

Military Family Housing Environmental Hazard Risk Disclosure Booklet



**An informative booklet for all Military Family
Housing residents at RAF Lakenheath, RAF
Mildenhall and RAF Feltwell.**

48 CES/CEIH
11/1/2016



DEPARTMENT OF THE AIR FORCE
48TH FIGHTER WING (USAF)

MEMORANDUM FOR MILITARY FAMILY HOUSING APPLICANTS

FROM: 48CES/CEIH

SUBJECT: Environmental Hazard Risk Disclosure

1. AFI 32-6001, Family Housing Management, Paragraph 1.8.29 requires 48 CES/CEIH to fully disclose environmental hazards to housing residents and refers potential safety and health issues to appropriate installation agencies.
2. Paragraph 2.29 states: **Environmental Hazard Disclosure.** Fully disclose to FH residents the following environmental hazards, either upon assignment, delivery to residence or by making available in public access areas, as appropriate. Refer residents who report potential environmental-related health issues to their health care provider. Request the Bioenvironmental Engineer determine requirements for a follow-up health risk assessment. Coordinate development and periodic update of the installation fact sheets with the BCE and Bioenvironmental Engineering. See www.epa.gov for ordering brochures and extended information.
3. The following information will provide families with details of the known environmental hazards, what to look for, how to prevent exposure or occurrence and details on what to do if you discover or have a concern about any of the hazards listed. The information has been taken from both the EPA website (www.epa.gov), and for UK specific issues, from the UK Government website (www.direct.gov.uk & www.hse.co.uk). Families are encouraged to visit these websites for further information.
4. This guidance applies to the Military Family Houses located at RAF Lakenheath, RAF Mildenhall, and RAF Feltwell.
5. Should you have any questions or concerns reference this information pack, please contact the Facilities Chief, Ms. Helen Kenyon on DSN: 226-2749 or Comm: 01638 522749.

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DAWN DAVIS-SPECTOR, CPM®
Chief, Housing Element Branch

ASBESTOS IN MFH

Asbestos is assumed to be present in the following housing areas:

RAF Lakenheath: Nato, Kennedy, Thunderbird (floor tile adhesive, central heating flues, artex ceiling, eaves, soffits & fascias)

RAF Mildenhall: Shippea Hill, Valiant Street, Washington Street, Canberra Rd, Dakota Rd, Wellington Rd, Lancaster Rd, Virginia Rd and Lincoln Rd. (floor tile adhesive, central heating flues, artex ceiling, eaves, soffits & fascias)

RAF Feltwell: Blackdyke Crescent (1-8), Portal Close, Lancaster Rd, Harvard Rd, Provost Rd, Prentice Gardens, Wellington Rd, Birdsvie Square, Oxford Street and Stirling Rd. (floor tile adhesive, central heating flues, artex ceiling, eaves, soffits and fascias)

For a more detailed assessment of your particular unit please contact the Asbestos Program Officer on DSN: 226-3990 or Comm: 01638 523990.

Housing units built after 1985 should not contain any asbestos. Therefore, all of Liberty Village (built 2006-2011), and the new housing units at RAF Feltwell (Cardington and Blackdyke area – built 2010-2011) and RAF Mildenhall (200-207 Washington – built 2007-2008) will not contain any asbestos of any form.

As different types of Asbestos have been used throughout the world, the following information was taken from the UK Government website (www.direct.gov.uk) as the asbestos would have been originally used by UK contracted suppliers at time of installation.

Occupants who wish to carry out any form of Self Help type work should contact the Housing Office on DSN: 226-2064 or Comm: 01638 522064 before commencing work to ensure the work will not cause the asbestos to become friable.

If you see any substance that may appear to be asbestos, please contact your Housing Maintenance provider for investigation.

What is asbestos?

Asbestos is a naturally occurring mineral that has been used in a range of building materials to make them more rigid and fire resistant. It has also been used in household products like ironing boards and oven gloves. Asbestos was used extensively as a building material in Great Britain from the 1950s through to the mid 1980s. Some areas in your home where you may find asbestos include:

1. Eaves, gutters and rainwater fall pipes
2. Fire blankets
3. Boilers
4. Garage and shed roofs
5. Linings for walls, ceilings and doors
6. Insulation panels in some storage heaters
7. Bath panels
8. Central heating flues
9. Loose asbestos packing between floors and in partition walls
10. Floor tiles
11. Ironing boards
12. Ceiling finishes

Why asbestos is a problem

Most people are exposed to low amounts of asbestos present in the atmosphere with no ill effects. However, asbestos fibers and dust are potentially very dangerous if inhaled in higher concentrations over a period of time. If this happens, they can cause serious lung diseases including cancer. The symptoms of these diseases often don't appear for between 20 and 30 years after exposure to asbestos.

