

### OCTOBER IS LEAD POISONING PREVENTION MONTH



**Lead Poisoning Is The Single Most Preventable Childhood Disease.**

#### The Dangers of Lead Poisoning

Lead poisoning can damage the kidneys, nervous system, and the brain. It can cause permanent brain damage and even death. Symptoms of lead poisoning may include tiredness, sleeplessness, stomachache, and vomiting.



#### Causes of Lead Poisoning

Lead poisoning can happen in several different ways. However, the majority of lead problems are the result of chipping and peeling paint in older homes and the dust and soil that is contaminated with lead from old paint and from past emissions of leaded gasoline.

In the news recently you may have heard of recalls in jewelry, dishes, and toys containing lead. To learn more specific information about these recalls, visit the U.S. Consumer Product Safety Commission's Web site at: <http://www.cpsc.gov>.



#### Testing For Lead is Important!



It is very important that children under the age of 6 are tested for lead. This is done through a blood test. In Scott County there are various sites where children can have their blood lead levels tested. These sites include private physicians' offices, Community Health Care, WIC, and the Scott County Health Department.

**All Children Under The Age Of Six Should Be Tested For Lead Poisoning.**

## Protection From Lead

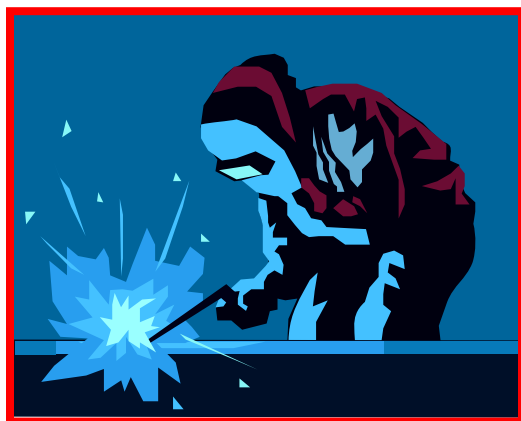
- All children under the age of 6 should be tested for lead poisoning.
- Wash children's hands often, especially before eating.
- Wash things that children drop on the floor such as toys, pacifiers, and bottles.
- Clean floors, baseboards, and window sills each week in areas where children play.
- Supervise kids carefully—do not let them play in areas where there is peeling and chipping paint.
- Do not allow kids to play in dirt or in a sandbox near an old building or where an old building was torn down.
- If there are paint chips on the ground, pick up as much as you can and dispose of them in your garbage. Wash your hands and clothes immediately afterwards.
- Cover the soil in areas where there had been paint chips by seeding grass, laying sod, planting shrubs, or covering with mulch.
- Nutrition helps protect against the harmful effects of lead.
  - Children should eat at least 3 meals a day.
  - Serve children healthy snacks.
  - Children should eat foods that are high in Vitamin C, Calcium, and Iron.



**Hand Washing Can Help To Prevent Lead Poisoning!**



## Adults Can Get Lead Poisoned, Too!



Adults usually get lead poisoned by breathing in lead fumes or dust. Jobs such as lead battery production, welding, radiator repair, metal cutting, and sandblasting can expose employees to lead dust which can get on their hands, face, and clothes. This dust can “follow” the employee to their home and expose their family members as well. It is important to change clothing, remove shoes, and wash your hands or body before entering the home. Certain hobbies such as making stained glass items, molding bullets, or stripping furniture can also expose someone to lead dust. Other ways adults get lead poisoned is when they remove lead-based paint or remodel an older home without following safety guidelines.

### **SOURCES:**

Centers for Disease Control & Prevention:

<http://www.cdc.gov>

Center for Environmental Health:

<http://www.cehca.org>

Iowa Department of Public Health:

<http://www.idph.state.ia.us>

U.S. Consumer Product Safety Commission:

<http://www.cpsc.gov>

U.S. Environmental Protection Agency:

<http://www.epa.gov/lead>

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