBER TO WASH THEM AFTER DOING YARDWORK, CLEANING THE CAR, GARDENING, ETC.



AVOID WORK OR HOBBIES THAT INVOLVE LEAD.

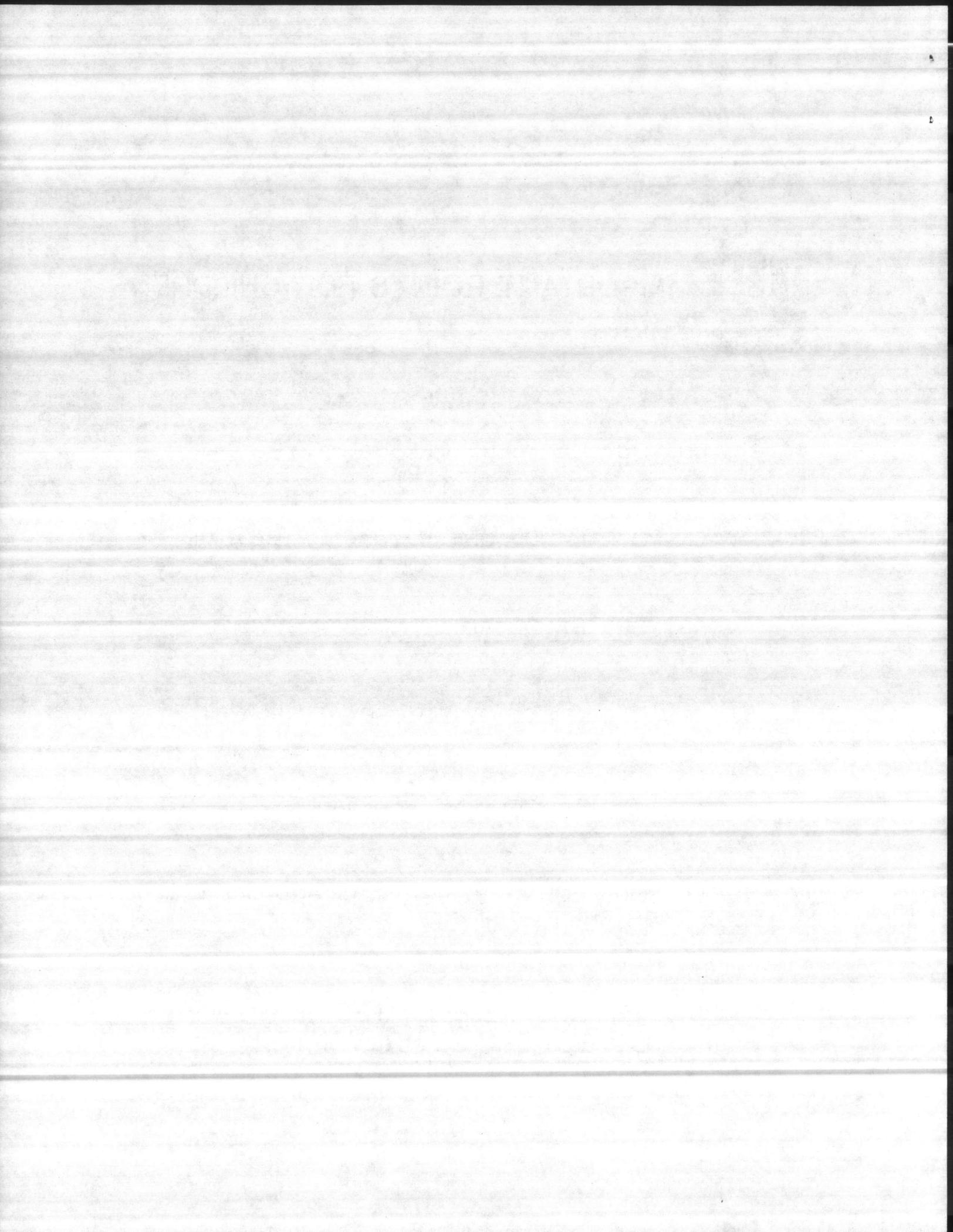




IMPORTANT POINTS FOR CHILDREN

- ✓ WASH YOUR HANDS BEFORE EATING
- ✓ WASH YOUR HANDS BEFORE NAP OR BEDTIME
- ✓ WASH YOUR HANDS AFTER STROKING YOUR PET
- ✓ FIND A GRASSY OR PAVED AREA TO PLAY IN
- ✓ EAT LOTS OF FRUIT AND VEGETABLES
- ✓ HELP YOUR YOUNGER BROTHERS AND SISTERS TO WASH THEIR HANDS

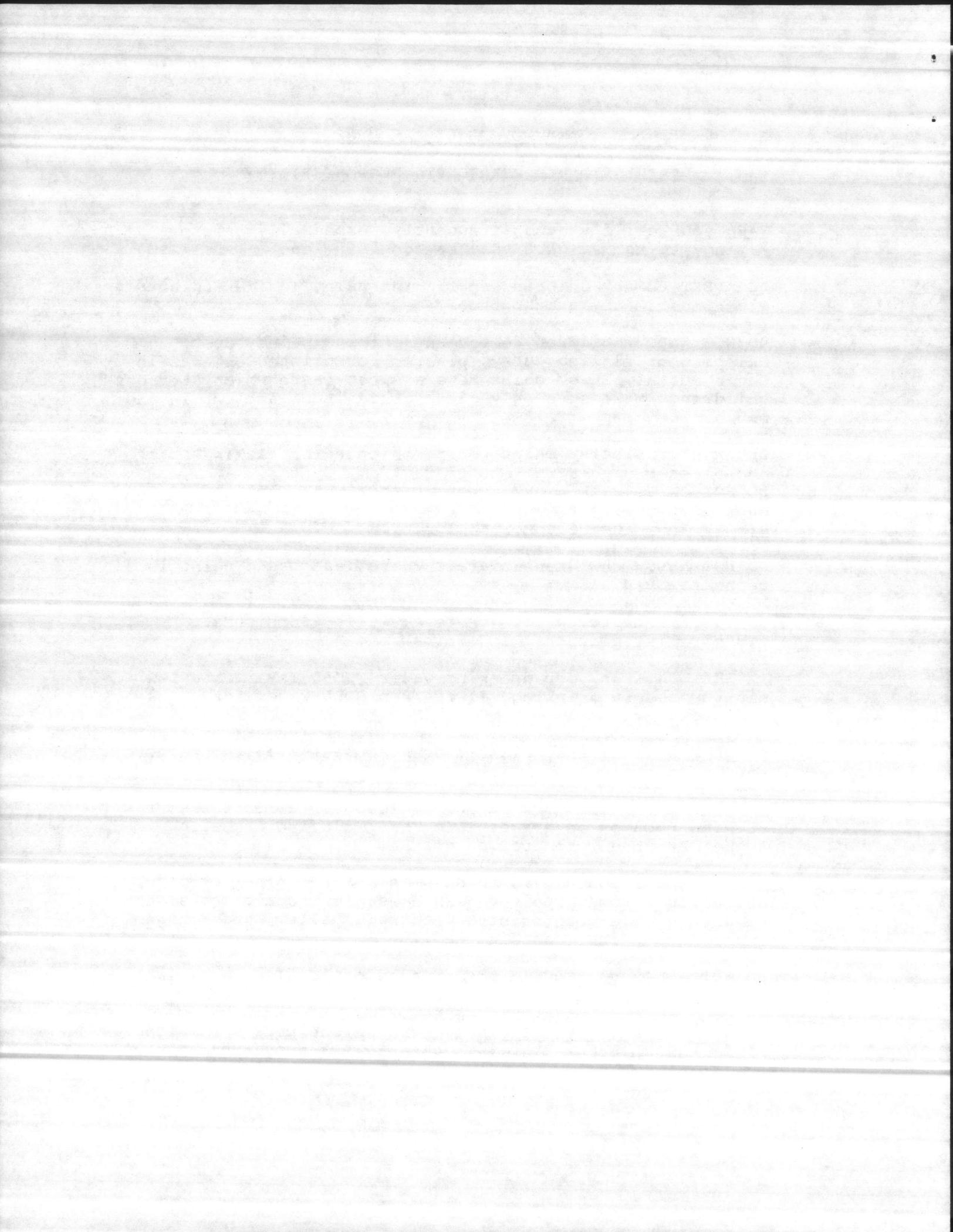
**REMEMBER: ELEVATED LEAD
LEVELS CAN BE PREVENTED**



PREVENT LEAD POISONING

PREVENTION IS EVERYONE'S RESPONSIBILITY

1. WASH your child's hands frequently, especially before eating, to remove dirt that may contain lead.
2. BE ALERT to any chipping or flaking paint inside and outside old homes in any neighborhood.
3. DO NOT ALLOW children to put any chipped paint, dust, chipping or flaking putty, plaster, or painted objects in their mouth. These chips have a sweet taste which attracts children. Make sure only clean, safe items are put in the mouth.
4. CLEAN UP any paint chips, dust, chipping or flaking putty, and plaster with a wet mop or rag.
DO NOT SWEEP WITH A DRY BROOM as this will just spread the dust.
REMOVE from the reach of children.
5. DO NOT ALLOW children in areas where lead based paint is being removed.
6. USE SAFE interior paints on toys, walls, furniture, windowsills, playpens, and cribs.
7. IN THE A.M. run your drinking water (COLD TAP) for a few minutes before drinking, always run COLD water for drinking and cooking.
8. STORE FOOD in glass, plastic or stainless steel containers, not in open cans.
9. AVOID use of ceramic ware and antiques or collectibles for storing food or beverages. Improper glazing can allow lead to be absorbed into food or drinks.
10. DO NOT ALLOW your child to chew on printed paper or make spitballs. Some paper such as newspaper, comic books, and magazines have been printed with red, yellow, and orange inks. These inks contain lead.
11. DO NOT ALLOW your child to eat snow or icicles, especially in city areas.
12. WHEN A CHILD IS OUTDOORS make sure he/she DOES NOT EAT ANY DIRT; have him/her play in a GRASSY AREA away from painted buildings and roads.



LEAD AND NUTRITION

LOW-FAT DIET

FOODS THAT ARE HIGH IN FAT ARE UNHEALTHY BECAUSE THEY ENCOURAGE OUR BODIES TO RETAIN LEAD. BAKE OR BROIL FOOD RATHER THAN FRY IT. CUT DOWN ON FATTY FOODS LIKE FRENCH FRIES, CHIPS, AND FRIED CHICKEN.

