

If you think your home has lead paint:

Do not try to remove the paint yourself. Removing lead paint is very dangerous. Call 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 how to remove lead paint safely.



Have your child tested for lead poisoning

Lead poisoning usually does not produce symptoms. It can be detected with a simple blood test.

Lead is found everywhere – in large cities and in the country. Small children are at risk for lead poisoning if they breathe in lead dust or eat lead paint and dust.

Read this brochure to find out more about lead poisoning. 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.

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

PREVENTION:

How to protect children against lead poisoning

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What is lead poisoning?

Lead poisoning happens when there is too much lead in the body. Lead is especially bad for children younger than 6 years old.

Lead gets in their bodies when children eat lead or breathe it in. Lead is found in many places. It can be in:

- dust
- paint
- dirt outside
- some vinyl mini-blinds
- other household objects or toys

How does it affect a child?

Even small amounts of lead may harm a child's brain, kidneys and stomach. Lead poisoning can slow a child's development and cause learning and behavior problems.

Your child may have lead poisoning and not feel sick. Or your child may have stomachaches, headaches, a poor appetite or trouble sleeping, or be cranky, tired or restless.

Screen your child for lead

All children 6 months to 6 years of age should be checked at least once a year to see if they are at high risk for lead poisoning. Your doctor or clinic can screen your child for lead poisoning by asking you several questions about your home environment and your child's habits. If your child is at risk for lead contamination, a blood lead test will need to be done. Blood may be taken from your child's finger or from a vein. To find out if your child could be lead poisoned, contact your doctor, clinic or local health department.

Women planning to have a baby should be checked for lead. Lead in a mother's body can cause a baby to be born too small and too early.

Protect your child from lead

1. Wash your child's hands and face before meals and bedtime.
2. Give your child three healthy meals and two nutritious snacks a day.
3. Foods high in iron and calcium (like lean meat, fortified cereals, eggs, raisins, greens, milk, cheese, fruit, and potatoes) help protect your child from lead. Limit foods high in fat and oil (such as fried foods and snacks like potato chips).

4. Wash fruits and vegetables before eating them.
5. Wash your hands and the countertops before preparing food.
6. Use lead safe methods to clean up chipping and peeling paint inside and outside your home.
7. Clean up paint chips and lead dust on window sills and on the floor near windows, doorways and woodwork. Use a damp mop or cloth and a high phosphate cleaner.
8. Wash your child's toys and pacifier often.
9. Do not store food in open cans.
10. Do not store or serve food in glazed pottery, glazed ceramic-ware, pewter, or lead crystal.
11. If you work with lead, shower and change clothes before coming home. Wash your work clothes separately, and take off your shoes before coming in the house.
12. Run cold water for a few minutes before using it for cooking and drinking. Do not use water from the hot water tap for cooking, drinking or making formula.
13. Do not give your child folk medicines (like greta, pay-loo-ah, azarcon) from countries outside of the U.S. Some of these folk remedies contain a lot of lead.

SOURCES OF LEAD AROUND THE HOUSE

