

Map My Environment Report



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Your Results at a Glance

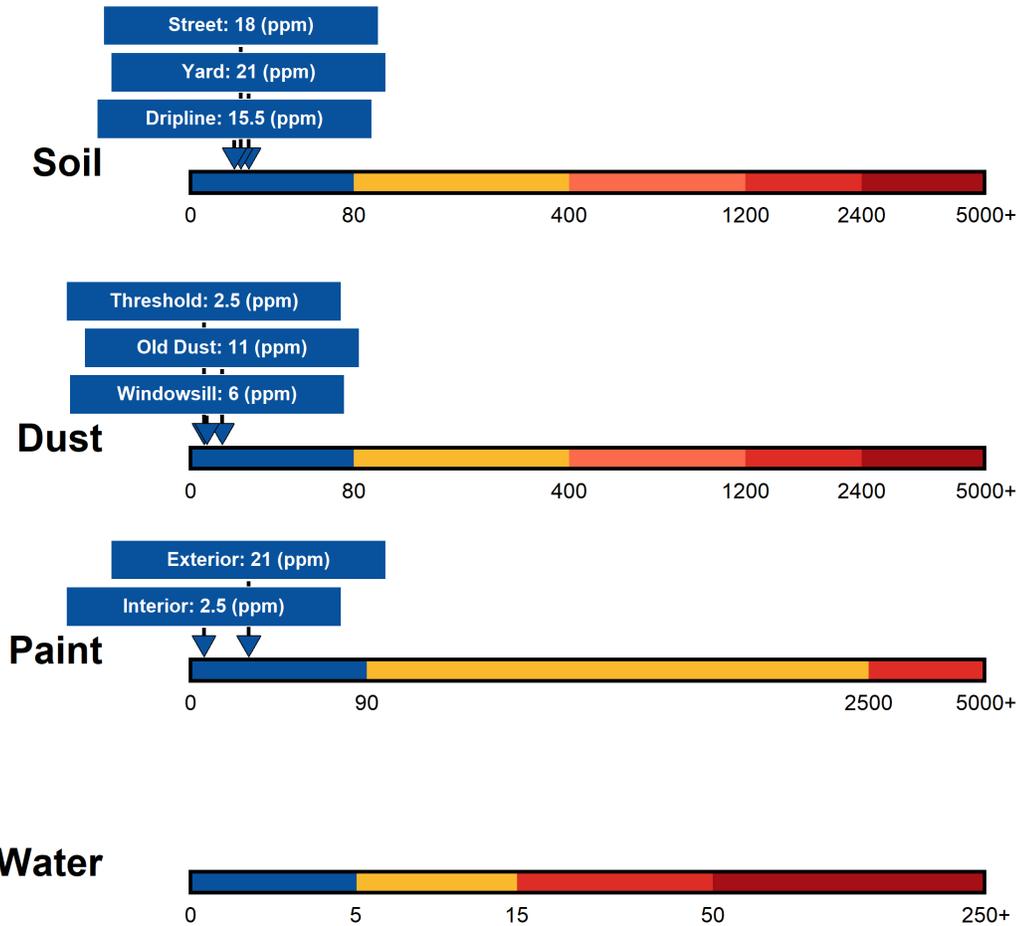
(Kit ID: 2021.104)

Thank you for partnering with IUPUI to better understand your home environment. A quick summary of your kit results are provided below. A blue boundary indicates low lead, yellow indicates elevated lead, orange or red indicates high lead, and gray indicates samples of that type are still being processed, or that none were submitted with your kit.

Soil	None of your soil samples have high levels of lead.
Dust	None of your dust samples have high levels of lead.
Paint	None of your paint samples are lead paint.
Water	Your water samples are still being processed.

Your Detailed Results

A detailed view of lead concentrations in the samples you submitted are shown below in the color-coded boxes above each bar. In general, blue indicates low risk, yellow indicates moderate risk, and orange or red indicates high risk.



NOTE: If your dust wipe and/or water filter results are significantly different from your bulk dust and water sample results, pay attention to those results with the highest lead concentrations.

What is Lead?

Lead (Pb)

People often associate lead exposure with contaminated water; however, for most people around the world, the dominant exposure pathway for lead is through dust. Lead found in house dust comes from a variety of sources, both inside and outside the home. Lead occurs naturally in the environment in small amounts. However, leaded gasoline, lead-based paint, agricultural pesticides, and industrial pollution have all artificially increased lead levels in soil, especially near urban centers.

Not all urban homes will have high lead in their soil/dust, but if you live in a city, being aware of the risks and getting your soil/dust tested are essential first steps. Rural homes may have lead-contaminated soil and dust as well. For example, if your home was built before 1978, it may contain some kinds of interior and exterior lead-based paint. Furthermore, rural and suburban homes constructed on land formerly used for agriculture, especially fruit orchards, may have soil contaminated by lead-based pesticides.

Lead is equally toxic when it is inhaled as dust or ingested in water. It accumulates in bones and is distributed throughout the blood to most organ systems, including the brain, where it acts as a neurotoxin. The U.S. Agency for Toxic Substance and Disease Registry considers lead so toxic that they list no acceptable Minimal Risk Level (MRL) for oral (water) or particulate inhalation (dust). Lead-based paint is especially hazardous to young children because of its sweet taste. As older lead-based paint ages and flakes, children may be tempted to eat the flakes because of this sweetness. Even low levels of lead exposure during early childhood can result in lifelong reduced IQ, decreased attention span, decreased impulse control, and increased antisocial behavior. People who experience childhood lead poisoning make less money over their lifetime and are more likely to be incarcerated than their peers.