LOCALLY GROWN PRODUCE

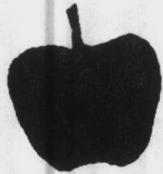
YOU SHOULD WASH ALL FRUIT AND VEGETABLES BEFORE EATING THEM. THIS IS PARTICULARLY IMPORTANT FOR LOCALLY GROWN PRODUCE WHICH MAY HAVE LEAD-CONTAMINATED SOIL OR DUST ON IT. CAREFULLY WASH FRUIT AND LEAFY VEGETABLES LIKE LETTUCE AND SPINACH. PEEL ROOT CROPS LIKE CARROTS

VITAMIN C

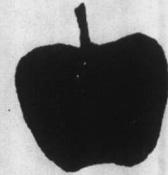
A DIET HIGH IN VITAMIN C HELPS MAINTAIN A HEALTHY BODY. EAT LOTS OF FRUIT LIKE ORANGES, GRAPEFRUIT, AND STRAWBERRIES, AND VEGETABLES LIKE BROCCOLI AND CABBAGE. APPLE JUICE IS ANOTHER EXCELLENT SOURCE OF VITAMIN C.

CANNED FOOD

FEWER CANS NOW ARE SEALED WITH LEAD SOLDER. IT IS STILL GOOD PRACTICE, HOWEVER, TO BUY UNDAMAGED CANS AND TO AVOID STORING FOOD IN OPENED CANS. THIS IS PARTICULARLY TRUE OF ACIDIC FOODS LIKE TOMATOES AND FRUIT JUICES.

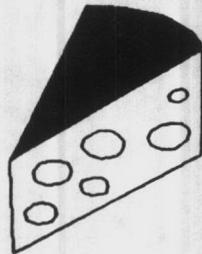


YOUR CHILD'S DIET



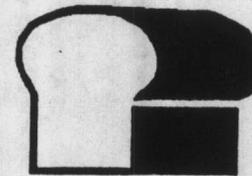
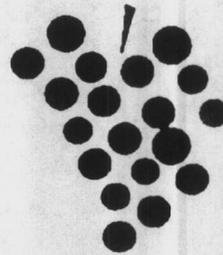
FOODS HIGH IN CALCIUM

MILK
 YOGURT
 LOW-FAT CHEESE
 TOFU
 LOW-FAT COTTAGE CHEESE



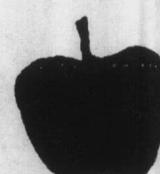
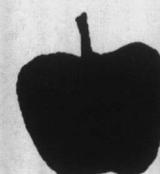
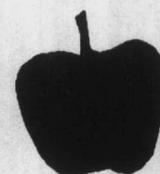
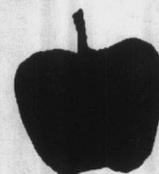
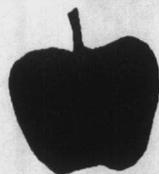
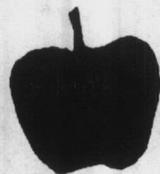
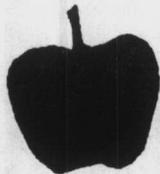
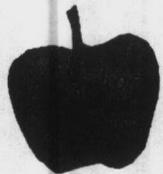
FOODS HIGH IN VITAMIN C

ORANGES/JUICE
 GRAPEFRUIT/JUICE
 DARK GREEN, LEAFY VEGIES
 POTATOES COOKED IN SKIN
 BROCCOLI



FOODS HIGH IN IRON

LEAN RED MEAT
 LOW-FAT PORK
 DRIED BEANS, PEAS
 RAISINS
 IRON FORTIFIED CEREAL



SOURCES OF LEAD

1. Lead-based paint used on the interiors and exteriors of homes, toys and furniture before legislation controlled the lead content of paint; lead-based paint presently manufactured for industrial, military or marine usage (paint is the most concentrated source of lead in a child's environment, paint chips are especially attractive to children because they taste sweet).
2. Air (from lead emitted by automobile engines using leaded gasoline and industrial operations).
3. Soil (from lead fall-out from air and particles of paint from flaking exterior surfaces, soil near orchards and areas sprayed with lead arsenate for insect control).
4. Dust (from air, powdering paint, and soil tracked into the home).
5. Drinking water running through lead water lines or pipes joined with lead solder, (especially a problem when the plumbing is less than five years old, the water is soft and/or acidic, or the water sits unused in the pipes for a prolonged period of time).
6. Food (grown in lead contaminated soil or foods contaminated by dust and residue from air and hands).
7. Improperly glazed pottery, ceramics, and dinnerware (the acids in various food can leach the lead out of the glaze if the glaze has not been properly formulated, applied or fired - this is particularly true when high acid foods, such as fruit juices are stored in this type of container for a prolonged period of time).
8. Soldered food cans.
9. Cigarettes and matches.
10. Paper printed with colored inks.
11. Antique pewter or brass pitchers.
12. Soft metal objects, i.e., toys, jewelry, solder, gunshot, curtain weights, fishing sinkers
13. Fumes and ashes from burning lead-containing materials, i.e., battery casings, colored newsprint, waste oil, lead-painted wood.
14. Some folk medicines and home remedies, especially those from Mexico, India, and Southeast Asia.
15. Parent's occupation (parent brings lead dust home from workplace on clothes, shoes and hair, i.e., radiator repair shop, battery factory, lead smelter).
16. Parent's sports, hobbies, or crafts utilize lead substances, i.e., target shooting in poorly ventilated firing ranges, painting, metal sculpture soldering, antique ceramic doll painting, pottery glazing, stained glass work.

SOURCES OF LEAD POISONING



LEAD BASED PAINT

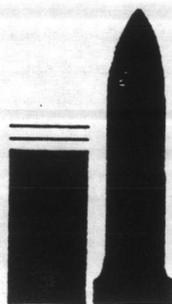
HOUSEHOLD DUST AND DIRT



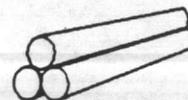
MATCHES AND CIGARETTE ASHES

COLORED INKS IN NEWSPAPERS AND MAGAZINES

OLD TOYS AND FURNITURE



METAL TUBES



BATTERIES

OCCUPATIONAL/HOBBIES

FISHING SINKERS, BULLETS, LEAD SOLDER

COSMETICS AND HAIR PREPARATIONS



POTTERY AND CERAMICS

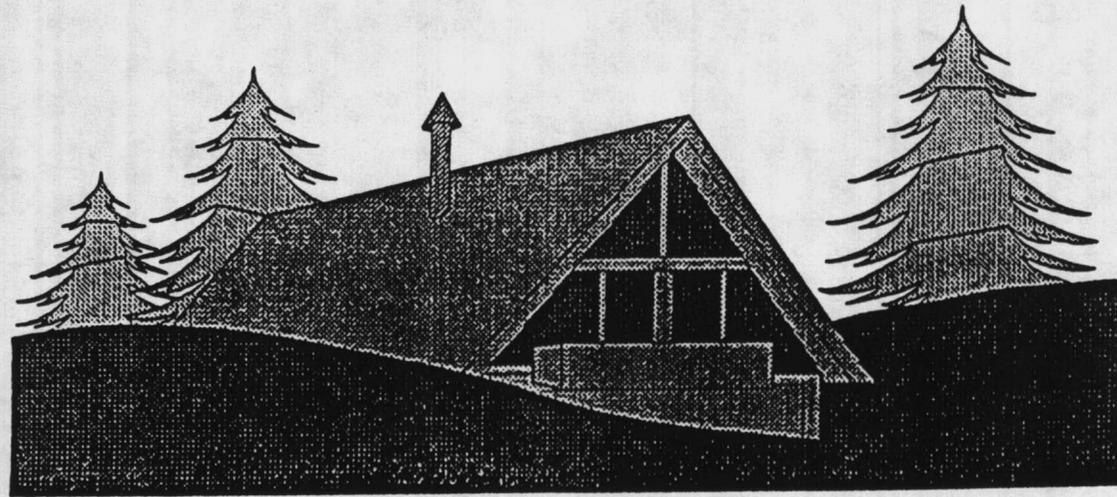
JEWELRY

FOLK REMEDIES

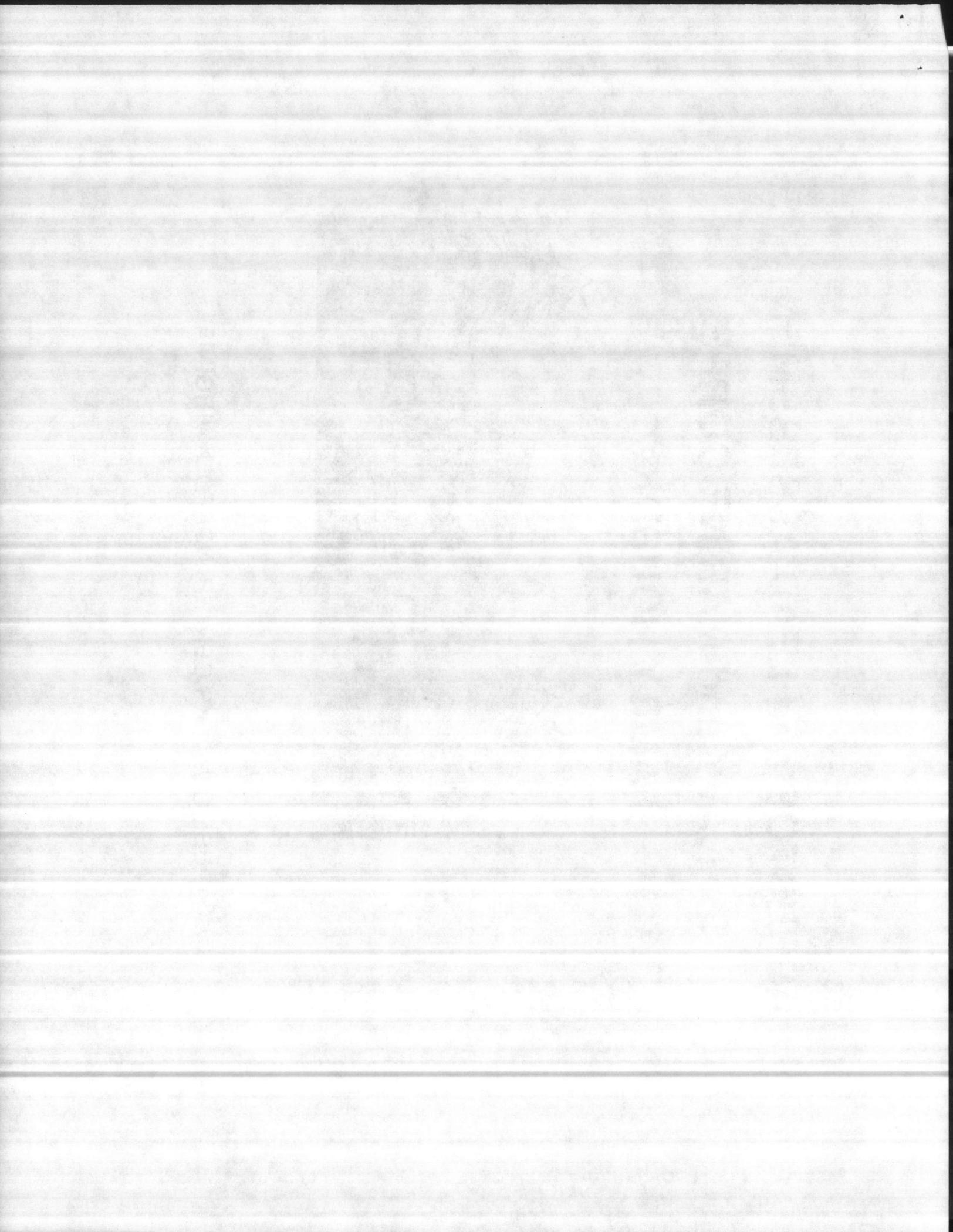


START Feb 15 (Suspect 1st house)

