

LEAD POISONING

Lead poisoning is most often found in children age one to six. If it is not picked up early, it can cause many health problems. Most children with lead poisoning do not act sick, but it can cause serious long lasting effects like behavior changes, hearing loss, and learning disabilities. Lead is not only an inner city problem, rural and urban areas are also at risk.

If your child lead level is elevated, he/she needs repeat tests and follow up visits, ask your doctor when these should be done. If the lead level is 15 or more your house should be investigated for lead by the health department. If the lead level is 45 or more the child will need special treatment to get the lead out of the child's body.

Things to do to prevent and decrease lead poisoning

Do a house survey. Check for loose paint & plaster. Don't forget closets, behind beds, & outside.

See your child's doctor yearly and ask for a lead test for children ages 6 months to 6 years.

Place papers out of children reach because the ink used in papers can have lead.

Old paints and some new ones contain lead. Paint chips often contain lead. If you have any peeling or flaking paint in your house cover or fix it, and check it for lead. Remove paint chips and dust from inside windows and window sills. Have a professional make most repairs. Children and pregnant women must leave the house during repairs.

Do not allow your child to chew or suck on painted surfaces such as woodwork, porches, old toys, cribs, and other old furniture.

Since most children explore their world by putting things in their mouth, keep the area where they play clean.

Remove painted toys if they were made outside the USA. Remove old painted furniture.

Lead is sometimes found in dirt and dust. Cover the dirt in yard with grass, ground cover, or shrubs with wood chips underneath them.

Teach your child not to put things in the mouth, and children should be watched so they don't put dirty hands or dirt in their mouth.

Damp dust, and damp mop. Vacuum at least once a week.

Since soil and dust can contain lead, it is very important for children and adults to wash their hands before eating. Clean toys and pacifier often.

Lead can be found in water. Run the water from faucet for at least 2 minutes before drinking from it in the morning and if you have been away from home all day. Never use water from the hot water faucet for cooking or making baby formula.

Food Rich in Iron

Meat. Liver. Fish
Enriched cereals & breads
Lima beans. Refried beans. Black beans
Greens. Broccoli.
Peanut Butter
Prunes. Prunes juice. Apricots. Raisins

If you or other family members work where there is lead, change your work clothes and shoes at a clean area in your workplace. If possible take a shower before going home. Wash work clothes separately. Lead can be found in Pottery, so don't do any hobby that uses lead at home.

Food Rich in Vitamin C

Oranges & Orange Juice
Grapefruit & Grapefruit Juice
Strawberries
Cantaloupe. Watermelon
Tomatoes
Brussels Sprouts
Green, or Red Peppers
Broccoli
Raw Cabbage. Cauliflower
Potatoes

Feed your family well balanced diet that includes meats, dairy products, fruits and vegetables, and enriched breads and cereals.

A good diet can help to protect your child from lead poisoning. Foods rich in iron, meat protein, and vitamin C are especially important. Children who are at risk for lead poisoning especially need snacks high in iron. At least 2-3 servings/day of foods rich in iron, and one serving/day of foods rich in vitamin C is recommended. A serving is 1/4-1/2 cup depending on age.