If you think you may have been exposed to asbestos fibers, it's a good idea to see your Doctor and let them know, so it can be entered on your medical record.

The Health and Safety Executive (HSE) has more information on why asbestos is dangerous and how to recognize it.

If you have asbestos in your home

Don't panic – unless asbestos is damaged or disturbed, it is safe to leave it in place.

Never sand, drill or saw asbestos materials. Please check with the Housing Office before commencing any Self Help work in your unit.

You may be able to get an asbestos survey of your Military Family House. Please contact the Asbestos Program Officer for more details on DSN: 226-3990 or Comm: 01638 523990.

LEAD & LEAD BASED PAINT IN MFH

Lead or Lead Based Paint is assumed to be present in the following housing areas:

RAF Lakenheath: Nato, Kennedy, Thunderbird (baseboards, roof flashing)

RAF Mildenhall: Shippea Hill, Valiant Street, Washington Street, Canberra Rd, Dakota Rd, Wellington Rd, Lancaster Rd, Virginia Rd and Lincoln Rd. (Baseboards, Roof Flashing)

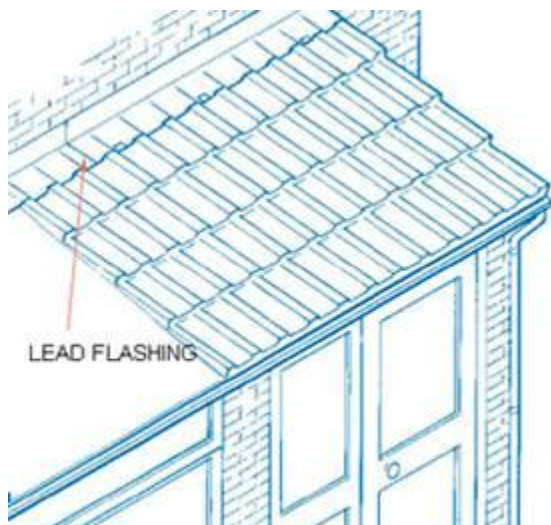
RAF Feltwell: Blackdyke Crescent (1-8), Portal Close, Lancaster Rd, Harvard Rd, Provost Rd, Prentice Gardens, Wellington Rd, Birdsvie Square, Oxford Street and Stirling Rd. (Baseboards, Roof Flashing)

Although LBP is assumed to be present, the majority of the listed housing areas have undergone major renovations (except Lords Walk) in the last 10 years, and most if not all LBP has been removed. In the case of Lords Walk, the LBP has been encapsulated and covered over many times and only presents a minor hazard if the base layers of paint are exposed due to damage by pets/furniture/children etc. The lead roof flashing is the grey metal looking material used to seal areas where roof tiles join other surfaces. If the base layer is exposed, please contact the Housing Maintenance contractor immediately.

As with Asbestos, housing units built in the last 35 years should not contain any LBP. Therefore, all of Liberty Village (built 2006-2011), and the new housing units at RAF Feltwell (Cardington and Blackdyke area – built 2010-2011) and RAF Mildenhall (200-207 Washington – built 2007-2008) will not contain any LBP.

Lead is extensively used to seal edges on roofs where it joins other surfaces. It is used throughout MFH but is not hazardous to occupants unless it is tampered with, removed or falls off. If lead flashing is dislodged or damaged, occupants must contact their Maintenance Provider immediately upon discovery and must not handle the substance. All Housing areas, including the new houses have lead on the roofs.

Example of Lead Flashing:



The below information has come from the UK Government website and is specific to the UK.
(www.direct.gov.uk)

The risks of lead paint

Up until the mid-1970s, lead was widely used in household paint. It was most commonly used for windows, doors, woodwork and for some metal items. Lead can be harmful, as it builds up in the body and can be a health risk. Children are more sensitive to its effects than adults.

The lead in old paint becomes dangerous when paintwork is flaking or peeling, knocked or chewed by children or pets. It is also dangerous when sanded or burnt off in preparation for repainting. You can find out more about the dangers and effects of lead from the Health and Safety Executive (HSE) leaflet. This is primarily for people who work with lead, but contains useful information about how lead gets into your body and its effect on health.

People most at risk from lead paint

The people most likely to be affected by lead paint are pregnant women and young children.

What the law says about using lead paint

Since 1978, it is illegal for companies to add lead to household paints. There are some exceptions for some listed buildings and for some very limited artistic uses. For more details on the laws on using lead in paint, visit the Department for Environment, Food and Rural Affairs (Defra) website.

