

Prevention

Find and remove sources of lead in the home such as lead paint

A balanced diet high in calcium, iron, and vitamin C is important in helping your child's body absorb less lead.

Recommended Foods:

Calcium-rich

Milk

Yogurt

Low-fat cheese

Tofu

Cottage cheese



Vitamin C-rich

Oranges

Broccoli

Grapefruit

Green leafy vegetables



Iron-rich

Raisins

Low-fat pork

Iron-fortified cereal

Lean red meat

Dried beans peas



Avoid foods high in fats and oils because they help the body absorb lead more easily

Keep Your Child Lead Safe

1. Protect against lead paint
Don't let your child eat paint chips or chew on painted surfaces such as windowsills.
2. Find safe play areas
Grassy areas are generally better for your child to play on than bare dirt.
3. Teach your child to wash before eating
Washing hands and face before eating will remove any lead that can get on food and go into the mouth.
4. Wash toys often
Lead dust can collect on toys. Wash them as often as possible.
5. Don't let your child put things that have fallen on the ground into his or her mouth.
Anything that falls on the ground can pick up lead. Also do not let your child put rocks or soil in his or her mouth.
6. Wash dust and loose paint from windowsills.
This helps reduce the amount of lead that your child can be exposed to.



Lead Poisoning and Your Child

Child's Name: _____

Result of Last Blood Test: _____
(Acceptable Range 0-9)

Next Blood Test: _____

Crawford County Public Health Nurse: _____

Date: _____

Grant County Health Department
111 South Jefferson St
Lancaster, WI
(608) 723-6416

Nurses *change*
Lives

Lead poisoning occurs when the body is exposed to a large amount of lead OR continuous small amounts of lead.

Risk Factors for Children

Children under the age of six are at the highest risk for lead poisoning because:

They have a great deal of hand-to-mouth contact that can bring lead directly into their bodies.

Young children play around window sills, walls, railings, and dirt that may contain lead-based paint

They are at a critical developmental stage in their lives and lead negatively affects their growth and development

Lead poisoning can cause severe health, learning and behavioral problems in children



HOW LEAD AFFECTS YOUR CHILD

Low Levels:

Lack of attention
Learning difficulties
Lower IQ scores
Lack of coordination
Growth problems
Hearing loss
Speech difficulties
Lack of energy
Hyperactivity
Irritability
Loss of appetite
Change in sleep patterns

Very High Levels:

Kidney damage
Coma
Convulsions
Death

Note: Many people with high levels of lead do not appear to be sick. Also, these symptoms can be a result of other causes. To determine if your child has lead poisoning, have a blood test done.

Testing

A blood test is the only way to determine if a child has lead poisoning.

Children six years and younger should be tested on an annual basis if they meet any of the following criteria:

-Live or play in houses built before the 1980's

-Live with a person who is exposed to lead at work or through a hobby

-Live or play around an older home that is being remodeled

Contact Crawford County Public Health at (608) 326-0229 for testing, or see your medical provider.

Sources of Lead

Lead-based paint is the main source. It can be found in:

Homes built before the 1980's

Older or Imported toys

Older, painted furniture

Dust from worn paint

Soil contaminated with paint chips

Lead solder on pipes can contaminate water

Brass keys and faucets

People exposed to lead at work bring it home on their clothes and bodies