

# "ONE-TOUCH" TO HEALTHY HOMES

## QUESTIONS ABOUT LEAD?

1-800-897-LEAD (5323)

Renovation, Repair, & Painting (RRP) 1-800-424-5323

Financial assistance for lead in your home 1-603-225-3295

Construction Debris 1-603-271-2946

Worker Exposure 1-603-225-1629



Lead in older housing, consumer products, at construction sites or in the workplace can cause health and environmental concerns. The NH Division of Public Health (DPHS), Occupational Safety & Health Administration (OSHA), NH Department of Environmental Services (NHDES), and the US Environmental Protection Agency (EPA) have the resources to answer your lead questions. NH Housing Finance Authority has funds for qualifying NH residents to reduce lead in the home.

## WEATHERIZATION PROGRAMS

1-800-856-5525

Weatherization Program and Fuel Assistance [www.bm-cap.org/](http://www.bm-cap.org/)



The Weatherization Program can help reduce your energy usage and heating costs by offering FREE Energy Saving Measures. Homeowners and renters are eligible. Eligibility is determined by income. Priority is given to elderly, handicapped, and families with children under 6. If you qualify for fuel assistance you may qualify for weatherization.

## FIRE SAFETY PREVENTION

[www.nh.gov/safety/divisions/firesafety](http://www.nh.gov/safety/divisions/firesafety)

State Fire Marshal 1-603-223-4289

Arson Hotline 1-800-400-3526



The New Hampshire State Fire Marshal and your local Fire Department are resources for questions about fire safety, smoke alarms, and arson.

## SMOKERS HELPLINE

1-800-QUIT-NOW (784-8669)

Spanish 1-800-8-DEJALO (833-5256)

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The TRY TO STOP TOBACCO Resource Center is a free resource to NH residents. It offers help to those who want to quit smoking, chewing tobacco or using other tobacco products. Free phone counseling is provided by Certified Tobacco Treatment specialists. Visit us at [www.trytostopnh.org](http://www.trytostopnh.org).

## TOBACCO, HEALTH & HOUSING

Asthma, COPD, & Smoke-Free Housing

1-800-835-8647

[www.breathenh.org](http://www.breathenh.org)



Breathe NH is a resource for New Hampshire families, tenants and landlords with questions about smoke-free housing, asthma or COPD.

## RODENTS, INSECTS AND BEDBUGS

UNH COOPERATIVE EXTENSION  
THE BED BUG ACTION COMMITTEE

[www.extension.unh.edu](http://www.extension.unh.edu)  
[www.nhbedbugs.com](http://www.nhbedbugs.com)

1-877-398-4769



The UNH Cooperative Extension provides phone assistance and education on bedbugs, rodents and insects found in homes. The New Hampshire Bed Bug Action Committee is a group committed to addressing the problem of bed bugs in New Hampshire. They provide information at their website to anyone with bed bug concern.

## NEW HAMPSHIRE 2-1-1

Finding Health & Human Services Available To You

Dial 2-1-1

[www.211nh.org](http://www.211nh.org)



NH 2-1-1 is your connection to thousands of resources available in New Hampshire. 2-1-1 is a free and confidential call from anywhere in NH offering person-to-person assistance. Available 24/7 with translation assistance in over 150 languages.

## CARBON MONOXIDE

Carbon Monoxide Workgroup  
Northern NE Poison Center

[www.nh.gov/co](http://www.nh.gov/co)  
1-800-222-1222



Carbon monoxide (CO) is an invisible, odorless, colorless gas created when certain fuels burn incompletely. The Carbon Monoxide Workgroup and the Northern New England Poison Center are resources for those with questions about Carbon monoxide.

## NEED LEGAL HELP?

[www.nhlegalaid.org](http://www.nhlegalaid.org)

Legal Advice & Referral Center  
New Hampshire Legal Assistance  
The Disabilities Rights Center

1-800-639-5290  
1-800-562-3174  
1-800-834-1721



New Hampshire Legal Aid  
Legal Information,  
Referrals and  
Pro Se Assistance

New Hampshire Legal Aid is a group of agencies who provide a range of legal services to low income families in the state.

## RADON, MOLD & DRINKING WATER

Radon 1-888-372-7341  
Drinking Water 1-603-271-7061  
Asbestos 1-603-271-1370  
Mold 1-800-438-4318

[www.epa.gov/radon](http://www.epa.gov/radon)  
[www.des.nh.gov](http://www.des.nh.gov)  
[www.des.nh.gov](http://www.des.nh.gov)  
[www.epa.gov/mold/index.html](http://www.epa.gov/mold/index.html)



New Hampshire's Department of Environmental Services (NHDES) and the United States Environmental Protection Agency (EPA) are resources for questions about radon, asbestos, mold and drinking water.