

DO YOU KNOW ?

LEAD POISONING IS PREVENTABLE !

Children get lead poisoning when they breathe in or swallow dust that contains lead. During pregnancy, lead can pass from a mother to her baby. Toddlers and very young children are at greater risk for lead exposure because they put everything into their mouths. Additionally, their immature brains and bodies are more vulnerable to the effects of lead poisoning which interferes with normal growth and development. Some of these damaging effects are not completely reversible and may cause lifelong problems.

There is NO safe blood lead level.

WHAT ARE

THE WARNING SIGNS ?

Children can be hurt by lead poisoning yet may not look or act sick. Frequently the signs are subtle or similar to other illnesses and may get missed. If there is any concern at all have your child get their blood tested for lead.

HOW CAN

LEAD POISONING AFFECT MY CHILD ?

- ◇ Brain, Kidney, & Liver damage
- ◇ Reading and/or other learning problems
- ◇ Lowered intelligence
- ◇ Behavior problems
- ◇ Slowed growth
- ◇ Development problems



WHERE DO

LEAD HAZARDS COME FROM ?

PAINT



Paint used before 1978 may contain lead. Lead-based paint that is chipping, peeling, or chalking is a problem, exposing kids to lead.

DUST



Lead dust is currently the main source of lead poisoning. Paint & soil that contain lead can make lead dust. Lead dust mixes with household dust and can gather on surfaces, in carpets and on toys. Opening and closing windows painted with lead-based paint is a major source of lead dust.

CANDY, TOYS, AND POTTERY

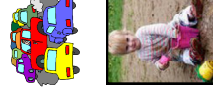


Some imported candy from Mexico and imported toys from China contain lead. For a information on candy or toys that may contain lead, contact your local or state health department or visit <http://www.cpsc.gov/Recalls/>



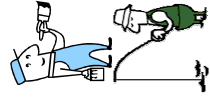
Some imported pottery and ceramic cookware contain lead in the glaze. When food especially acidic liquids are stored in these dishes, lead can get into the food.

SOIL AND DIRT



Soil around homes and apartment buildings can contain lead as well as in yards near higher traffic density as a result of fumes from leaded gasoline which wasn't fully banned until 1996. Children may come into contact with lead by playing in bare dirt. Lead in the soil may enter vegetables planted in the garden.

HOBBIES AND WORKPLACE



Lead can be carried into the home from a workplace (painters, remodelers, radiator repair etc.) or hobbies (stained glass solder, bullets, fishing sinkers, etc.) that use lead. Refrain from using lead-based products while engaging in hobbies.

IS MY CHILD

AT RISK FOR LEAD POISONING ?



If you can answer yes to any of the following questions, please ask your child's health care provider for a blood lead test.

Y	N	Does your child live in or regularly visit a home or day care built before 1950?
Y	N	Does your child live in or regularly visit a home or day care built before 1978 with ongoing remodeling?
Y	N	Does your child have a family member or playmate that has or did have lead poisoning?
Y	N	Does your child chew or eat non-food items such as dirt, paint chips, chalk, crayons, or woodwork?
Y	N	Does anyone in the household have a job or hobby that uses lead?
Y	N	Is your child eligible for MinnesotaCare, or Medical Assistance?

HOW CAN I PROTECT MY CHILD ?

Blood Lead Testing

1

Talk to your health care provider to determine if you are at risk for lead exposure during pregnancy. If there is any concern at all, you need to have a blood lead test.

Have your child's blood lead level tested by their health care provider at 12 & 24 months of age. Children with lead in their blood may need more follow-up tests.

Regular Washing

2

Wash children's hands, pacifiers, and toys often to remove dust. Keep the places where children play clean and dust free. Regularly wet-wipe floors, window sills, and other surfaces that may contain lead dust.

A Safer Home

3

Have children play on grass instead of bare dirt. Lead stays in the soil. Look for "Contains no Lead" labels on items your children will have access to. When in doubt, check the recall website listed on the other side or remove until certain it contains no lead.

Take off shoes when entering a home to avoid tracking in soil that may contain lead.

If you work with lead in your job or hobby, change clothes and shower before you go home.

Healthy Foods

4

Do not use imported, old, or handmade pottery to store food or drinks.

Provide food for young children every 2 hours because more lead is absorbed when the child's stomach is empty.

Foods high in iron, vitamins C and D, and calcium are important because they decrease lead absorption.

Use only cold water for drinking, cooking, or baby formula. Run the water 15-30 seconds until it feels colder.

WHERE CAN I GO FOR MORE INFORMATION ?

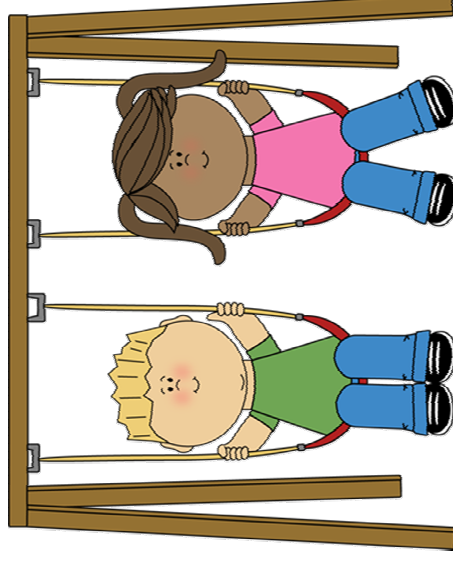
Apply your contact information here

Lead and Healthy Homes Program
Environmental Health Division
Minnesota Department of Health
651-201-4620
www.health.state.mn.us/divs/eh/lead

Minnesota Lead Case Consultant
Cynthia Ahler, RN, PHN, MAN, CPNP
651-201-4892
Cynthia.ahler@state.mn.us

Child and Teen Checkups Program
Maternal and Child Health Assurance Section
Minnesota Department of Human Services
P.O. Box 0986
St. Paul, MN 55155
651-431-2633

Child & Adolescent Health Unit
Community & Family Health Division
Minnesota Department of Health
P.O. Box 64882
St. Paul, MN 55164-0882
651-201-3760



Are Your Kids AT RISK ?



This information is available in alternative formats to individuals with disabilities by calling us at 651-201-4911 or 800-657-3908. For additional assistance contact our agency's ADA coordinator.

Adapted with permission from lead poisoning prevention program materials from Hennepin County Public Health Department, Environmental Health Services and the Oregon Childhood Lead Poison Prevention. Created by Cynthia Ahler Nov 2013.

