

# Before You Paint:

- What's In Paint? Most paints contain chemicals called volatile organic compounds (VOCs) that give paint its consistency and evaporate as it dries. These VOCs can impact your health and the environment.
- Short-term health effects of VOC exposure include eye irritation, headaches, nausea, fatigue, and dizziness.
- Long-term exposure can damage the central nervous system, liver, and kidneys.
- Pregnant women, young children, people with respiratory problems (like asthma or COPD) and individuals with high exposure rates (like commercial painters) have higher risks of health effects.
- Volatile organic compounds also contribute to air pollution by forming ground-level ozone. Ozone is a factor in causing lung disease.

## Smart Planning:

- Purchase only as much paint as you need for the job. Estimate using 1 gallon for every 400 ft<sup>2</sup> or 1 quart for every 100 ft<sup>2</sup>.
- If you live in an apartment, inform neighbors of your painting project. Property managers should notify tenants in multi-family homes when painting is planned.
- Be sure to read and follow label directions carefully.

## Stay Ahead of Lead:

In homes built before 1978, test painted surfaces for lead before sanding or scraping. For guidance on testing call the Washington Department of Health at 800-909-9898 or <https://www.doh.wa.gov/YouandYourFamily/HealthyHome/Contaminants/Lead/CommonSources/RemodelingandPainting>

# Choosing Paint:

- Select water-based (latex) over oil-based paints and stains. Most latex paints still contain VOCs but they don't require toxic solvents for cleanup.
- Be sure to read labels and ask your paint vendor. Adding color to your paint can increase its VOC content.

- Look for low-VOC paints, ideally less than 50 grams per liter (GPL).
- Consider buying recycled paint. (See chart below.)

The following is a partial list of paint brands sold locally. It is not intended to endorse any particular brand.

Local Vendor	Low VOC Brands / Recycled Brands
Ace Hardware - Olympia Supply, Westside and Tenino Market Fresh	Benjamin Moore (see below), Zinsser & KILZ Cleanstart Primers
BJ's Paint 'n Place	Devoe WonderPure, Glidden Lifemaster / MetroPaint Recycled
Fred Meyer	Dutch Boy Refresh
Home Depot	Glidden, Martha Stewart
Kelly-Moore	KM Green Coat, Envirocoat / Ecoat Recycled
Lowe's	Olympic, Valspar
NW Paint & Supply	Benjamin Moore: Aura, Ben, & Natura
Parker Paint	Comex Ultratech
Rodda Paint	Horizon, Master Painter / Limited supply recycled paint
Sherwin Williams	Harmony, Duration

Use low VOC paints to decrease your exposure to harmful chemicals and help protect the environment.

# While You Paint:

- Avoid spray painting to minimize breathing fumes.
- Ventilate your workspace: Keep windows open, use an exhaust fan to draw fumes from the home. Regular air conditioners do not filter indoor air pollutants.
- Use protective gear specified on the label such as gloves, goggles and a respirator with the proper filter. Dust masks do not protect against VOCs.
- Keep pregnant women and children away. Tape off work area with tarps/sheeting to reduce fumes and keep dust from spreading through the house.
- Take extra precautions if using oil-based paint. The health risks are greater and there is an added risk of fire. Don't smoke; remove sources of flames and sparks. Seal used rags in metal containers.
- Keep cans tightly closed and out of children's reach.

## After You Paint:

- Continue to ventilate painted areas for 2-3 days.
- Store leftover paint in original container with lid tightly secured. Clean up any dripping paint. Or, store in smaller sealable container for future touchups. Clearly label containers, including contents and date. Store out of reach of children.
- Donate no longer needed cans of paint to local theater groups, schools, or other groups in need.
- See reverse for how to dispose of leftover paint.

# Paint Disposal Options:

**Oil-based Paint** can be taken to HazoHouse for free disposal. Oil paints, stains, varnishes, and thinners are toxic and flammable. They should be handled as hazardous materials.

