

Things You Can Do To Prevent Childhood Lead Poisoning

Wash children's hands before meals, before sleeping and after playing outdoors

Wash toys and pacifiers after use

Do not allow children to play in the dirt

Feed children foods high in iron and calcium

Use cold water for cooking, drinking and making baby formula

Run cold water for 1 minute before use

Wet mop floors and wipe windowsills twice a week using an all-purpose detergent

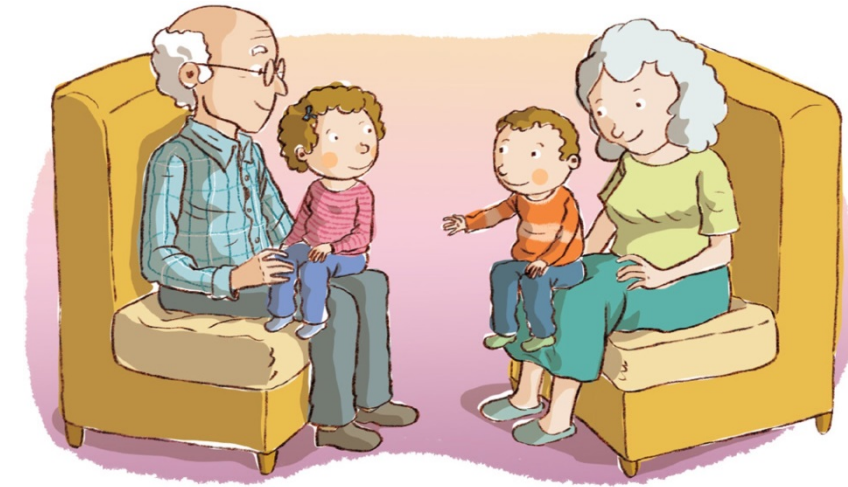
Use a damp cloth when dusting Keep children away from chipping and peeling paint

Leave shoes at the door

If a family member works with lead (examples: auto mechanic, construction worker, fisherman), wash work clothes separately

Understanding Lead Poisoning

A guide for grandparents to prevent childhood lead poisoning



For more information on childhood lead poisoning prevention:

Call

- Montgomery Health Department
(908) 359-8211
- Your grandchild's pediatrician
- The National Lead Information Center
1-800-424-LEAD (5323)
- U.S. Environmental Protection Agency's (EPA) Safe Drinking Water Hotline
1-800-426-4791



Visit

- EPA Lead Program
www.epa.gov/lead
- U.S. Centers for Disease Control and Prevention (CDC)
www.cdc.gov/nceh/lead
- U.S. Department of Housing and Urban Development (HUD)
www.hud.gov/offices/lead

We at the Montgomery Health Department know that your grandchild's health is important to you and we want to share some important information on a serious health problem called lead poisoning.

This guide will explain how a child can get lead poisoning, how it harms a child's health and what you can do to prevent it.

A blood lead screening test is the only way you can find out if your grandchild has too much lead in his or her body. New Jersey requires lead screening of all children ages 1 and 2 years. Children 3 to 6 years should be tested if they have never had a blood lead test.

If you have any questions about lead poisoning, please call us at (908) 359-8211.



Montgomery Health Department

Also serving the Boroughs of
Hopewell, Pennington and Rocky Hill

(908) 359-8211



HEALTH EFFECTS OF CHILDHOOD LEAD POISONING

- Behavior Problems
- Attention Deficit Disorder (ADD)
- Learning Problems
- Brain Damage
- Headaches
- Hearing Problems
- Anemia
- Coma
- Death

GET THE LEAD OUT!

Lead can be found in many places. Lead can be in the air, water, dirt and dust. You can't see it, taste it or smell it.

LEAD HURTS KIDS!

Lead is a serious health issue, especially for young children. Lead poisoned children may have learning and behavior problems. They may not look, act or feel sick.

SEE YOUR DOCTOR!

The only way to know for sure if a child has lead poisoning is to have a blood test done by your child's doctor. All children should be tested at age 1 and again at age 2. Children up to age 6 who have not been tested for lead should also get tested.

TEST YOUR KIDS!

Your grandchild's doctor can do the blood test right in the office. The new test is very simple and only takes a couple drops of blood from a finger.

HOW CHILDREN GET LEAD POISONING

Young children are more likely to be harmed by lead because their growing bodies absorb lead easier and they often put their hands and other objects in their mouths. Lead may get into their bodies through the following sources:

Lead Based Paint

The paint used in homes built before 1978 contained a lot of lead.

Soil

Pollution and lead exhaust from cars remains on the ground. Paint on the outside of older buildings may chip and fall to the ground.

Dust

Dust may contain lead, particularly around windowsills.

Air

Dust containing lead may get in the air and may be breathed in.

Water

Water pipes in some homes may be joined together with metals that contain lead.

Jobs and Hobbies

People who work as auto mechanics and home repairers work with lead. Lead is also found in materials used in hobbies like fishing and painting.

Folk Remedies

Cosmetics from other countries may contain lead. (Examples include kohl, surma) Home remedies used by cultures throughout the world contain lead. (Examples include greta, azarcon)

What your grandchild eats can help prevent lead poisoning.

The following tips can help you plan a healthy diet for your grandchild.

Eat foods that are high in calcium, such as:



Milk



Cheese



Ice Cream



Yogurt

Eat foods that are high in vitamin C, such as:



Orange



Tomato



Strawberry



Grapefruit



Kiwi

Eat foods that are high in iron, such as:



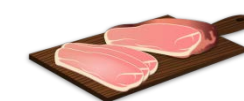
Greens



Fish



Chicken



Lean Meat



Beans

It is important to:

- Always wash your hands before eating
- Eat at a table to prevent food from dropping to the floor
- Only use cold water for cooking and drinking
- Let cold water run for 1 minute before using
- Store food in plastic containers