



Managing Household Paint

Paint and Your Health

Latex and **Oil** are the two basic types of paint. Latex paints are also known as vinyl, acrylic and water-based. Oil paints are also known as alkyd, polyurethane and varnish.

ALL paints can release dangerous chemical vapors. **Whenever possible use latex paint in your home. Why?**

- Latex paint is safer to use, clean up and dispose of than oil-based paint.
- Oil-based paints contain toxic volatile organic compounds (VOCs) that can cause headaches, eye irritation, nausea, dizziness and fatigue. Long-term exposure can cause central nervous system, liver and kidney damage.
- Pregnant women, young children and people with respiratory ailments are at a higher risk from VOCs.
- Oil-based paints are flammable.

Use all paints safely:

- Read and follow the label directions.
- Use in a well-ventilated space.
- Keep children and pets away from the area.
- Wear gloves; the use of goggles or other eye protection is advised.
- Avoid contact with skin; wash or wipe up immediately.
- Never use exterior paint indoors and never use industrial paint for residential purposes.
- Clean up paint properly.



Paint and Your Environment

Although oil-based paints contain more toxic chemicals, both latex and oil-based paints harm the environment if not disposed of properly. Do not pour ANY liquid paint down the storm drain, on the ground or in the trash. It can contaminate ground and surface water.

Several alternatives should be considered before disposing of any paint in the garbage.

Reduce

- Buy only what you need. Save money by calculating the right quantity of paint for the job.
- Small amounts of paint can be mixed and used as a primer coat or on jobs where the final finish is not critical.

Reuse

- Donate unopened cans of paint to schools, community organizations and theatre groups.
- Leftover paint can be re-used if it has not been repeatedly frozen and thawed, is in the original can with the label intact, it mixes when stirred or if lumps do not appear when painted onto a sheet of newspaper.

Reuse (continued)

<p>ECOSTORES NEBRASKA</p> <ul style="list-style-type: none"> • Good, useable latex paint can be donated at no cost. • Paint must be usable, 3/4 full and from households only. • Used latex paint available for sale. • Unusable latex paint taken for a donation of \$5 per can. <p>530 W P Street 402-477-3606 www.ecostoresne.org Monday, Thursday, Friday (10am to 6pm) Sat/Sun (9am to 4pm)</p>	<p>HABITAT FOR HUMANITY RESTORE</p> <ul style="list-style-type: none"> • Good, useable latex paint can be donated at no cost. • Paint must be usable, 3/4 full and from households only. • Used latex paint available for sale. • Unusable latex paint NOT accepted. <p>N 47th and Y Street 402-464-0010 www.lincolnhabitat.org/restore Tuesday-Friday (10am to 6pm) Saturday (9am to 5pm)</p>
<p>FREE LATEX PAINT EXCHANGES</p> <p>Good, useable latex paint can be dropped off and usable paint can be taken for FREE. Disposal fees for unusable paint apply.</p>	
<p>MAY 30 AND SEPTEMBER 26</p>	<p>APRIL 25 AND OCTOBER 24</p>

Recycling & Disposal

Do not throw away **oil-based paint!** Take it to a Household Hazardous Waste (hww) Collection. Collections are held monthly March through November. For the complete schedule visit lincoln.ne.gov (keyword: household).

Latex paint can be dried out and thrown in your household trash by following the steps below:

Small amounts of latex paint: If just a bit of paint is left roll or brush a little more on the wall or roll it out on excess cardboard. When dry throw in the trash. If a 1/4 gallon or less remains leave off the lid and let it air dry in a safe place. This will take 2-3 days, depending upon weather.

Large amounts of latex paint:

Option 1 - purchase waste paint hardener from a hardware store. One packet dries about 3/4 gallon of paint. It will start to crystalize and harden immediately, and will be a “soft solid” within the day.



Option 2 - add cat litter, sawdust, shredded newspaper, leftover cement powder or a product such as “Oil-Dri” to absorb the liquid paint. 3 cups will dry about a 1/2 gallon of paint.

Option 3 - line a box with plastic and pour a thin layer of paint into the box. When the layer dries add additional thin layers and let dry. When all layers have dried discard in the trash. Add sawdust, cat litter, or other absorbent materials to the paint in the box to hasten drying.