

HOW CAN

I Protect My Child?

- ▶ Find out when your home was built. Homes built before 1978 may have been painted with lead-based paint.
- ▶ Inspect your home for signs of chipping, peeling or deteriorating paint.
- ▶ Clean up paint chips immediately and keep paint in good condition.
- ▶ Keep the places where children play clean and dust free. Regularly wet-wipe floors, window sills and other surfaces that may contain lead dust.
- ▶ Use lead-safe work practices or hire a lead-safe professional for maintenance, renovations or repair.
- ▶ Wash children's hands often, especially before meals and after playing outside.
- ▶ Wash toys, stuffed animals, bottles and pacifiers often to remove lead dust.
- ▶ Clean or remove shoes before entering your home to avoid tracking in soil that may contain lead.
- ▶ Have children play on grass instead of bare soil. Provide a sandbox with lead-free sand.
- ▶ Provide meals high in iron, vitamin C, and calcium which help prevent young bodies from absorbing lead.



- ▶ Use only cold water for drinking, cooking or making baby formula. Run the water 15-30 seconds until it feels colder.
- ▶ Do not use home remedies or cosmetics that may contain lead.
- ▶ Do not use imported, old, or handmade pottery to cook, store or serve food or drinks.
- ▶ If you work with lead in your job or hobby, change clothes and shower before you go home.
- ▶ If your children are at risk, have their blood lead level tested.



If you have trouble reading this and need this publication in large print or another format, call 1-800-723-3638 or visit our Web site at:
<http://www.healthoregon.org/lead>

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LEAD POISONS KIDS



Are
YOUR KIDS
at risk ?

Call the LEADLINE
1.800.368.5060

Portland Metro
503.988.4000

DID YOU KNOW?

Children can get lead in their bodies by breathing or swallowing dust that contains lead. Even small amounts can be harmful. Young children are especially at risk for lead poisoning because lead can slow growth and development. The effects of lead poisoning can be with a child throughout life.

Lead Poisoning Is Preventable

WHAT ARE

The Signs Of Lead Poisoning?

Children can be hurt by lead and may not look or act sick. The danger is hard to see. The only way to know if your children have lead poisoning is to have their blood tested.

HOW CAN

Lead Poisoning Affect My Child?



- ▶ Reading and learning problems
- ▶ Lowered intelligence
- ▶ Behavior problems
- ▶ Brain damage
- ▶ Slowed growth
- ▶ Kidney and liver damage

WHERE DO

Lead Hazards Come From?



PAINT Paint used before 1978 could contain lead. If the paint is chipping, peeling or chalking it may be a problem. Windows, doors, steps and porches are areas where surfaces rub together and make lead dust.



DUST Lead dust is the main source of lead poisoning. Lead dust mixes with household dust and can gather on surfaces, in carpets and on toys. Home repairs and remodeling can create large amounts of lead dust if not done correctly.



SOIL & DIRT Soil around homes and apartment buildings may contain lead. Children may come into contact with lead by playing in bare dirt. Lead in the soil may enter vegetables planted in the garden.



WATER PIPES & SOLDER Some household plumbing may contain lead solder. Lead may get into the water when water sits in pipes. If this happens, the water you use for drinking, cooking or mixing baby formula can cause lead poisoning.



POTTERY, WORKPLACES & HOBBIES Some imported pottery and ceramic cookware may have lead in the glaze. Lead can also be brought into the home from the workplace (painters, remodelers, radiator repair, etc.) and hobbies (stained glass solder, bullets, fishing sinkers, etc.) that use lead.

IS MY

Child at Risk For Lead Poisoning?

- ▶ Does your child live in or regularly visit a home, child care or other building built before 1950?
- ▶ During the past 6 months has your child lived in or regularly visited a home, child care or other building built before 1980 with recent or ongoing painting, repair, remodeling or damage?
- ▶ Does your child have a brother, sister, other relative, housemate or playmate with lead poisoning?
- ▶ Does your child spend time with an adult that has a job or hobby where they may work with lead?
- ▶ Do you have pottery or ceramics made in other countries or lead crystal or pewter that are used for cooking, storing or serving food or drink?
- ▶ Has your child ever used any traditional, imported or home remedies or cosmetics such as Azarcon, Alarcon, Greta, Rueda, Pay-loo-ah or Kohl?
- ▶ Has your child been adopted from, lived in or visited a foreign country in the last 6 months?
- ▶ Do you have concerns about your child's development?

If you answered yes to any of these questions, please ask your health care provider for a blood lead test.