

KEEP YOUR CHILD SAFE

from lead poisoning



Ohio Department of Health
Ohio Healthy Homes
and Lead Poisoning Prevention Program

246 North High Street
Columbus, Ohio 43215
877-LEAD-SAFE
www.odh.ohio.gov



HOW LEAD POISONS your child



Most children get poisoned in their homes.

A small amount of lead dust can poison your child.

- ❑ **Children under age 3 are at the greatest risk because they:**
 - Are still growing
 - Absorb lead more easily than adults
 - Are more likely to put their hands or objects in their mouth

- ❑ **The most common lead hazards are:**
 - Chipping and peeling paint and dust in homes built before 1978
 - Lead dust created during home remodeling or from use of windows and doors

- ❑ **Other places where lead is found:**
 - Soil or dirt
 - Some children's toys and jewelry
 - Some jobs or hobbies
 - Some foods and candies made outside of the U.S.
 - Some folk remedies and cosmetics (such as kohl, greta, surma and azarcon)
 - Some ceramics and crystal
 - Some painted furniture



LEAD IS DANGEROUS

don't wait until it's too late

- ❑ **Problems from lead may not show up until later but can last a lifetime:**

- Learning problems
- Lowered attention span
- Slow growth
- Hearing loss
- Hyperactivity
- Behavioral problems



- ❑ **Your child may not look or act sick. You may not know your child is poisoned until it's too late because symptoms are often mistaken for other illnesses.**

The only way to find lead poisoning is through a blood test.

- ❑ **Your child may have:**

- Stomachaches
- Headaches
- Tiredness
- Low iron

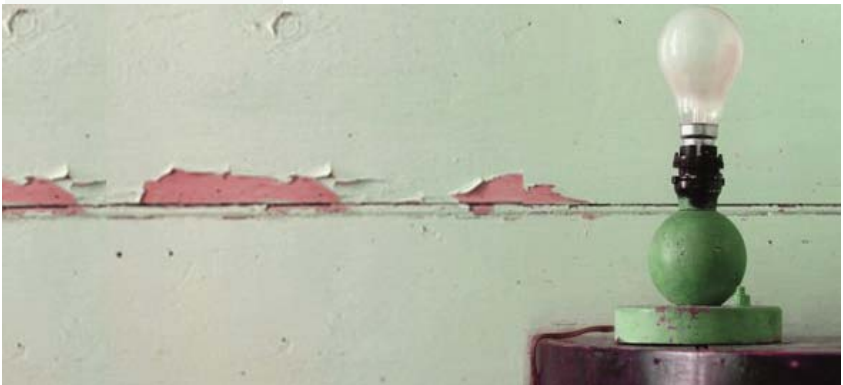


LEAD IS DANGEROUS

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□ When is my child at risk? Does your child:

- Live in or regularly visit a house built before 1950? This includes a day care center, preschool or home of a babysitter or relative.
- Live in or visit a house that has peeling, chipping, dusting or chalking paint?
- Live in or visit a house built before 1978 with recent, ongoing or planned renovation/remodeling?
- Have a sibling or playmate that has or did have lead poisoning?
- Frequently come in contact with an adult who has a hobby or works with lead? Examples are construction, manufacturing, welding, pottery, painting and casting ammunition.



THERE IS NO SAFE LEVEL of lead in a child's blood

- **Ask your doctor or health department for a blood test! Only a blood test will let you know if your child is lead poisoned.**



- Current law requires all children who are on Medicaid be tested for lead at **1 and 2** years of age.
- It is also recommended that all children who live in a high risk zip code be tested for lead at **1 and 2** years of age. To find if you live in a high risk zip code contact your local health department, or visit bit.ly/HighRiskZip.

YOU AND YOUR UNBORN BABY can be harmed by lead

- ❑ **Lead can cause your baby to be born:**
 - Too small
 - Too soon

Also, you could have a higher than normal chance of having a miscarriage.

