

HOW CAN

I protect my child?

- ▶ Find out when your home or apartment was built. Homes and apartments built before 1978 may have lead paint.
- ▶ Check your home for peeling paint, paint chips and dust on floors and window sills.
- ▶ Clean up paint chips immediately and keep paint in good condition.
- ▶ Use lead-safe work methods or hire a certified lead-safe contractor for renovation, repair and painting projects.
- ▶ Keep the places where your child plays clean. Regularly wet-wipe floors, window sills and other surfaces that may contain lead dust.
- ▶ Wash your child'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 your child 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 until it feels colder (30 seconds to 2 minutes).
- ▶ 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 child is at risk, have their blood lead level tested.

Oregon
Health
Authority
PUBLIC HEALTH DIVISION

This document can be provided upon request in alternative formats for individuals with disabilities or in a language other than English for people with limited English skills. To request this form in another format or language, contact the Lead Program call 971-673-0440 (971-673-0372 TTY).

OHA 8151 (2/12)

LEAD POISONS

KIDS



Are
YOUR KIDS
at risk ■

Contact the Lead Program

971-673-0440

leadprogram@odhsoha.oregon.gov

Lead Program website

www.healthoregon.org/lead

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 Homes built before 1978 may have lead paint. 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 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 Some household plumbing may contain lead. 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.



HOUSEHOLD ITEMS Some imported pottery and ceramic cookware may have lead in the glaze. Other household items such as crystal glassware, toys and furniture may contain lead.



WORK AND HOBBIES Lead can be brought into the home from the workplace (by painters, remodelers) and hobbies (making stained glass or fishing sinkers) that use lead.

IS MY child at risk for lead poisoning?

- ▶ Has your child lived in or regularly visited a home, child care or other building built before 1950?
- ▶ Has your child lived in or regularly visited a home, child care or other building built before 1978 with recent or ongoing painting, repair and/or remodeling?
- ▶ Does your child have a brother, sister, other relative, housemate or playmate with lead poisoning?
- ▶ Does your child spend time with anyone who 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 another country?
- ▶ Do you have concerns about your child's development?

IF YOU ANSWERED YES OR NOT SURE TO ANY OF THESE QUESTIONS, PLEASE ASK YOUR HEALTH CARE PROVIDER TO TEST YOUR CHILD'S BLOOD LEAD LEVEL.