**ASBESTOS and LEAD ASSESSMENTS
for NAVY and MARINE CORPS
FAMILY HOUSING**

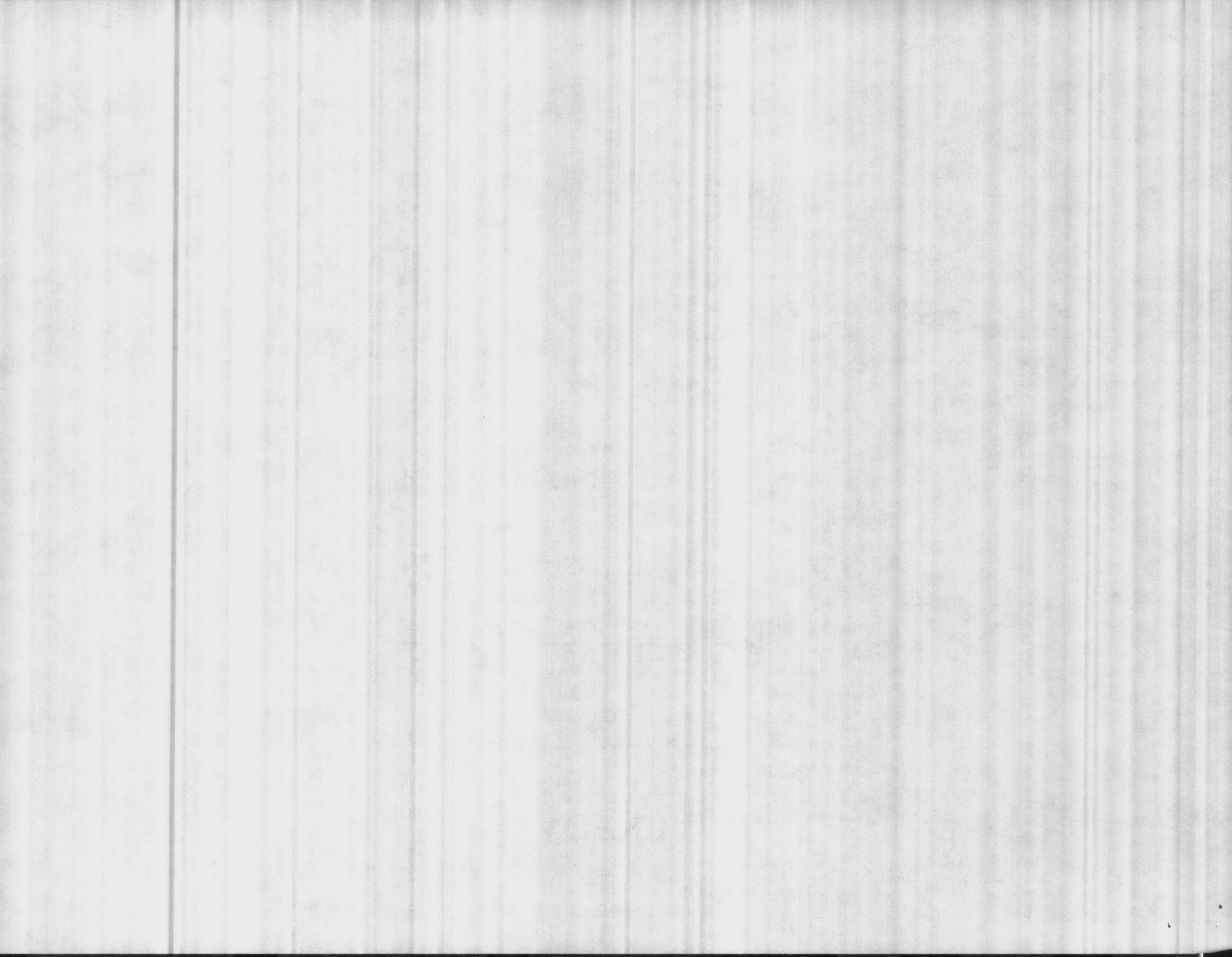


PUBLIC WORKS CENTER, NORFOLK VIRGINIA



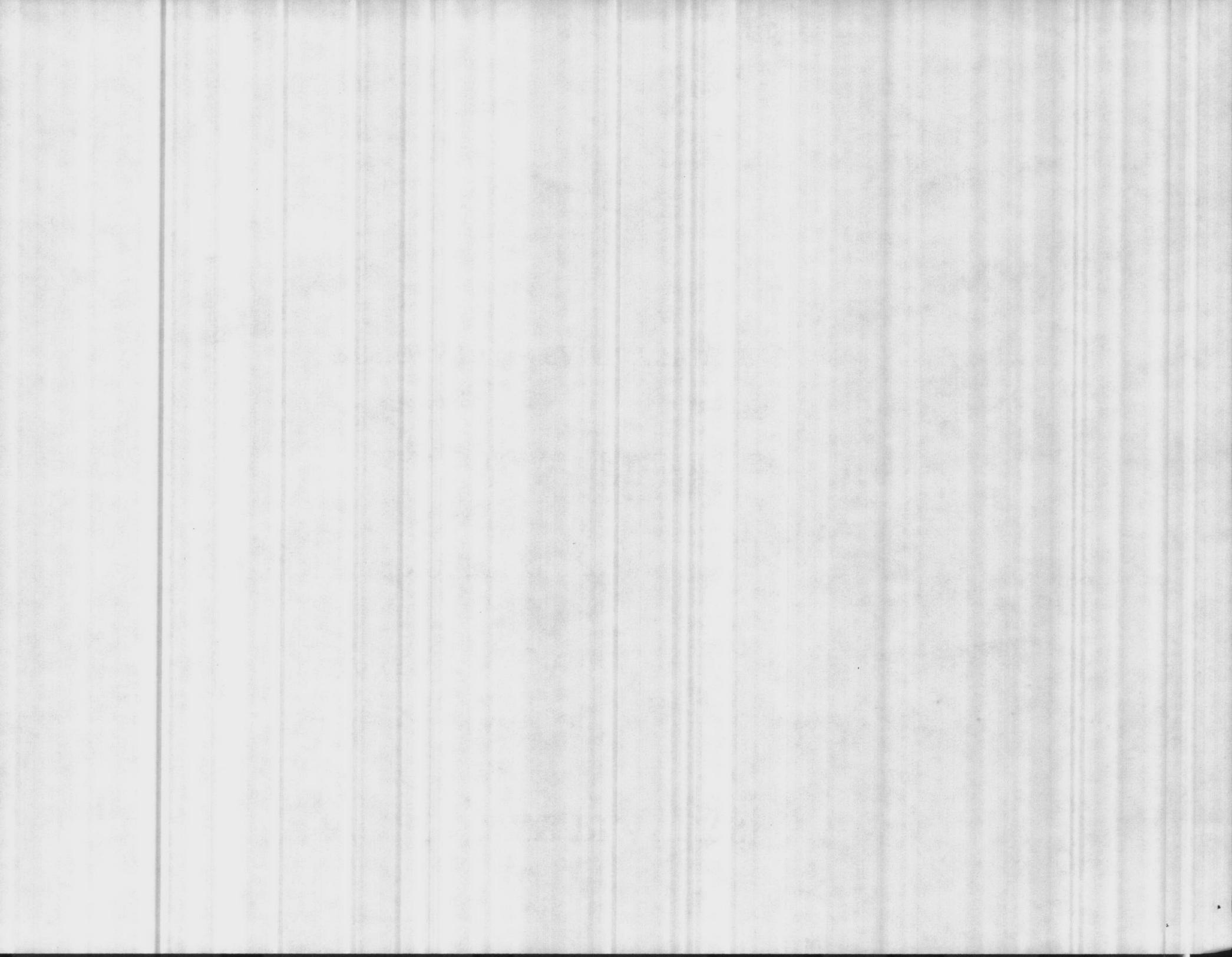
AGENDA

- **KEY PLAYERS AND ROLES**
- **NAVFAC MISSION**
- **PROGRAM OBJECTIVES**
- **PROGRAM FEATURES**



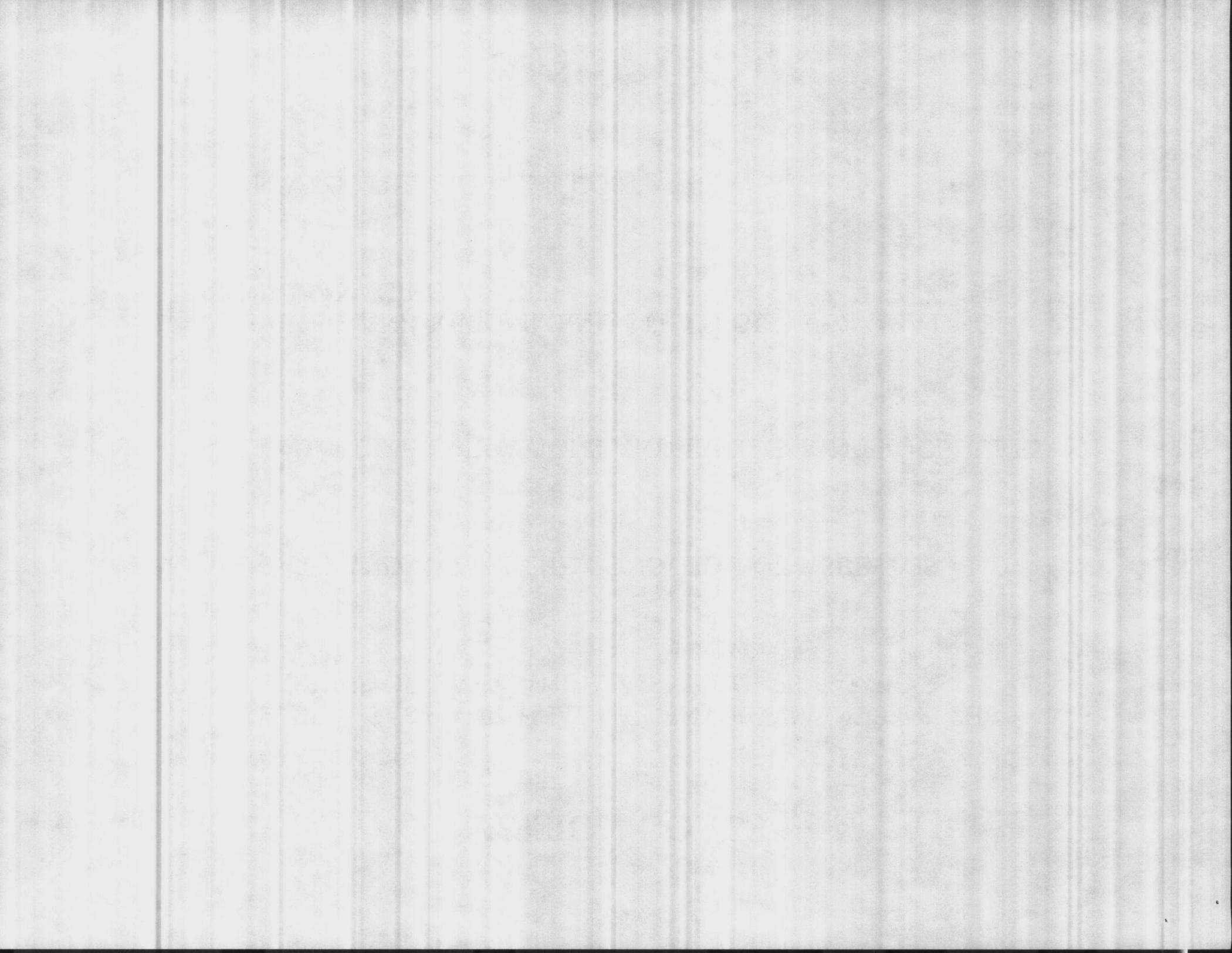
KEY PLAYERS

- **NAVFAC**
- **PWC NORFOLK**
- **BUMED (BUREAU OF MEDICINE)**
- **RESIDENTS OF FAMILY HOUSING**



MISSION GOALS

- ASSURE A SAFE AND HEALTHY ENVIRONMENT FOR THE RESIDENTS OF NAVY AND MARINE CORPS FAMILY HOUSING
- LOCATE AND ASSESS THE CONDITION OF ASBESTOS AND LEAD
- STANDARDIZE OPERATIONS AND INSPECTION PROCEDURES
- DEVELOP AND RECOMMEND STRATEGIES FOR ABATING AND MANAGING RISKS