How to tell if you have lead paint in your house

The age of your home is a good guide. If it has been built in the last 40 years, it is unlikely you will have any lead paint.

If you live in an older property and your paintwork is quite thick, there could be lead paint locked into the older layers. This is not a problem if the paintwork is in good condition and you don't plan to redecorate.

If you are unsure whether you have lead paint in your home, you can buy test kits from some retail or trade paint shops. If you suspect you have lead paint, follow the advice below on dealing with it safely.

How to deal with lead paint safely

The easiest way to deal with lead paintwork, if it is in good condition, is to paint over it with a coat of modern paint. This will seal in the lead and prevent it from causing harm.

If you have to remove lead paint to redecorate, use methods that don't create dust or fumes, for example:

1. Use a solvent-based or caustic paint stripper
2. Choose a water-based, solvent-free paint remover
3. Use a hot-air gun to soften the paint, but don't let it get hot enough to burn it off (as this releases fumes)

If you are using a hot air gun, keep surfaces moist when removing paint, and make sure your gun is set to below 450 degrees Celsius.

If you use a solvent-based paint stripper, you should dispose of it responsibly at a household waste and recycling center. Contact your local council to find out where there is one near you.

MOLD IN MFH

The EPA publication, *A Brief Guide to Mold, Moisture and Your Home*, is available on www.epa.gov should you require the latest version.

The publication advises on the following mold preventive measures and is appropriate for the installation. Under no circumstances should a resident reporting mold sensitivity clean mold from their FH unit. Basic advice is as follows:

- Dry condensation from affected areas
- Increase air circulation by using a household fan, kitchen vent hood exhaust while cooking and bathroom exhaust when shower is in use
- Minimize dust accumulation throughout the house and clean mildew from visible surfaces using a detergent and water or mild household cleaner, wearing ordinary household rubber gloves
- Report recurring leaks and persistent mold, mildew and moisture to the Housing Flight or maintenance service provider.

The potential for mold to grow is present in all Military Family Housing and in most cases only caused through lack of prevention and/or control by occupants. Good housekeeping is the key to preventing the build-up of mold in housing.

Mold is likely to be found in moist, damp or humid areas of the house such as bathrooms, window ledges, window seals, rooms with little or no ventilation, behind furniture on exterior walls, exterior storage areas.

In some cases, mold has grown due to a water leak which has not dried out properly.

If you suspect a leak, you must contact your Maintenance Provider immediately.

The below information comes from the US government website (www.epa.gov)

Why is mold growing in my home? Molds come in many colors; both white and black molds are shown here. Molds are part of the natural environment. Outdoors, molds play a part in nature by breaking down dead organic matter such as fallen leaves and dead trees, but indoors, mold growth should be avoided. Molds reproduce by means of tiny spores; the spores are invisible to the naked eye and float through outdoor and indoor air. Mold may begin growing indoors when mold spores land on surfaces that are wet. There are many types of mold, and none of them will grow without water or moisture.

Can mold cause health problems? Molds are usually not a problem indoors, unless mold spores land on a wet or damp spot and begin growing. Molds have the potential to cause health problems. Molds produce allergens (substances that can cause allergic reactions), irritants, and in some cases, potentially toxic substances (mycotoxins). Inhaling or touching mold or mold spores may cause allergic reactions in sensitive individuals. Allergic responses include hay fever-type symptoms, such as sneezing, runny nose, red eyes, and skin rash (dermatitis). Allergic reactions to mold are common. They can be immediate or delayed. Molds can also cause asthma attacks in people with asthma who are allergic to mold. In addition, mold exposure can irritate the eyes, skin, nose, throat, and lungs of both mold-allergic and non-allergic people. Symptoms other than the allergic and irritant types are not commonly reported as a result of inhaling mold. Research on mold and health effects is ongoing. This brochure provides a brief

overview; it does not describe all potential health effects related to mold exposure. For more detailed information consult a health professional. You may also wish to consult your state or local health department.

How do I get rid of mold? Molds gradually destroy the things they grow on. You can prevent damage to your home and furnishings, save money, and avoid potential health problems by controlling moisture and eliminating mold growth

It is impossible to get rid of all mold and mold spores indoors; some mold spores will be found floating through the air and in house dust. The mold spores will not grow if moisture is not present. Indoor mold growth can and should be prevented or controlled by controlling moisture indoors. If there is mold growth in your home, you must clean up the mold **and** fix the water problem. If you clean up the mold, but don't fix the water problem, then, most likely, the mold problem will come back.