Find additional information about lead as an environmental contaminant at:

[ATSDR Toxic Substance Report for Lead \(https://bit.ly/cdc-lead-toxic-substances\)](https://bit.ly/cdc-lead-toxic-substances)

Continue reading for more recommendations on reducing your exposure to lead in your home environment.

Living With Lead

By participating in this lead screening, you have taken the first step toward living safely with lead pollution. Below, you will find recommendations for minimizing exposure to lead in your home. Even if you cannot follow every guideline below, each change you make will reduce your lead exposure.

Soil

- **Wash your hands:** after working or playing outside, and teach children to do the same.
- **Plant and maintain grass:** Your lawn does not need to look like a green carpet or even be weed-free. The goal is to keep the soil underneath the grass from being exposed enough that it creates dust. Grass creates a barrier between people or pets and the underlying soil, helps keep soil damp, and holds soil in place, reducing the overall risk from soil contamination.
- **Cover loose soil:** Add layers of mulch to otherwise bare soil. Mulch, cardboard, gravel, and plants are all good at maintaining soil moisture and reducing soil-generated dust.
- **Irrigate and mulch:** Mulch and water grass during dry spells to reduce dust.
- **Build raised beds:** If you are a gardener and your soil lead concentrations are higher than 80 parts per million (ppm), we recommend that you build raised beds and fill them with clean topsoil and compost for growing vegetables, fruits, and herbs.
- **Elevate play areas for children:** Build playsets on raised areas filled with wood chips if your soil lead concentrations are higher than 80 ppm.
- **Install flagstone paths:** To minimize dust transport in high traffic areas, build stone paths.
- **Wipe those paws:** We all love our pets, but your dog or indoor/outdoor cat can bring significant amounts of outdoor dust inside. If you have pets that go outside, be aware of the extra dirt and dust carried on those furry little paws. Please do your best to keep them as clean as possible to reduce contamination in your house.

Dust

- **Remove your shoes:** Take your shoes off at the door when you come inside your home.
- **Wash your hands:** After working or playing outside, wash your hands and teach children to do the same.
- **Clean with a damp cloth:** Dry methods of cleaning and dusting, using feather dusters, for example, can kick up dust. Instead, use a damp cloth. Moreover, using a damp dust mop on hard floor surfaces is preferable to sweeping with a dry broom.
- **Vacuum with a HEPA filter:** If possible, vacuum carpets and rugs with a vacuum cleaner equipped with a high-efficiency particulate air (HEPA) filter. It will trap more fine particulate matter than a standard vacuum cleaner.
- **Isolate contaminated clothing:** If you have high lead concentrations in your soil, change and wash clothes when you come in from working or playing outside. If you are exposed to lead in your occupation, change and wash clothes when you come home from work.
- **Clean at a child's level:** Children have a different perspective on the world from adults, both literally and figuratively! You may not frequently touch the windowsills in your home or spend time playing on the floor, but do your children? When cleaning, if you have young children, pay special attention to those surfaces at lower levels that they touch frequently.

Paint

- **Cover lead paint:** Lead paint is most dangerous when/where it is poorly maintained and has begun to peel or flake. Like growing grass on bare soil, covering old lead paint with new, lead-free paint creates a barrier between you and lead hazards while minimizing exposure.
- **Renovate responsibly:** If you have an older home, exercise caution when taking on projects, such as sanding, that might expose lead paint. Do-it-yourselfers should follow EPA guidance: [EPA Guidance for safe DIY lead renovation \(https://bit.ly/epa-diy-rrp\)](https://bit.ly/epa-diy-rrp).
- **Leave paint removal to the pros:** Removing lead paint is difficult without creating a lot of toxic dust. Consider hiring an experienced professional contractor certified in lead-safe renovation. Follow link to find a certified lead removal contractor. [Certified Lead Removal Contractors \(https://bit.ly/epa-certifiedcontractors\)](https://bit.ly/epa-certifiedcontractors).

Water

- **Use a filter:** Relatively inexpensive filters are available in pitcher and faucet-mounted formats. Just make sure that the filter is certified by the National Science Foundation (NSF) to remove lead. Be sure to replace filters according to manufacturer recommendations.
- **Let the water run:** Lead can sometimes accumulate in pipes overnight when the water is not being used, resulting in a surge of lead in the first water run in the morning. Reduce this effect by turning on the faucet in the morning and letting the water run for two minutes before making coffee, brushing your teeth, or getting a drink of water.

Getting Help

Marion County

If your home has elevated lead levels and if you have small children who live with you or regularly visit you, please have your children tested immediately. Contact the Marion County Public Health Department (MCPHD) at (317) 221-2155 and request a blood test.

If your property needs remediation, MCPHD may have resources available, depending on your circumstances and needs and depending on what is available at the time of your request. Contact the MCPHD at (317) 221-2155.

Outside Marion County

Contact your county health department for more information.

Additional Resources

The Lead Protection Program: This free program is available to qualified Indiana homeowners, rental occupants, and rental property owners. Lead hazard repair work may include windows, doors, painting, and special cleaning. You may participate whether you own or rent your home. [Download a PDF of the application here \(https://bit.ly/PbPP-IN\)](https://bit.ly/PbPP-IN).

For more information, or to participate in other community-powered science projects, visit [Map My Environment \(https://www.mapmyenvironment.com\)](https://www.mapmyenvironment.com). If you have questions, please contact us directly at mapmyenvironment@gmail.com, or contact our program manager for this project at IUPUI at aherrman@iupui.edu.