MGMT PLAN
- MINIMIZE THE OVERALL COST



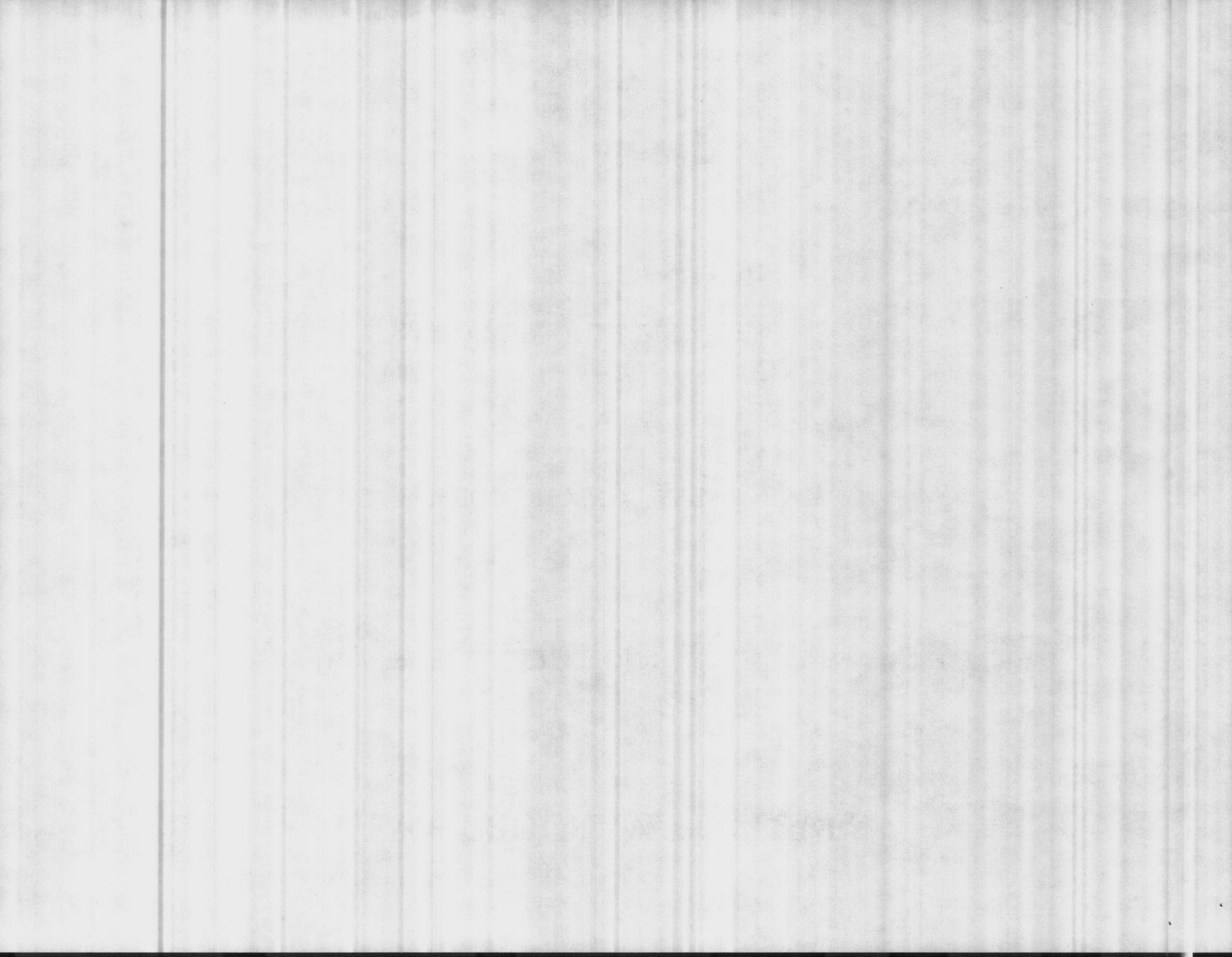
PROGRAM OBJECTIVES

- **LOCATE ASBESTOS (ACM) AND LEAD HAZARDS**
- **ASSESS THE POTENTIAL RISKS TO THE RESIDENTS**
- **PRIORITIZE THE URGENCY OF ACTION/REMEDIATION**
- **DEVELOP STRATEGY FOR CONTROLLING THE RISKS**
- **ESTIMATE COST OF ABATING**
- **PROVIDE FOR RAPID RESPONSE EPISODES**



KEY PROGRAM FEATURES

- **PUBLIC RELATIONS**
- **INSPECTION AND ASSESSMENT**
- **RAPID RESPONSE EPISODES**



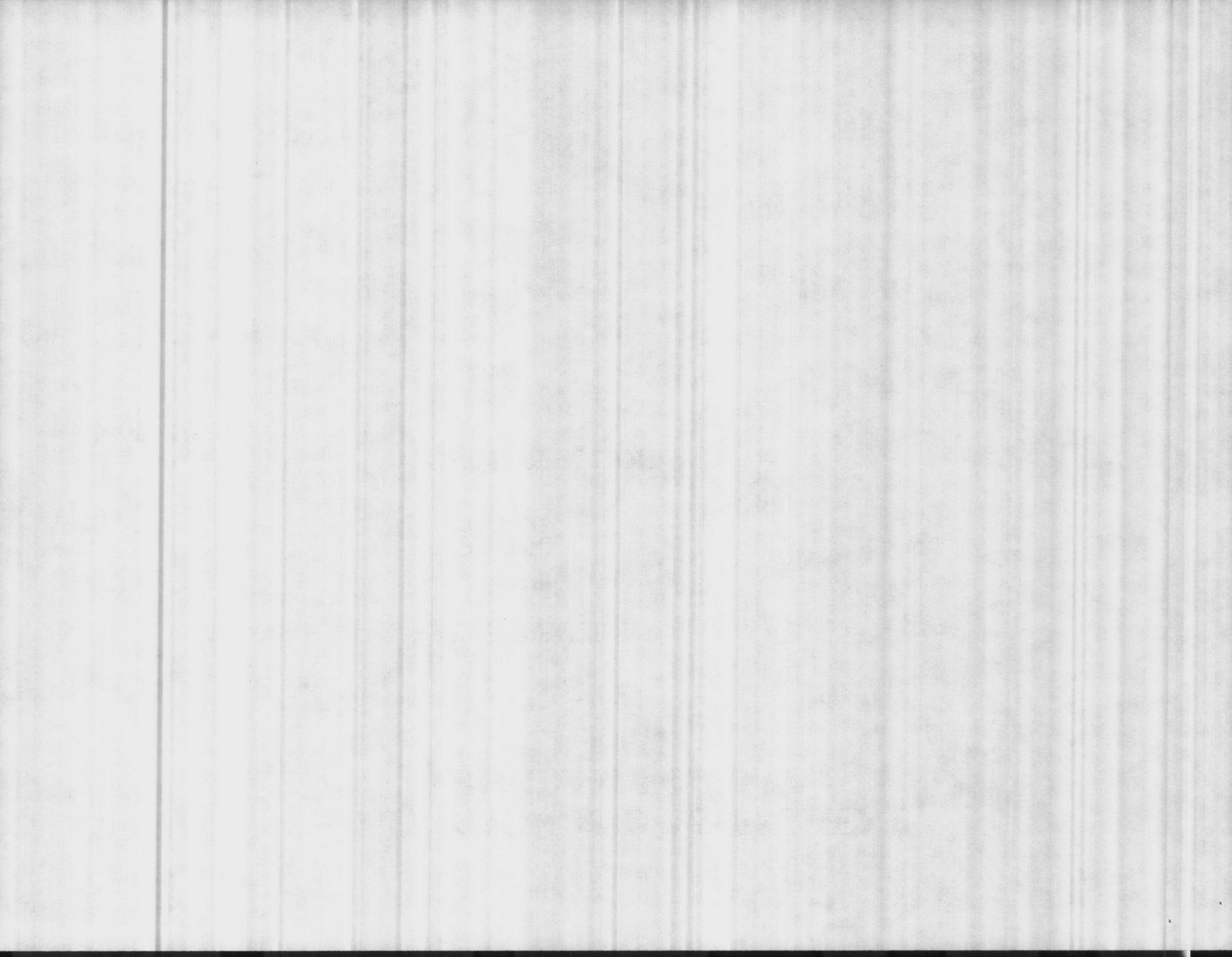
PUBLIC RELATIONS FORMS OF COMMUNICATIONS

- **INFORMATIVE MATERIALS
BROCHURES
FLYERS**
- **TOWN MEETINGS / BRIEFINGS**
- **TOLL FREE HOTLINE**
- **PROGRAM FINDINGS**



