

Lead Poisoning Prevention

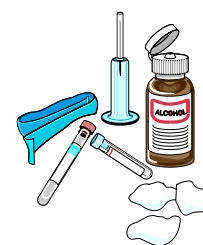
You cannot see, taste, or smell lead, so you can have it in or near your home without even knowing it. Lead can be in dust, paint, soil, or water. It can be found in food or on toys. It can even be on your child's hands.



If your child is poisoned by lead, it can limit IQ, cause problems with reading and learning, harm hearing, reduce attention span, make him too active, slow growth, and even damage his brain.

What can you do?

- ✓ If you live in a house built before 1978, have it tested for lead. A certified lead inspector can do this.
- ✓ If you think your child is at high risk for lead poisoning, have her blood tested for lead at 6 months of age. Test again at 12, 18, and 24 months. After that, your child should be tested once a year until age 6.
- ✓ Have your child's blood tested at age 1 and again at age 2, even if you do not think your family is at risk.
- ✓ Have your child wash his hands before meals, at nap time, and at bedtime.



- ✓ Keep everything clean. Regularly wash pacifiers, bottles, and toys in hot, soapy water. Keep the area where your child plays as clean as possible. Mop floors and wipe window ledges and cribs with all-purpose cleaner.

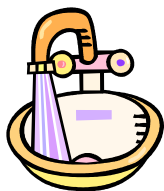


- ✓ If you find out your home has lead paint, have a contractor permanently wall up the paint or remove it. Use someone who has received special training and is certified. Your child should not be at home while the work is being done, and the work area should be cleaned well after the work is finished.

- ✓ Pipes and plumbing fittings or fixtures bought before August 1998 may have lead in them. That lead can get into your water, so have your water tested. Call your county health department to find out how.



- ✓ If you have lead in your water, use only cold water for drinking, cooking, or making baby formula. If you haven't used the water for more than two hours, run the cold water for 30 to 60 seconds before drinking or using for cooking. It is best to get rid of the pipe or plumbing parts that are causing the problem or to buy a water filter that will remove lead.



- ✓ A healthy diet can help protect your child from lead poisoning. Provide your child small meals during the day. Children with empty stomachs absorb more lead. Make sure your child eats foods high in iron, calcium, and vitamin C. These foods help your child absorb less lead.



- ✓ Use lead-free pottery and glassware for serving and storing food. Some imported pottery may contain lead.
- ✓ Wipe or remove your shoes before entering your home to avoid bringing in lead dust or soil.

Learn more about lead by:

- ☑ Contacting your county Extension office.
- ☑ Contacting your county health department.
- ☑ Visiting the Kentucky Child Lead Poisoning Prevention Program Web site at www.putthelidonlead.org.
- ☑ Visiting the U.S. Environmental Protection Agency Web site at www.epa.gov/lead.
- ☑ Calling the Lead Information Center at (800) 424-LEAD (5323).