

Nutrition and Hygiene

Lead poisoning can be prevented, reduced, or eliminated with proper:

- ▶ **Nutrition:** Give children food with a high content of **iron** (such as eggs, dried beans, or red meats), **calcium** (such as milk, cheese, or yogurt) and **Vitamin C** (such as citrus fruits, green peppers, or tomatoes) . Eating enough of these food minimizes lead absorption in children's bodies. A child who is not healthy or is anemic is at greater risk for lead poisoning.
- ▶ **Housekeeping:** Avoid creating dust in the home by sweeping; use a vacuum or wet mop instead. Clean children's toys or other chewable surfaces often. Hire a certified professional to safely remove lead sources from your home.
- ▶ **Personal Care:** Practice healthy habits, such as hand washing before eating, sleeping or after play time.

Remember:

- ▶ **When remodeling, do not sand or scrape old paint from walls.**
- ▶ **Do not use clay pottery to cook or store food.**
- ▶ **Do not use home remedies that could contain lead.**
- ▶ **Wash your hands and your children's hands often.**
- ▶ **Take a shower and change into clean clothes after possibly working with lead.**
- ▶ **Good nutrition, housekeeping and personal care can help you fight lead poisoning.**
- ▶ **Children and adults who are lead poisoned might look and feel healthy.**
- ▶ **The only way to detect lead poisoning is by having a simple blood test.**

Please help us keep Arizona lead free.



Childhood Lead Poisoning Prevention Program

For more information please call us at
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1-800-252-5942

Leadership for a Healthy Arizona



What everyone should know about LEAD POISONING



Childhood Lead Poisoning Prevention Program



Lead Poisoning

Lead poisoning is a condition caused by swallowing or breathing in lead. Lead is a toxic metal that can be used to make a variety of products and materials.

Lead poisoning can affect children, adults, and pregnant women who can pass it on to their unborn babies. Young children are at greatest risk since their bodies take in lead easily. Children and adults who have lead poisoning might look and feel healthy and show no signs of illness, but they still need to be treated.

Sources of lead

Lead can be found in places that we may not think of such as:

Paint: Old paint was made with high amounts of lead. Homes built before 1978 usually have lead-based paint. Old paint is not safe if it peels, chips, or cracks because it creates a fine dust that can be spread all over the home. Remember: **Do not sand or scrape old paint from walls when remodeling!**



Lead dust: This harmful, invisible dust is created when old painted surfaces such as window sills, doors, or rails, peel or chip because of repeated friction from closing or opening doors.



Clay Pottery: Storing food, water, or cooking in imported or homemade pottery is very dangerous. Some pottery contains lead-based glaze that releases lead into the food or water which can cause lead poisoning.



Home Remedies and Candy:

Using home remedies such as Azarcon or Greta for stomach illness or *empacho* may cause lead poisoning. One dose of these remedies is enough to raise a child's blood lead level to the point of being lead poisoned. Some imported candy, such as chaca chaca, may contain lead.



Soil: While playing outside children can accidentally swallow soil that may contain lead or bring it inside the home. Remember: **Children should wash their hands often when playing outside!**



Water: Pipes placed in homes before 1930 are likely to contain lead, which is released into drinking water as it passes through the old pipes.



Workplace: Parents who work in lead-related industries can bring lead home in their work clothes or shoes. These industries include car and radiator repair shops, battery manufacturing and recycling, lead smelter or foundry, and remodeling and scraping old paint.



Hobby Exposure: Hobbies involving lead such as making ceramics or stained glass, reloading bullets, older billiard chalk can expose both children and adults to high levels of lead. Remember: **Take a shower and change into clean clothes after possibly working with lead!**



Health effects of Lead Poisoning

Lead poisoning can cause:

- ▶ Slowed development;
- ▶ Learning or behavior problems;
- ▶ Brain, liver and kidney damage;
- ▶ Hearing loss;
- ▶ Convulsions; and
- ▶ Death.

Health effects depend on the time of a child's contact with lead and on the child's blood lead level.

Symptoms of Lead Poisoning

Some symptoms of poisoning include:

- ▶ Headaches;
- ▶ Stomach aches;
- ▶ Nausea;
- ▶ Tiredness; and
- ▶ Irritability.

Diagnosing Lead Poisoning

Most children with lead poisoning do not show any symptoms unless blood lead levels are extremely high. Many cases of children with lead poisoning go undiagnosed and untreated.

The only way to detect lead poisoning is by asking your doctor to perform a simple blood test.