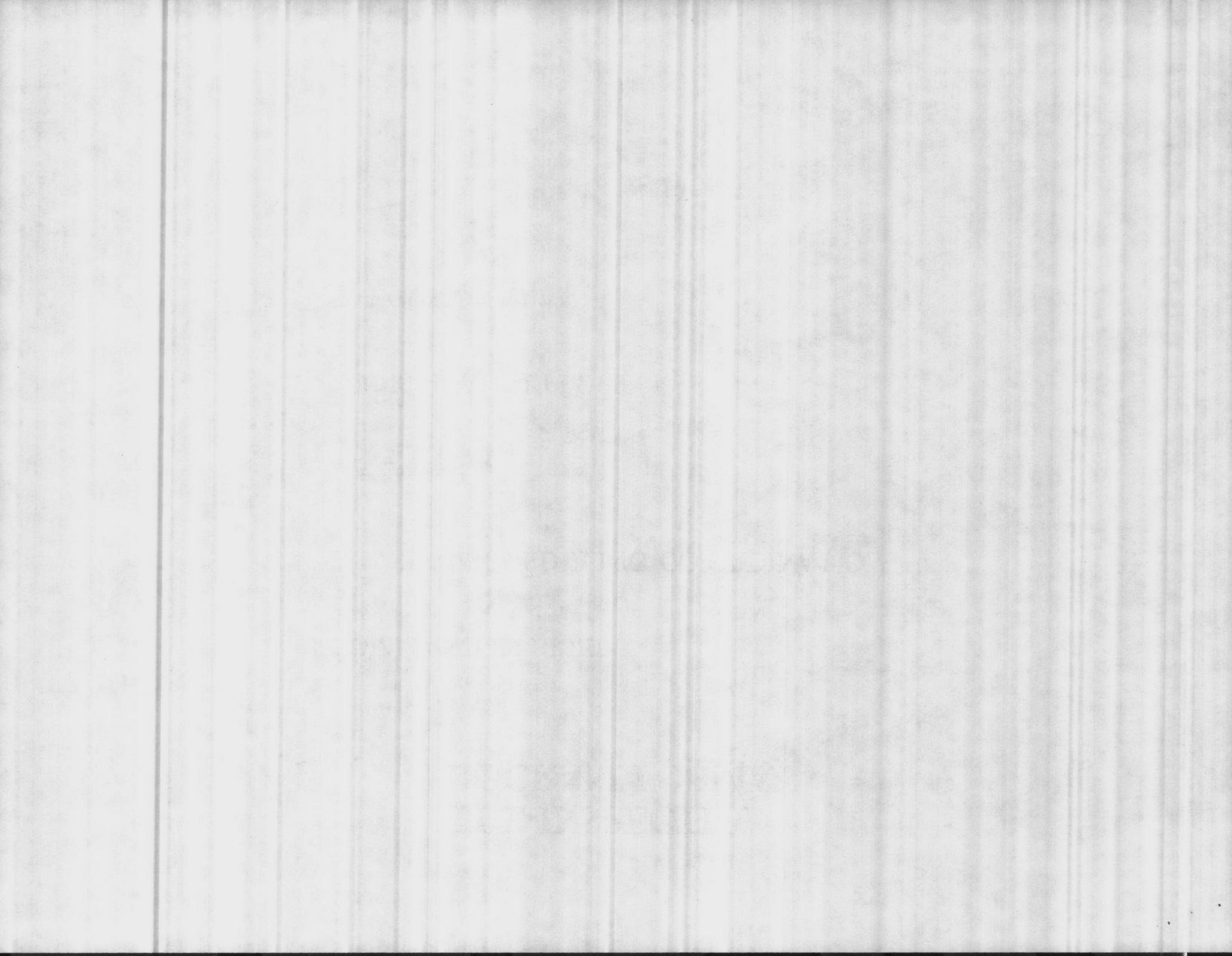
INSPECTION AND ASSESSMENT PROGRAM FORMAT

- **PRE-INSPECTION**
- **INSPECTION**
- **POST-INSPECTION**



PRE-INSPECTION PROGRAM FORMAT

- **COMMAND-IN-BRIEF**
- **HOUSING/SCHEDULING CO-ORDINATION**
- **DATA CALL**
- **LOGISTICAL SUPPORT**
- **EXECUTION PLAN**



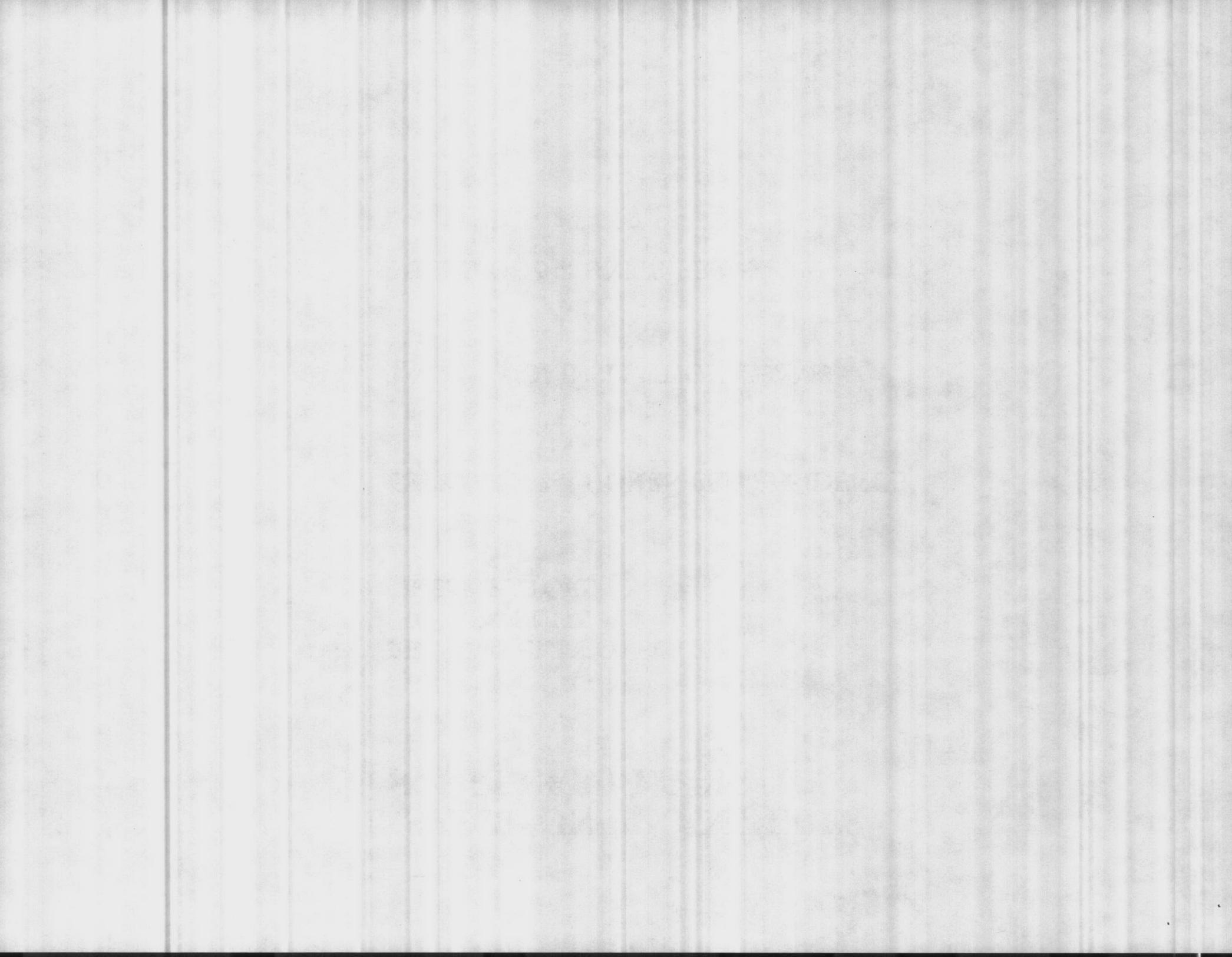
INSPECTION FORMAT TEST METHODS

- **ASBESTOS**
CORE SAMPLES AND FRIABILITY CHECKS
VINYL TILE, SIDING, INSULATION, ROOFS
- **LEAD BASED PAINT**
SPECIALIZED EQUIPMENT - XRF ANALYZERS
XRAY FLUORESCENT SPECTROMETRY
- **LEAD IN DUST**
DUST WIPE WINDOW SILLS AND FLOORS
- **LEAD IN SOIL**
SAMPLE TOP SOIL
(TOP 2 cm)
- **LEAD IN WATER**
REVIEW EXISTING LEAD IN WATER DATA



INSPECTION PROCEDURES SCHEDULE / LOGISTICS

- **PERSONNEL PROTECTION
TYVEK SUITS
RESPIRATORS**
- **ESTIMATE 2-4 HOURS PER RESIDENCE**
- **TWO-2 MAN INSPECTION TEAMS**
- **TOTAL OF 6-8 UNITS PER DAY**



