

## Where do lead hazards come from?



**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.** 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 get on vegetables planted in the garden.



**PLUMBING.** Water can contain lead if it has sat in older pipes for six or more hours before it is used for drinking, cooking or mixing baby formula.



**HOUSEHOLD ITEMS.** The glaze on some imported pottery and ceramic cookware as well as the paint on decorative items, toys and furniture may contain lead.



**WORK AND HOBBIES.** Painters and remodelers can bring lead into the home. Lead can also be present in stained glass and fishing sinkers.

## Did you know?

Children can get lead in their bodies by breathing or swallowing dust that contains lead. Even very small amounts can be harmful.

Children can be hurt by lead and may not look or act sick. Young children are especially at risk for lead poisoning because lead can slow growth and development. The effects of lead poisoning can stay with a child throughout life.

## How does lead poisoning affect children?

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

## Questions?

Contact the Oregon Health Authority Lead Program, 971-673-0440, or go to [www.healthoregon.org/lead](http://www.healthoregon.org/lead) for more information.

Oregon  
**Health**  
Authority



You can get this document in other languages, large print, braille or a format you prefer. Contact the Lead Program at 971-673-0440 or 971-673-0372 (TTY). We accept all relay calls or you can dial 711.

OHA 8151 (01/18)

## Lead-safe Child Care



## A Child Care Provider's Guide to Protecting Kids

Oregon  
**Health**  
Authority  
PUBLIC HEALTH DIVISION  
Lead Program

# What is my responsibility as a provider?

The safety and well-being of the children in your care is one of your primary concerns — including keeping children safe from lead poisoning.

---

Lead poisoning is one of the leading environmental diseases affecting young children. It is also the most preventable environmental disease in that age group, according to the CDC.

---

This brochure offers ideas on how to keep the children in your care lead-safe and healthy. Child care providers can help protect children from lead poisoning by reducing exposure to lead in the child care environment and by promoting healthy habits, cooking and nutrition.

## Lead poisoning is preventable.



# How can I protect the children in my care?

## Reduce lead exposure in your environment

- Find out when your facility or home was built. Have your pre-1978 home or facility professionally tested for lead.
- Periodically inspect your facility or home and your playground for signs of chipping, peeling or deteriorating paint. Repair these areas right away.
- Clean up paint chips immediately and keep paint in good condition.
- Follow state regulations for working on lead paint by becoming certified under the Oregon Health Authority, or hire only lead-safe contractors for maintenance and renovations.
- Regularly clean areas where children play. Wet-wipe floors, windowsills and frames, porches and other surfaces to remove lead dust.
- Wash toys, stuffed animals, bottles and pacifiers often to remove lead dust.
- Only use lead-free toys and Art & Creative Materials Institute (ACMI) certified art supplies.

## Foster healthy habits

- Wash children's hands often, especially before meals and after playing outside.
- Clean or remove shoes before entering the home or center to avoid tracking in lead from soil.



- Have children play on grass instead of bare soil. Provide a sandbox with lead-free sand.
- Use cold water for drinking, cooking or making baby formula. Flush out any lead before use by running the water between 30 seconds and two minutes or until it feels noticeably colder.
- Do not use imported, old or handmade pottery to cook, store or serve food or drinks. They may contain lead.
- Provide meals high in iron, vitamin C and calcium. These nutrients help prevent young bodies from absorbing lead.
- Don't allow adults to bring lead dust from hobbies or work places into the child care facility.