In all cases of mold, especially if it is 10 Sq Ft or more, you must contact the Housing Office on DSN: 226-2064, or Comm: 01638 522064 immediately for advice.

RADON IN MFH

As Radon is area specific, the below information has come from the UK Health Protection Agency (www.hpa.org.uk)

RADON

Every building contains radon but the levels are usually low. The chances of a higher level depend on the type of ground. The Health Protection Agency and the British Geological Survey have published a map showing where high levels are more likely (map below). The chance is less than one home in a hundred in the white areas and greater than one in three in the darkest areas.

Radon is a natural radioactive gas. You cannot see, hear, feel or taste it. It comes from the minute amounts of uranium that occur naturally in all rocks and soils. Radon is present in all parts of the UK, although the gas disperses outdoors so levels are generally very low.

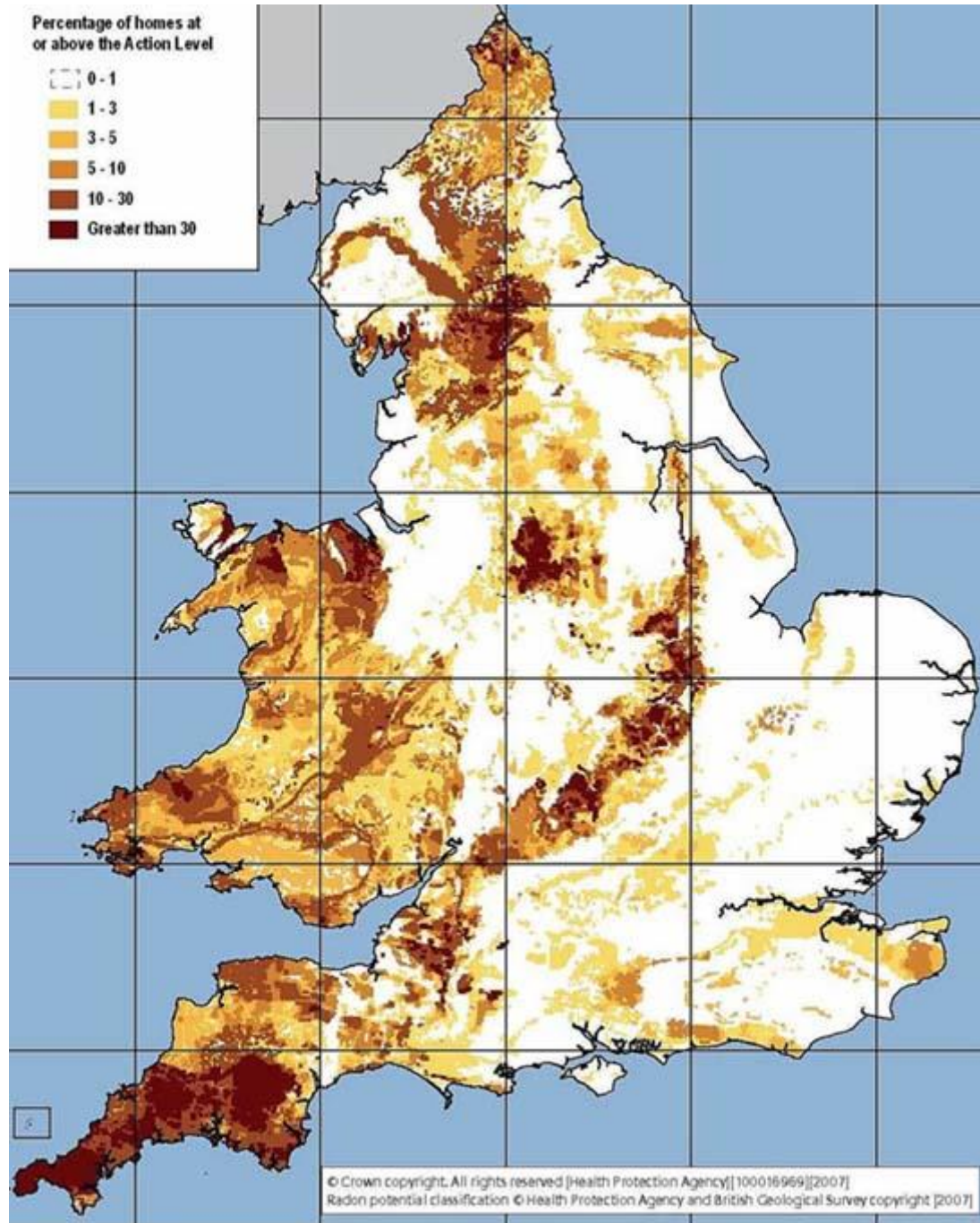
We all breathe it in throughout our lives - for most UK residents, radon accounts for half of their total annual radiation dosage. However, geological conditions in certain areas can lead to higher than average levels. Some of the highest radon levels have been found in the southwest, but levels well above average have been found in some other parts of the UK. Exposure to particularly high levels of radon may increase the risk of developing lung cancer.