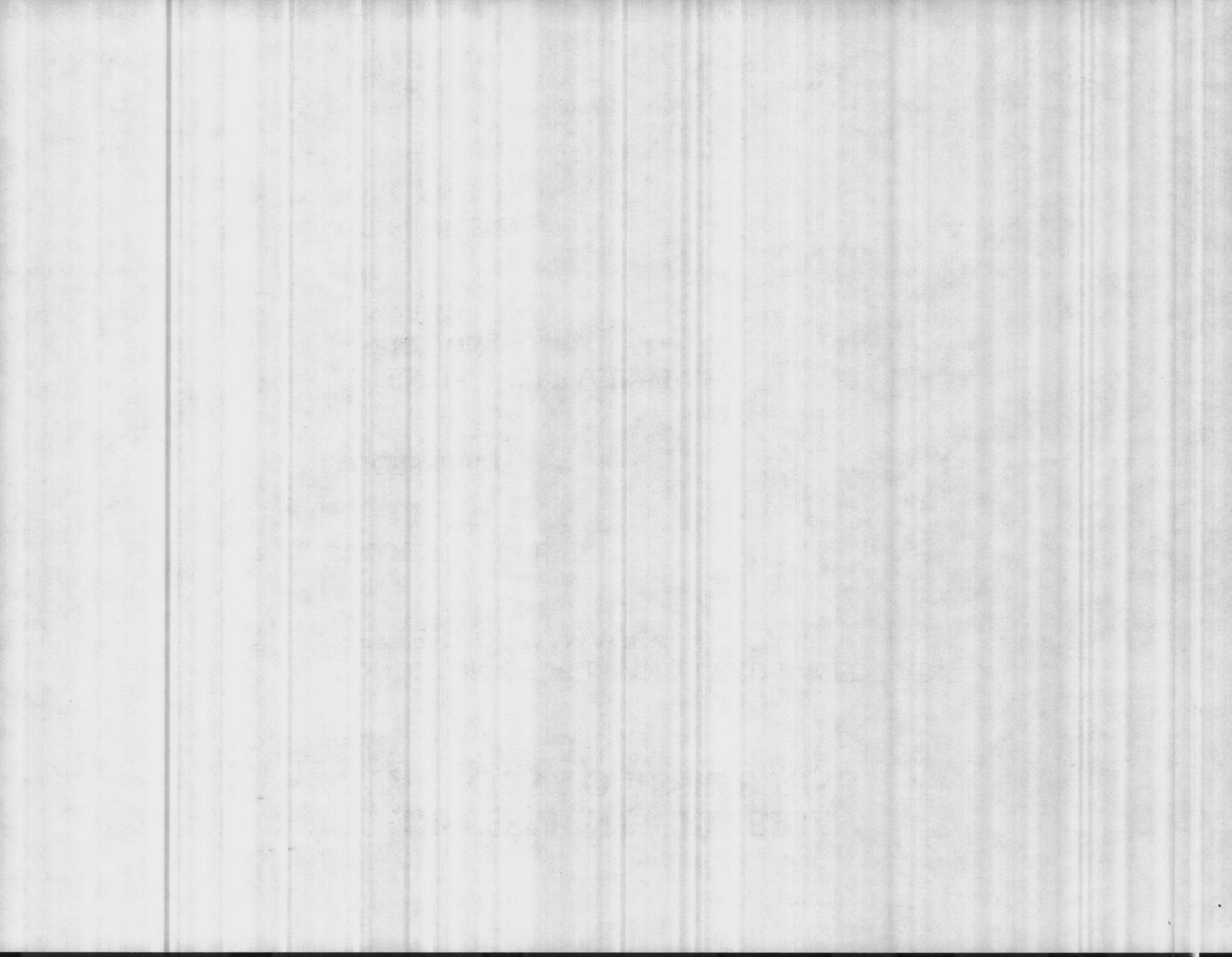
POST-INSPECTION PROGRAM FORMAT

- **ANALYZE DATA ASSESS THE RISK**
- **RATE AND RANK THE DEGREE OF HAZARDS OF INDIVIDUAL COMPONENTS AND OVERALL COMMUNITIES**
- **DESIGN MANAGEMENT PLANS
RECOMMENDATIONS / COST ESTIMATES**
- **REPORT FINDINGS**
- **INFORM NAVFAC
CONDITION OF COMMUNITY
PRIORITIZE COMMUNITIES
PROVIDE RESULTS FOR INCLUSION IN FAMIS**



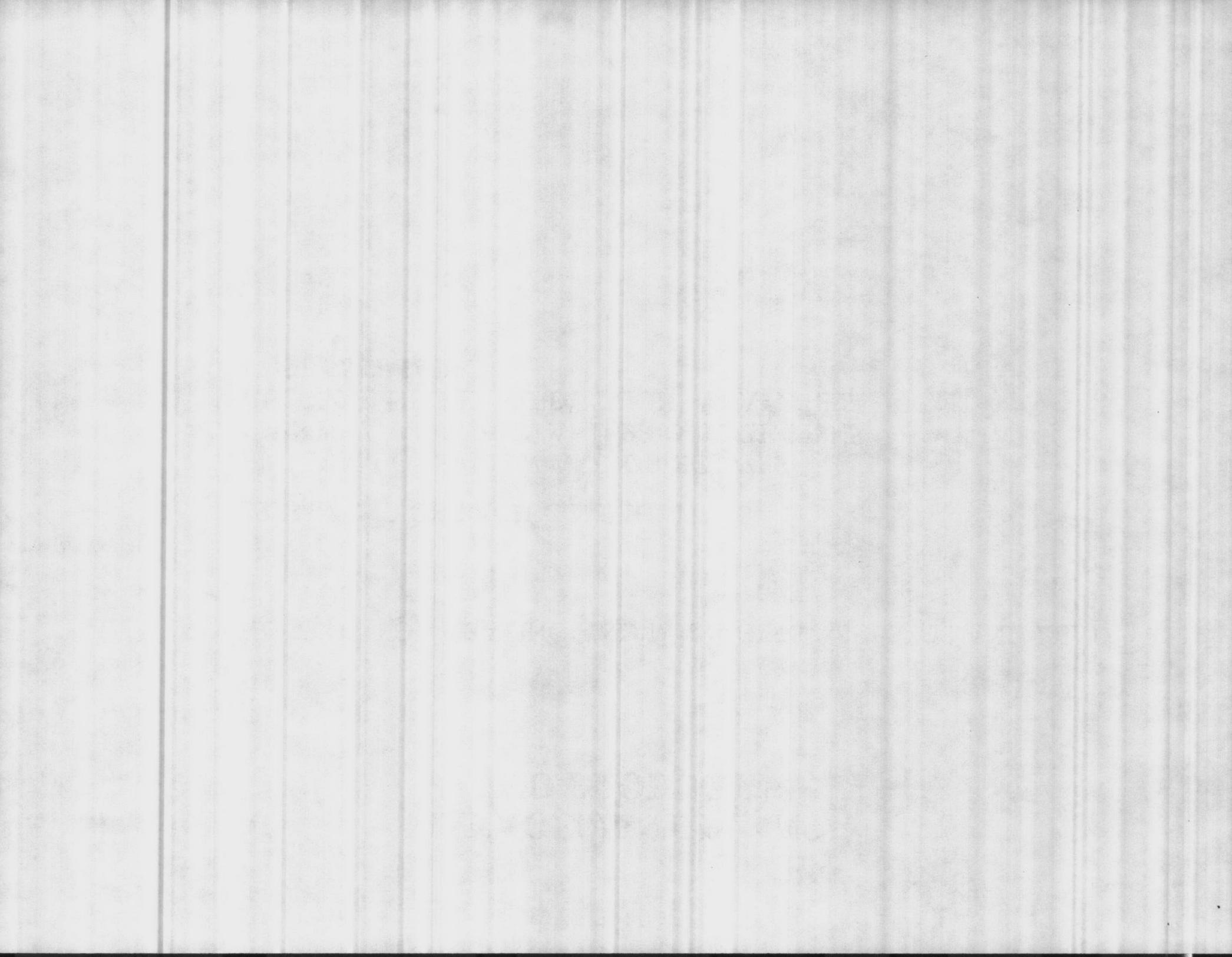
ASSESSMENT CRITERIA FACTORS TO ASSESS RISK

- **CONDITION OF ACM AND LEAD BASED PAINT
EXTENT OF DAMAGE**
- **AMOUNT OR LEVEL**
- **ACCESSIBILITY**
- **POTENTIAL SURFACE WEAR
FRICTION
IMPACT**
- **SURFACE SIZE**



MANAGEMENT PLANS END PRODUCT

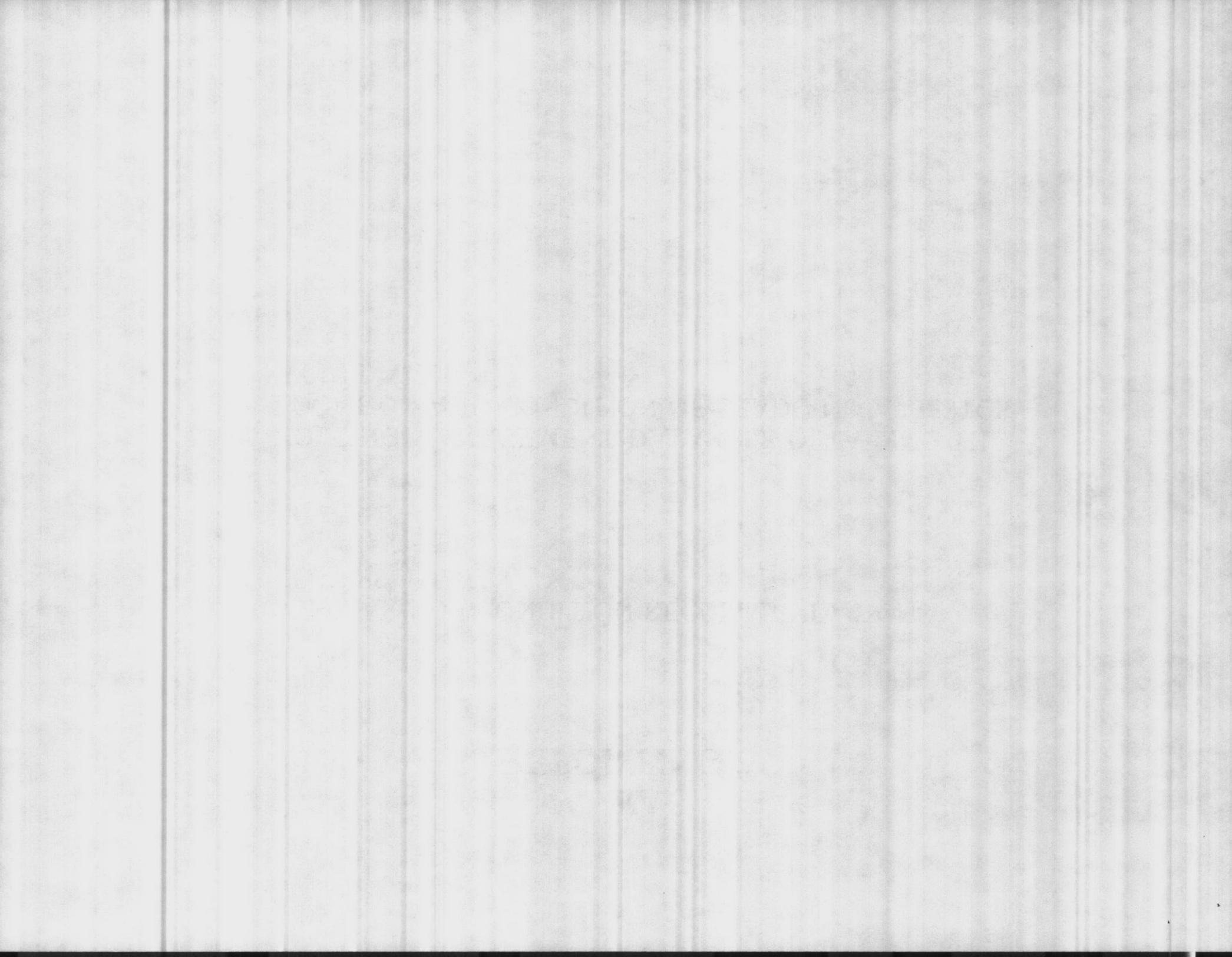
- **STRATEGY FOR ABATING AND MANAGING ASBESTOS AND LEAD**
- **ASSESSMENT OF EACH COMMUNITY**
 - PROGRAM OVERVIEW AND OBJECTIVES**
 - IDENTIFY, ANALYZE, AND PRIORITIZE RISKS**
 - RECOMMEND RISK REDUCTION STRATEGIES**
 - COST ESTIMATES**



