



LEAD POISONING PREVENTION

THE IMPORTANCE OF PREVENTION



There is no safe blood lead level.



There is no evidence that the effect of lead exposure can be reversed.



Lead exposure is a risk factor for impaired development and school performance, as well as behavioral problems through a person's entire life.

#1 SOURCE OF EXPOSURE

SOURCES OF LEAD EXPOSURE

Ways children can be exposed to lead:



Lead-based paint dust/chips



Occupational take-home lead



Water



Food/herbs



Soil



Toys



Cosmetics*



Spices*



Folk remedies*

PREVENTION



Reduce Hazards

- **Beware of lead dust:** Remodeling and renovating can create lead dust
- **Create safe barrier around lead hazards:** Use furniture as a barrier to windows that contain lead paint
- **Keep child safe:** Remove child from area and contain dust during remodeling



Reduce Exposure

Cleaning

- Common places with lead dust include wood floors, carpet, upholstery, window sills and window wells
- Wet mop instead of dry sweeping
- Borrow a HEPA vacuum from your local health department
- Thoroughly clean toys and other items that are used by children

Hygiene

- Wash hands often, especially before meals and before bedtime
- Do not let children play in bare soil outside

Occupational

If you work around products or materials containing lead (i.e. manufacturing, automotive, construction) avoid exposing your child by:

- Changing clothes and shoes at work
- Showering as soon as you get home
- Washing work clothes separately



Reduce Absorption

- A well-rounded healthy diet that contains vitamin D supports healthy development
- Vitamin C aids in iron absorption

Foods rich in Iron and Calcium:

- Non-heme iron: Dried beans, peas, lentils, spinach and broccoli
- Heme iron: Lean red meats, chicken and fish
- Calcium: Low-fat milk, cheese and yogurt

Foods rich in Vitamin C:

- Citrus, leafy greens, broccoli, bell peppers and sweet potatoes



View additional lead resources:
leadtoolkit.ohioaap.org