**Latex Paint from private residences** is no longer accepted at HazoHouse. Latex paint must be solidified to be disposed of in the regular trash. Trash collection crews will not accept liquid paint.

**To Solidify Latex Paint:** Solidify paint with clay-based kitty litter, dry grass clippings, shredded paper or a commercially available paint drying

product. When the paint is an oatmeal-like consistency and unable to spill out of can, place the can with lid off in your trash.

**Businesses:** Qualifying businesses, including painting contractors, can dispose of latex paint and hazardous waste at HazoHouse for a small fee. Registration forms are online at [www.co.thurston.wa.us/health/ehhw/pdf/fact\\_sheets/HWDDisposal\\_Prog.pdf](http://www.co.thurston.wa.us/health/ehhw/pdf/fact_sheets/HWDDisposal_Prog.pdf) or call 360-867-2491. Not sure if your business is eligible? Call the Hazardous Waste Hotline at 360-867-2664 for more information.

See inside "After You Paint" and "Paint Disposal Options" for what to do with leftover latex paints.



Additional information on healthier indoor painting can be found by calling Thurston County Environmental Health at 360-867-2674.



For more information on paint disposal call the Hazardous Waste Hotline at 360-867-2664. For recycling questions contact the WasteLine at 360-786-5494 (recorded line) or visit [www.ThurstonSolidWaste.org](http://www.ThurstonSolidWaste.org).



**Thurston County Public Health & Social Services**  
Environmental Health Division  
[www.co.thurston.wa.us/health](http://www.co.thurston.wa.us/health)

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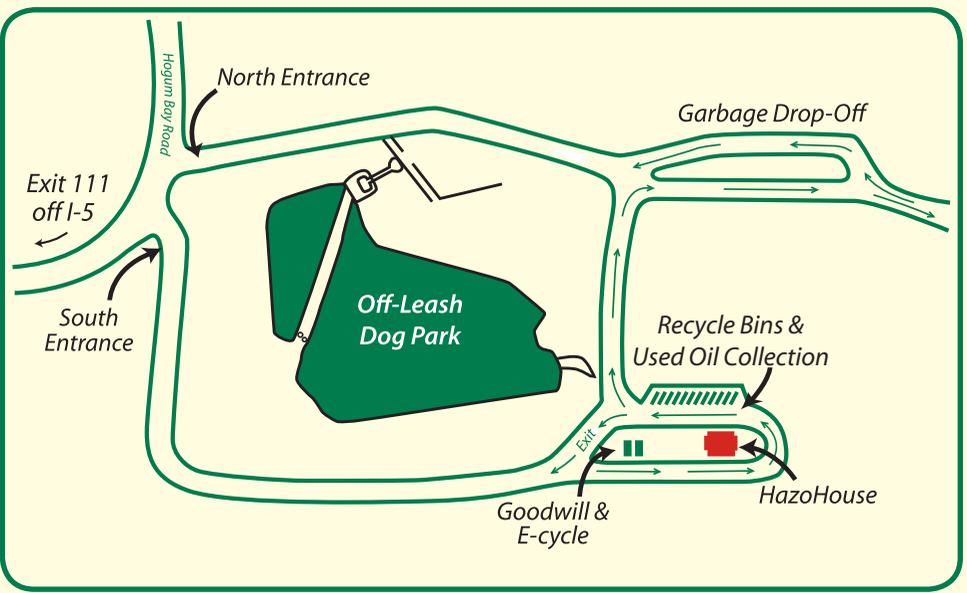
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# Paint Before, During, and After Your Painting Project



## Tips to Protect Your Health and the Environment

### HazoHouse no longer accepts residential latex paint for disposal.



HazoHouse is located at 2418 Hogum Bay Road NE off I-5 Exit 111 in Lacey.  
Open daily 8 am to 4:45 pm  
(Closed New Year's Day, Independence Day, Thanksgiving Day, & Christmas Day)