NAVFAC REPORTING

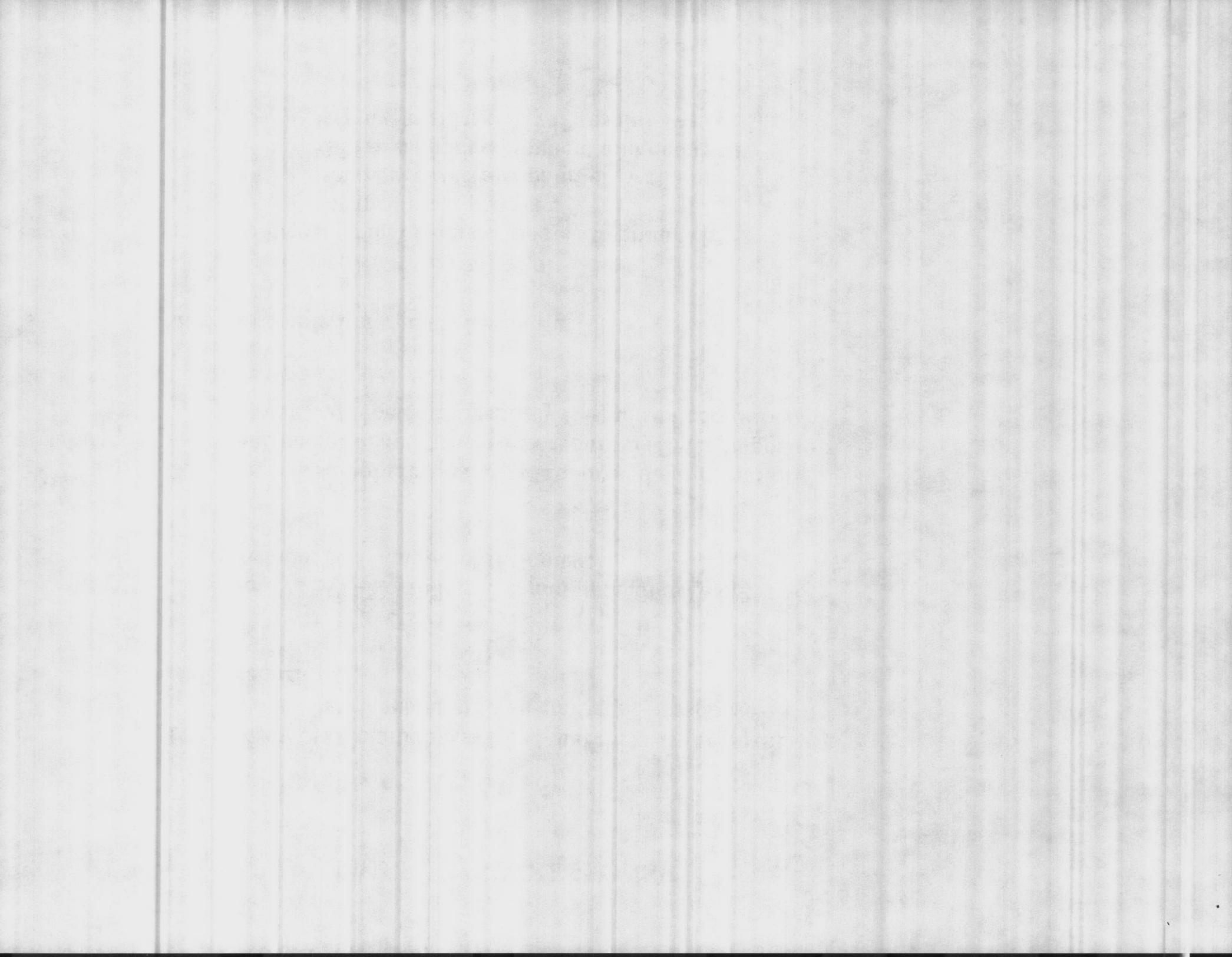
- **SUMMARY OF CONDITION/RECOMMENDATIONS/
COST ESTIMATES**

- **HOUSING MANAGEMENT DATABASE DETAILING THE
LOCATION AND CONDITION OF LEAD AND ASBESTOS
WORLD-WIDE**



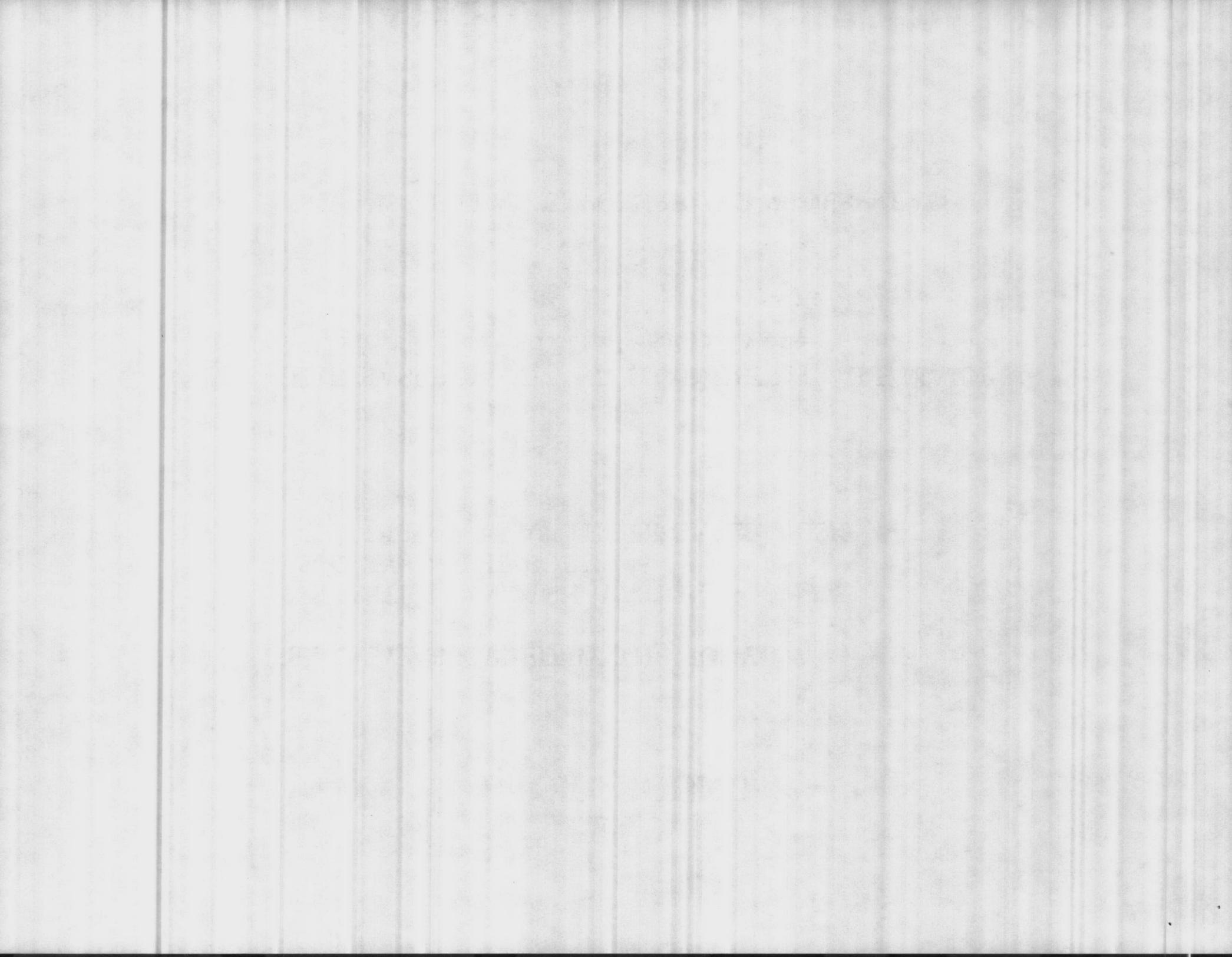
EMERGENCY RESPONSE

- 1. Notify the Commanders POC that there is the possibility that we have encountered an emergency response scenario.**
- 2. Notify PWC-Norfolk office, and immediately ship dust and soil samples of the house.**
- 3. Receive sample results from lab, provide information to Command, and proceed as required (Refer to portion of handout labeled Emergency Response Procedures).**
- 4. Assemble Emergency Response Team.**
- 5. Reduce problem from major risk to minor risk.**
 - encapsulate if possible.**
 - isolate area, scrape paint off wall and use HEPA vacuum equipment and detergent.**
 - Remove resident only if absolutely necessary.**