The HPA has advised that indoor radon above an Action Level of 200 becquerels per cubic meter should be reduced. The Natural Resources Element will have details of Radon levels in the local area and can be contacted on DSN: 226-3990 or Comm 01638 523990.

Per the FGS (Final Governing Standard) 16, Due to the local geostrata not containing granite there are no requirements to manage or monitor the area for Radon.

The map below shows England and Wales and identifies where Radon is located and the percentage of homes above or at the Radon Action level

Map of England and Wales



This map is taken from the [Indicative Atlas of Radon in England and Wales](#) (HPA-RPD-033).

LEGIONELLA IN MFH

Although not covered by the AFI, Legionella is an issue in the UK and as a result we deem it appropriate to advise you of the risks and methods of prevention.

All housing has the potential for Legionella bacterium to be present. Most common places where it could be found is shower hoses, garden hoses, un-used or little used bathroom faucets, or outside faucets. Vacant housing units are either drained down of all water, or are flushed weekly by the Housing Inspector to ensure Legionella does not grow in that unit.

Occupants should ensure that all of their faucets, showers, WC cisterns and outside faucets are turned on and the water run for at least two minutes on a weekly basis. This will ensure Legionella bacterium will not grow. To help conserve water, occupants should capture as much as possible in containers and be used to water gardens, plants, or wash vehicles with etc.

The information below comes from the Health and Safety Executive website (www.hse.gov.uk)

Legionnaires' Disease is a potentially fatal form of pneumonia which can affect anybody, but which principally affects those who are susceptible because of age, illness, immunosuppression, smoking etc.

It is caused by the bacterium Legionella pneumophila and related bacteria that can be found naturally in environmental water sources such as rivers, lakes and reservoirs, usually in low numbers. As they are commonly found in environmental sources they may also be found in purpose built water systems such as cooling towers, evaporative condensers and whirlpool spas.

If conditions are favorable the bacterium may grow creating conditions in which the risk from Legionnaires' disease is increased.

What is Legionnaires' disease?

1. Legionnaires' disease is a type of pneumonia. It was named after an outbreak of severe pneumonia that affected a meeting of the American Legion in 1976. It is an uncommon but serious disease.
2. It is actually one of a group of similar diseases collectively known as legionellosis. The other forms, e.g. Pontiac Fever and Lochgoilhead Fever, have similar symptoms but are not as serious as Legionnaires' disease.
3. Legionnaires' disease occurs more frequently in men than women. It usually affects middle-aged or elderly people, and it more commonly affects smokers or people with other chest problems.

How do people get it?

4. The agent that causes Legionnaires' disease is a bacterium called **Legionella pneumophila**. People catch Legionnaires' disease by inhaling small droplets of water suspended in the air, which contain the bacteria.

5. Certain conditions increase the risk from legionella:

- a suitable temperature for growth, 20 to 45°C;
- a source of nutrients for the organism, e.g. sludge, scale, rust, algae, and other organic matter; and
- a way of creating and spreading breathable droplets, e.g. the aerosol created by a cooling tower or spa pool.

However, remember that most people exposed to legionella do not become ill, and Legionnaires' disease does not spread from person to person.

What are the symptoms?

6. The symptoms of Legionnaires' disease are similar to those of flu:

- high temperature, fever and chills;
- cough;
- muscle pains; and
- headache.

In a bad case there may also be pneumonia, and occasionally diarrhea and signs of mental confusion.

Where does it come from?

7. Legionella bacteria are widespread in nature, mainly living in natural water systems, e.g. rivers and ponds. However, the conditions are rarely right for people to catch the disease from these sources.

8. Outbreaks of the illness occur from exposure to legionella growing in purpose-built systems where the water is maintained at a temperature high enough to encourage growth, e.g. cooling towers, evaporative condensers, spa pools, and hot water systems used in all sorts of premises (work and domestic).

9. Most community outbreaks in the UK have been linked to installations such as cooling towers, which can spread droplets of water over a wide area. These are found as part of air-conditioning and industrial cooling systems.

10. Fatal cases of Legionnaires' disease have also been associated with spa pool demonstrations.