

HELP PREVENT CHILDHOOD LEAD POISONING

Lead! Is Your Child at Risk?

Every year thousands of children are lead poisoned. Childhood lead poisoning is the number one preventable Environmental Hazard. Here are some things you should know:

- Lead is a poison that is in many homes.
- There is a 90% chance that houses built before 1950 have lead based paint. Lead based paint was available to consumers until 1978. Lead may be found in paint, dust, tap water, glazed pottery and vinyl mini blinds, to name a few sources.
- Remodeling activities may release lead based paint and dust into the environment.
- Lead dust gets on everything including toys, clothing, shoes, furniture and window sills. It may also be in the dirt outside your home. A child may eat lead paint chips/dust and/or chew on lead painted surfaces or breathe it in lead dust. Lead dust on fingers or objects can get into a child's mouth. A woman with lead in her body may give it to her unborn baby.
- Lead hurts the mind and body. Lead can cause problems that make it hard for your child to learn. It can cause health problems, brain damage and even death. Babies exposed to lead before birth may be born too small or too early.
- The danger is hard to see. A child can be hurt by lead and still look fine. Some signs of lead poisoning that may show up later are restlessness, irritability, fatigue, nausea, abdominal pain, learning problems, hyperactivity, hearing loss, trouble concentrating and/or difficulty sleeping.

CHILDREN AGES SIX (6) MONTHS TO SIX (6) YEARS ARE THE MOST ADVERSLEY AFFECTED BY LEAD POISONING!

Early Detection

Children need to be tested at age one and two years when they are most likely to become lead poisoned.

Protect Your Child From Lead

- ◆ Take off your shoes when going into the house.
- ◆ Don't allow your child to eat paint chips, dust, or dirt. Clean surfaces with a wet mop or wet cloth.
- ◆ Have your child wash his/her hands after playing outside and before meals and bedtime.
- ◆ Wash your child's toys often.
- ◆ If you work or have a hobby around lead, remove clothing and wash exposed skin before entering your home.
- ◆ First thing in the morning run the water until it gets cold. Use cold tap water for cooking.
- ◆ Give your child a diet rich in calcium, vitamin C and iron. Limit food high in fat.
- ◆ Follow Environmental Protection Agency recommendations when remodeling.

For more information about lead call:

Oakland County Health Division
(248) 424-7037 (Lead Program)
(800) 848-5533 (Nurse on Call)
(248) 858-1406 (North Oakland County Nurse on Call)

Oakland County Environmental Health
(248) 858-1337 (Pontiac)
(248) 424-7194 (Southfield)



The Oakland County Health Division will not deny participation in its programs based on race, sex, religion, national origin, age or disability. State and federal eligibility requirements apply for certain programs

Sources: OCHD 2003 Fact Sheets Michigan Dept. of Community Health August 2002