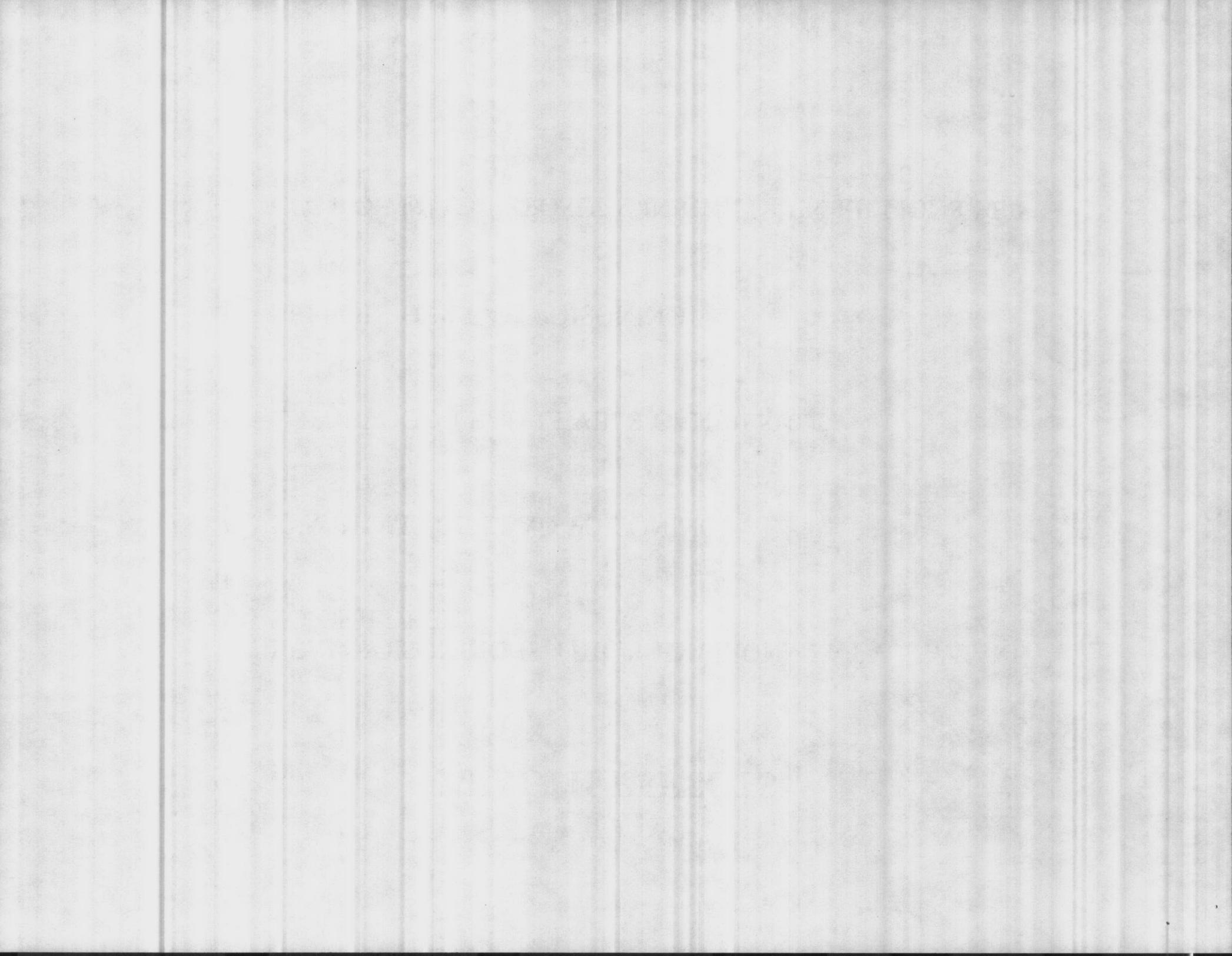
LEAD BACKGROUND

- **READILY ABSORBED BY THE BODY**
INGESTION AND INHALATION
STORED IN THE BODY
CHILDREN ARE AT THE GREATEST RISK
- **LEAD BASED PAINT AND LEAD IN DUST ARE MAJOR
CAUSES OF ELEVATED BLOOD LEVELS**
- **SOURCES OF LEAD EXPOSURE ARE WIDESPREAD**



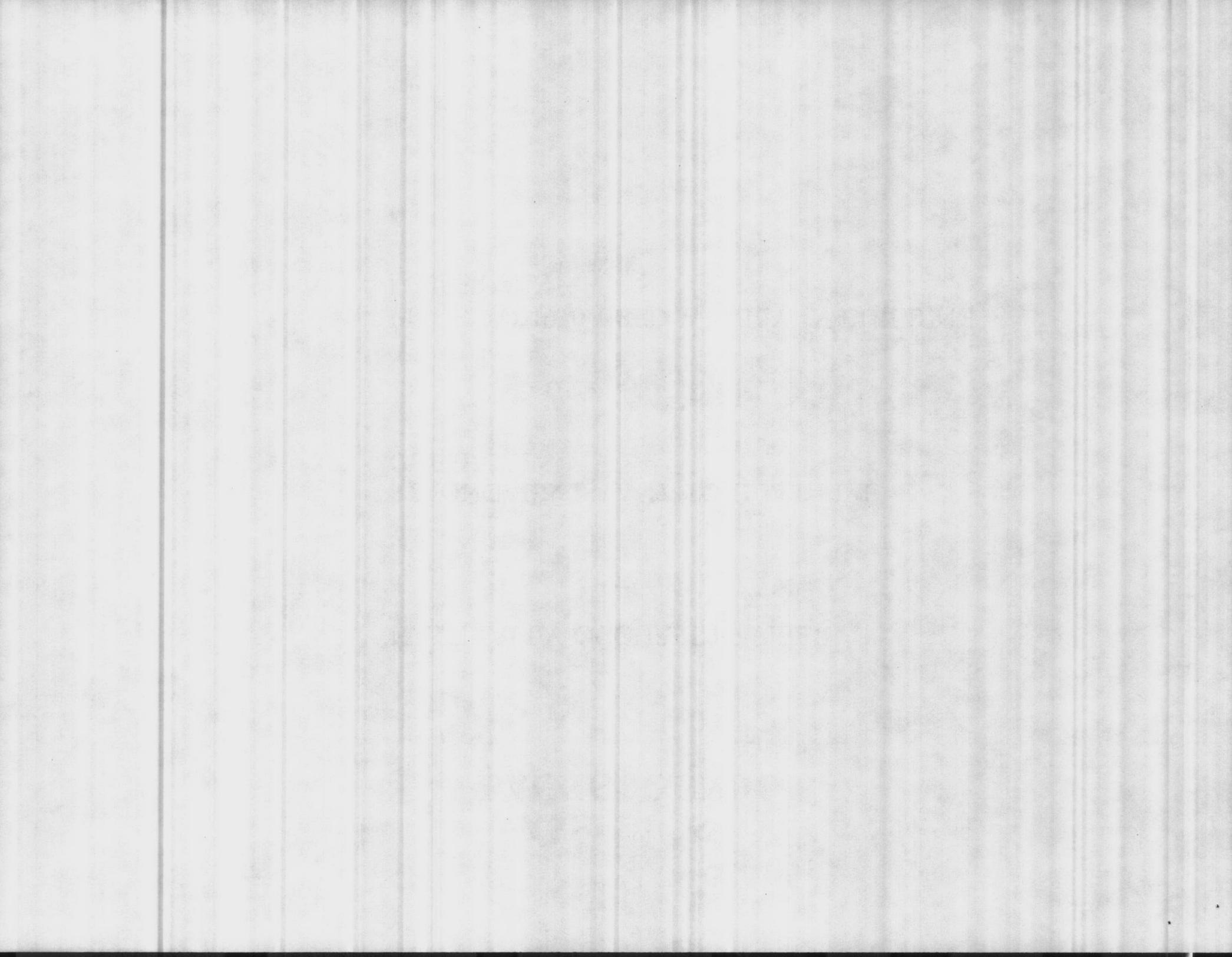
LEAD HEALTH EFFECTS

- **LEAD POISONING IS THE #1 ENVIRONMENTAL HAZARD TO CHILDREN**
- **SYMPTOMS OF LEAD POISONING**
- **LOW BLOOD LEAD LEVELS CAN RESULT**
- **EFFECTS OF LEAD POISONING**
- **COST OF LEAD EXPOSURE IN CHILDREN BILLIONS PER YEAR**



ASBESTOS BACKGROUND

- **NATURALLY OCCURRING FIBER**
- **STRONG, RESISTANT TO HEAT/FIRE AND
CHEMICALS**
- **PRIOR TO 1970 USED WIDELY IN BUILDING
MATERIALS**



ASBESTOS HEALTH EFFECTS

- **EXPOSURE CAN LEAD TO:**

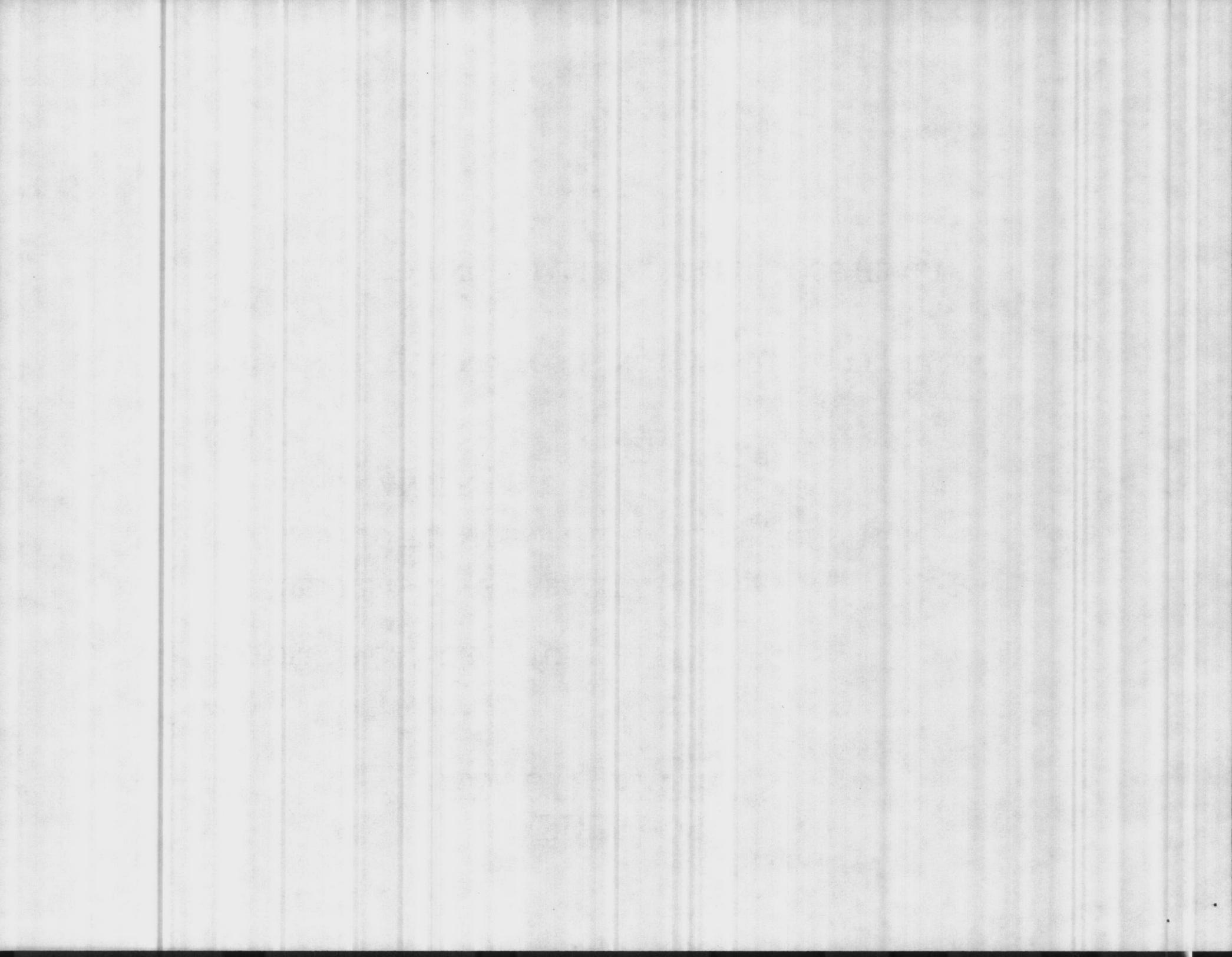
REDUCED LUNG CAPACITY

ASBESTOSIS, AN EMPHYSEMA-LIKE CONDITION

LUNG CANCER

- **PRESENCE OF ASBESTOS IS NOT A SERIOUS PROBLEM**

**DAMAGED AND FRIABLE ACM MAY POSE HEALTH
HAZARD**



ASSESSMENT CRITERIA CONSIDERATIONS

- **FRIABILITY** - Can the material be crumbled by hand pressure?
- **DAMAGE** - Is the material in good condition? Is it releasing any fibers? Is it peeling or flaking?
- **DAMAGE POTENTIAL** - Will the material be subject to future damage?
- **EXPOSURE POTENTIAL** - Is the material in an area where people will be exposed?
- **AMOUNT OF SUSPECT** - How much of the potentially hazardous material exists?

