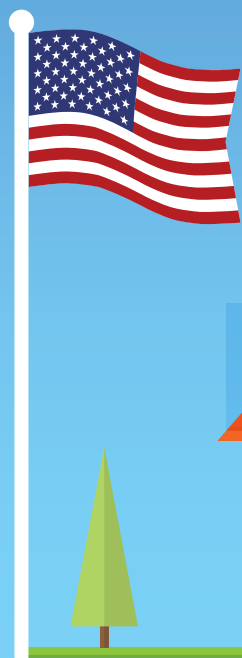


Military Family Housing Environmental Hazard Risk Disclosure Booklet



Bldg 429, RAF Lakenheath
DSN: 266-2064/Comm: 01638 522 101
option 1 option 3

www.housing.af.mil/Units/RAF-Lakenheath

 @RAFLakenheathHousingManagementOffice



Last Updated: Feb 2023

ASBESTOS IN MFH

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 prior to the year 2000 may contain asbestos materials and mechanical rooms up to 2002. Therefore, all Liberty Village units constructed between 2006-2011, the new housing units at RAF Feltwell, Cardington and Blackdyke area constructed between 2010-2011 and RAF Mildenhall, 200-207 Washington Street constructed between 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: 226-2101 or Comm: 01638 522101 option 1 option 3. If there is asbestos present then no work should be allowed in that area.

If you see any substance that may appear to be asbestos, please contact the Housing Maintenance Contractor (Vivo) on 0800 030 9257 to investigate. The Contractor will then notify the Housing Office of any issues.

Asbestos records are available from the Housing Office upon completion of your Move-In paperwork.

What is asbestos?

Asbestos is a naturally occurring mineral that was previously 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 1980's. 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

Do not 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

Achetype surveys have been conducted and no Lead Based Paint (LBP) has been identified in the Housing Units. LBP has not been used in the Housing Units since the 1980's.

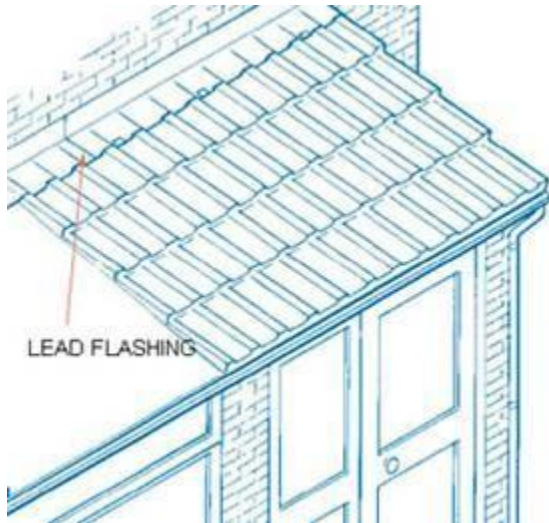
As with Asbestos, housing units built in the last 35 years **should not** contain any LBP.

- Liberty Village - constructed between 2006-2011,
- Feltwell units located on Cardington and Blackdyke – constructed between 2006-2011
- RAF Mildenhall units located on Washington numbered between 200-208 –constructed between 2007 - 2008.

Lead is extensively used to seal edges on roofs where it joins other surfaces. It is used throughout Military Family Housing (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 the Housing Maintenance Contractor immediately upon discovery and must not handle the substance. All Housing areas, including the new houses have lead on the roofs.

LBP records are available from the Housing Office upon completion of your Move-In paperwork.

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 EPA Protect Your Family from Lead in Your Home Guide. 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 the paint to decorate, please contact your Military Family Housing Office who can work with their Maintenance Contractor, to ensure this is completed safely and disposed of correctly.

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 MFH 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 MFH units 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 the Housing Maintenance Contractor 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: 226-2101, or Comm: 01638 522101 option 1 option 3 immediately for advice.

RADON IN MFH

As Radon is area specific, the below information has come from the UK Health Protection Agency (<https://usaf.dps.mil/teams/10626/Lakenheath/WPP/ProgramPage/ToxicSubstances.aspx>)

What is Radon?

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.

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.

