

If Your Doctor Tells You That Your Child Has a High Blood Lead:

You will need to make sure and go to all of the appointments that the doctor schedules. At each visit, the doctor will do a blood test to see if the lead level has changed. At your clinic or doctor's office, you can learn about ways to make your child feel better. Feeding your child healthy foods (especially those high in calcium and iron) and keeping your home very clean are two important ways that you can help your child's blood lead level go down. It will be extremely important to keep your child away from the source(s) of lead.

Have Your Child Tested for Lead Poisoning

Lead is found everywhere—in cities and in rural areas. Small children are at risk if they breathe in lead dust or eat lead paint chips and dust.

This brochure provides information on lead poisoning and describes steps you can take to reduce your child's exposure to lead.

Call your doctor, your local health department, the Oklahoma State Department of Health's Childhood Lead Poisoning Prevention Program at **1-800-766-2223**, or the National Lead Information Center Hotline at **1-800-424-5323** for information on having your home inspected for lead and removing lead hazards safely.

How high is high?

When your doctor tells you that your child has a high blood lead, this means the lead level is 10 micrograms per deciliter, or greater. The higher the lead level gets, the worse the effects on your child's body can be. If the lead level is above 30 micrograms per deciliter, your child may need medical treatment. Remember, the most important step is to remove your child from the source of lead!

GET THE LEAD

OUT



All children 6 months to 6 years of age should be assessed for lead poisoning at least once every year. Check with your doctor to make an appointment.

For further information, contact the Oklahoma Department of Health's Childhood Lead Poisoning Prevention Program at 1-800-766-2223 or the National Lead Information Center Hotline at 1-800-424-5323.



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AN EQUAL OPPORTUNITY EMPLOYER

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GET THE LEAD OUT



INTERVENTION:

**How to lower
blood lead levels
in children**

INTERVENTION

How to lower blood lead levels in children

What is lead poisoning?

Lead poisoning can be caused when a child eats lead paint chips, or breathes or eats lead dust.

Lead is especially bad for children 6 years and younger because their small bodies absorb lead so easily. Lead poisoning can slow a child's development and cause learning and behavior problems. Even small amounts of lead can damage your child's brain, kidneys and stomach.

Know the sources of lead

Your children may be exposed to lead from:

- Peeling or chipping paint in homes built before 1978.
- Dust from sanding or removing old paint and wallpaper.
- Soil around an older home with chipping outside paint.
- Old water pipes made of lead or newer fixtures that contain lead solder.
- Food grown in lead contaminated soil.
- Food stored in some glazed pottery and ceramic ware, or stored in open cans.
- Bullets and fishing sinkers and hobbies that use lead, such as making ceramics, stained glass or pottery.
- Home or folk remedies like greta, azarcon and pay-loo-ah.
- Lead-tainted toys (see www.cpsc.gov for a list of recalled toys)
- Occupations in which an adult who works around lead may "take lead home" on clothes, shoes, hands.

What can I do to reduce my child's exposure to lead?

Wash Up

- Wash children's hands and faces after they play outside and before they eat or go to sleep.
- Bottle and pacifier nipples should be cleaned each time they fall on the ground or floor.
- Wash infant's and toddler's toys often. Remove toys that are cracked, broken or that have chipped paint. Remove any toy that you suspect may contain lead paint.
- Wash fruits and vegetables before cooking or eating them.
- Wash hands and countertops before preparing food.



Eat Well-Balanced Meals

- Give your child three healthy meals and two nutritious snacks each day.
- Give your child foods high in iron and calcium. Foods such as lean meat, eggs, greens, milk, potatoes, fortified cereals, and fruit help keep lead out of your child's system.
- Do not store food in open cans, pottery, pewter, or lead crystal.
- Run the water from the cold water tap for a few minutes before using it for cooking or drinking.
- Do not use water from the hot water tap for cooking, drinking or preparing infant formula.

Use Cold Water

Housekeeping hints

- Use a high phosphate detergent to clean up loose paint chips around windows, doors or woodwork.
- Call the Oklahoma State Department of Health's Childhood Lead Poisoning Prevention Program for information on safe methods to remove paint, plaster or wallpaper.
- Cover hard to clean surfaces with contact paper or duct tape.
- Wet dust and wet mop often (at least once a week) to remove lead dust in the house. Use a clean cloth or damp mop with a high phosphate detergent. Wash rags separately from other laundry.
- Do not burn old newspapers, bread bags and comic books or magazines. These are sometimes printed with lead ink.
- Keep work clothes of an adult who works in a lead industry or uses lead in a hobby separate from clothes of other family members. Wash these clothes separately with a high phosphate cleaner.
- To remove paint chips and dust from around the outside of the house, dampen porches, sidewalks and driveways with water then sweep debris into a plas-

tic bag. Dampen the sides of buildings and scrub with a stiff brush. DO NOT POWER WASH. Collect paint chips in a plastic bag and tie it before disposing of the bag.

- Plant shrubs or grass in bare dirt where your children play.

Screening for lead

All children aged 6 months to 6 years should be assessed at least once a year to determine their risk of lead poisoning.

For more information, call your doctor, your local health department, the Oklahoma State Department of Health's Childhood Lead Poisoning Prevention Program at 1-800-766-2223, or the National Lead Information Center **Hotline at 1-800-424-5323.**

