

# HHHK- Lead Poisoning

## Childhood Lead Poisoning

### IMPORTANT FACTS AND EASY WAYS TO REDUCE YOUR CHILD'S EXPOSURE TO LEAD POISONING.

Per the Centers of Disease Control and Prevention (CDC) 24 millions homes have peeling or chipping lead based paint and high levels of lead-contaminated dust. More than 4 million of these homes have young children living in them.

**What is lead poisoning?** Lead poisoning happens when it enters the body through inhalation, eating and drinking. Children can become poisoned through chipping, peeling, flaking paint, dirt and dust. Children are most often poisoned by lead dust.

Long-term exposure to lead can cause serious health problems, particularly in young children, so it's important to find out whether your child might be at risk.

#### **How to keep your child safe from lead poisoning:**

- 1.** Wash your child's hands in warm soapy water before eating, drinking or snacking (lead is also found in dirt and dust).
- 2.** Increase foods that are rich in Vitamin C, ( fresh fruit and vegetables) Iron (lean meat liver, and cereals) and Calcium (milk, yogurts, green leafy vegetables) .  
Lead poisoning decreases these vitamins in minerals in the body.
- 3.** Put a throw rug at the door, remove your shoes and place on rug (lead is also found in dirt and dust.)
- 4.** Wipe down surfaces windows, window sills and floors with warm soapy water, paper towels, damp mop floors and vacuum carpeted areas (lead is found in dirt and dust).
- 5.** Any toys that you allow your child to play with outside should be hard plastic

toys something that you can wash off with warm soapy water and give back.

**6.** Stuffed animals, soft nerf balls and toys that have a soft body are inside toys because they will hold dirt and dust.

**7.** When your child is outside playing make sure that it's on a grassy, mowed, safely turfed area. There must be something between the child, the dirt and dust (lead is found in dirt and dust).

**8.** If you have areas in your home that has chipping, peeling or flaking paint and your child has access cover the area with duct tape, contact paper or block it from your child's reach by way of furniture.