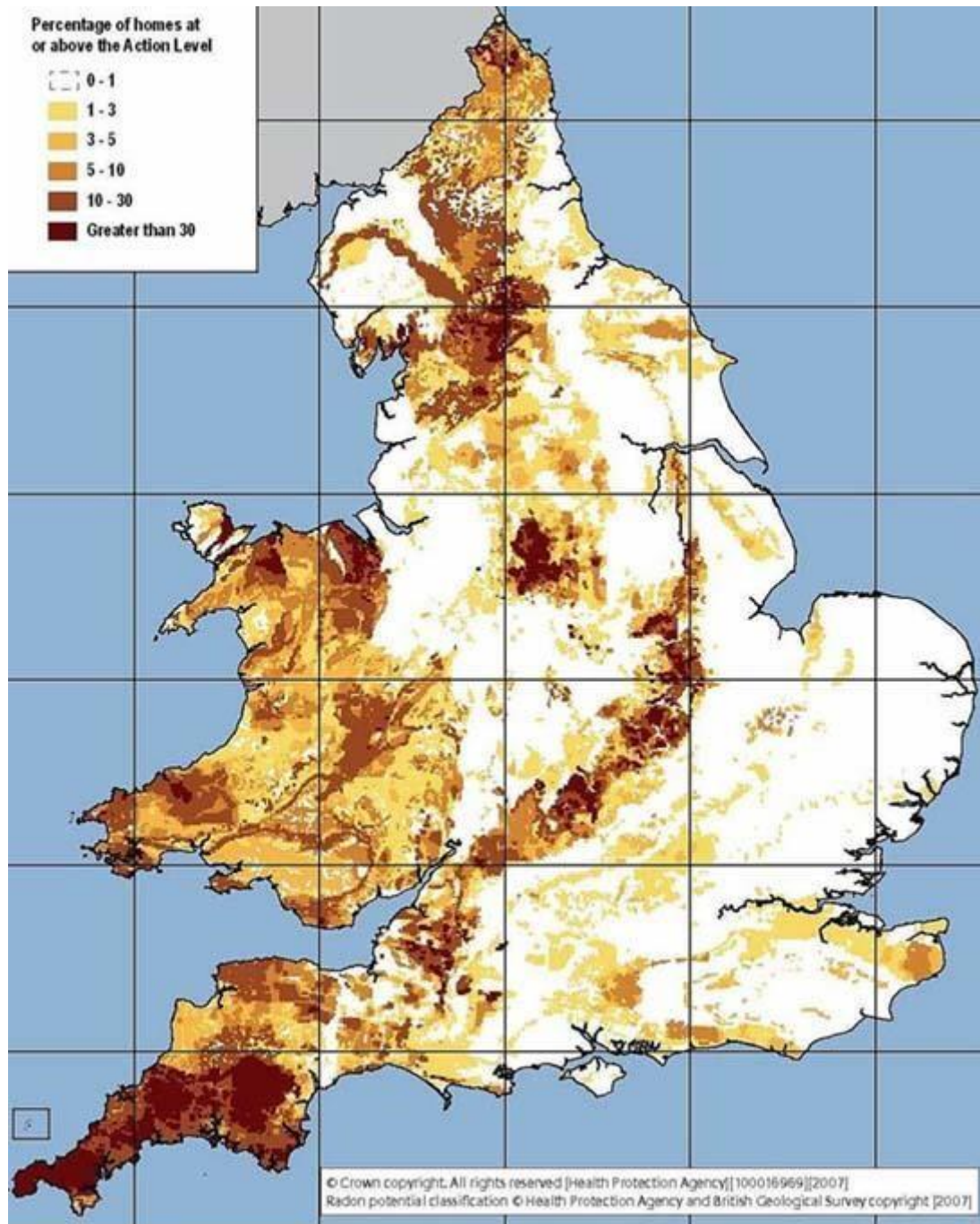
We all breathe it in throughout our lives - for most UK residents, radon accounts for half of their total annual radiation dosage. However, geological conditions in certain areas can lead to higher than average levels. Some of the highest radon levels have been found in the southwest, but levels well above average have been found in 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 Becquerel's 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 Final Governing Standard (FGS) 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 MFH 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)

What is Legionnaires' disease?

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.

It is actually one of a group of similar diseases collectively known as legionellosis. The other forms, Pontiac Fever and Lochgoilhead Fever have similar symptoms but are not as serious as Legionnaires' disease.

How do people get it?

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.

A bacterium called Legionella pneumophila causes Legionnaires' disease. People catch Legionnaires' disease by inhaling small droplets of water suspended in the air, which contain the bacteria.

Certain conditions increase the risk from legionella:

A suitable temperature for growth, 20 to 45oC

What are the symptoms?

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

- High temperature
- Fever
- Chills
- Cough
- Muscle pains
- Headache.

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

Where does it come from?

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.

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).

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.

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