If you are pregnant, or thinking of becoming pregnant, talk to your doctor and learn how to prevent lead poisoning.



The blood lead testing and additional guidance brochure, ***Pregnancy, Lead and Your Baby***, is available at bit.ly/PregnancyLead.

YOU CAN PREVENT lead poisoning

□ Do these things:

- Keep your house clean:
 - Vacuum slowly using a HEPA vacuum (contact your local health department for more information on the HEPA vacuum, or call 1-877-668-5323 to find the program nearest you).
 - Wash floors and window sills often.
 - Dust with a damp cloth and use a wet mop.
- Test your house for lead before:
 - Removing paint
 - Remodeling

A current list of licensed professionals available for hire may be found on the web at bit.ly/OhioLeadPro.



- Avoid peeling, chipping lead paint:
 - Get expert help. Call your health department for more information.
 - Avoid dry sanding paint.
 - Avoid using a heat gun to remove old lead paint.



The brochure, *Cleaning to Control Lead Dust in Your Home*, is available on the Web at bit.ly/LeadInfo4Home.

YOU CAN PREVENT lead poisoning

- Wash your child's hands well and often.
- Leave your shoes at the door.
- Keep your child's regular doctor visits.
- Protect yourself and your family if your job exposes you to lead by changing out of work clothes and showering before entering your home.



A HEALTHY DIET REDUCES lead absorption



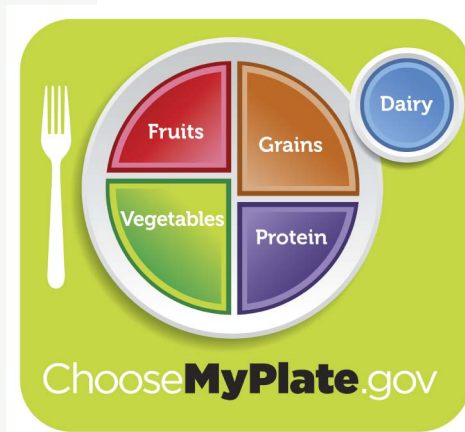
- A diet rich in iron, calcium and vitamin C can help keep lead from entering the bones and blood.

- Serve foods high in iron such as lean meat, green leafy vegetables, instant oatmeal, prunes and raisins. Most cereals and breads have added iron in them (fortified).
- Milk, cheese, broccoli, spinach, yogurt, kale and turnip greens are all good sources of calcium.
- Excellent sources of vitamin C are oranges, grapefruits, tomatoes, potatoes, broccoli and berries.



A HEALTHY DIET REDUCES lead absorption

- To make sure your child practices good nutritional habits, the following is recommended:
 - Do not skip meals; empty stomachs absorb lead.
 - Wash your child's hands well and often.
 - Limit the amount of fat and sugar in your child's diet.
 - Offer fruits and vegetables instead of chips and candy.
 - Offer healthy snacks between meals.
 - Wash fresh food properly.
 - Do not store or heat food in containers not intended for cooking such as cans or glazed pottery.
 - Do not allow your child to eat food that has dropped on the floor.



Keep in mind that good nutrition cannot fully prevent exposure to lead, but is very important to your child's overall health and wellness. For further information on preparing nutritious meals and snacks please visit: www.choosemyplate.gov.

ADDITIONAL INFORMATION ON lead poisoning

- **Online brochures & resources for childhood lead poisoning**

Ohio Department of Health (ODH)

www.odh.ohio.gov

(index; Lead Poisoning-Children)

1-877-LEAD SAFE

Centers for Disease Control and Prevention (CDC)

www.cdc.gov/nceh/lead

American Academy of Pediatrics

<http://pediatrics.aappublications.org>

(search keyword = lead poisoning)

Ohio Department of Medicaid

<http://medicaid.ohio.gov/>

National Center for Healthy Housing

www.healthyhousing.org

Housing and Urban Development (HUD)

www.hud.gov/lead

U.S. Environmental Protection Agency (EPA)

<http://www2.epa.gov/lead>



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