

What is lead Poisoning?

Lead poisoning is a serious threat to children. A child with lead poisoning may not look or act sick.

Signs of lead poisoning are not always obvious.

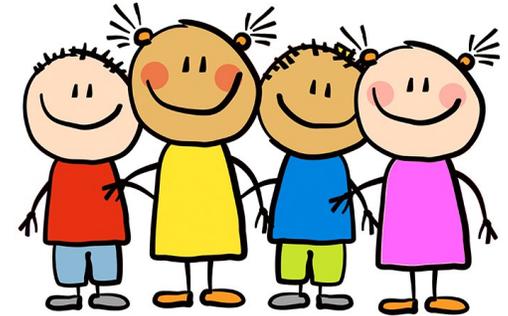
How lead affects children:

- ◆ Brain or Nerve Damage
- ◆ Learning Disorders
- ◆ Behavioral Problems
- ◆ Developmental Delays Hearing Problems
- ◆ Stunted Growth
- ◆ Digestive Issues



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Keeping children healthy



Preventing Lead Poisoning

Nutrition

A tummy full of nutritious food is less likely to absorb lead. Healthy foods should include Calcium, Vitamin C and Iron.

Food with high amounts of Vitamin C include:

- ◆ Oranges
- ◆ Strawberries
- ◆ Raspberries
- ◆ Kiwi fruit
- ◆ Tomatoes
- ◆ Red or green peppers
- ◆ Broccoli
- ◆ Brussels sprouts
- ◆ Kale
- ◆ Spinach
- ◆ Potatoes
- ◆ Sweet potatoes



Food with high amounts of Iron include:

- ◆ Lean beef
- ◆ Turkey
- ◆ Chicken
- ◆ Lean pork
- ◆ Fish
- ◆ Beans & lentils
- ◆ Dark green leafy vegetables like spinach
- ◆ Fortified breakfast cereals
- ◆ Enriched rice
- ◆ Whole-grain and enriched breads



Calcium can be found in:

- ◆ Milk
- ◆ Kale
- ◆ Yogurt or Kefir
- ◆ Spinach
- ◆ Broccoli
- ◆ Cheese
- ◆ Bok Choy
- ◆ Okra
- ◆ Almonds

Tips for parents:

- ◆ Wash bottles, pacifiers and toys often. Don't let your child put objects in their mouth that may contain lead (ex: keys.)
- ◆ Wash hands and face often, especially before meals and after playing outside.
- ◆ Use cold water (not warm water) from the tap for drinking, cooking and making baby formula.
- ◆ Run water for 15 to 30 seconds before drinking, especially if you have not used your water for a few hours.
- ◆ Clean weekly and use soft, dampened cloths when cleaning painted surfaces, don't dry dust. Dry dusting releases dust back into the air.
- ◆ Knowing where lead can be found is the first step in keeping it away. Lead might be found in: dust, soil, peeling paint, old pipes, old ceramics, jewelry, pewter cookware, spices from other countries, ayurvedic medication, imported cosmetics, candy, toys and crayons.
- ◆ A list of products recalled because of lead can be found at www.cpsc.gov/Recalls
- ◆ Speak to your pediatrician about getting your children tested for lead.



- ◆ Replace imported vinyl mini blinds made before 1997. As these blinds are exposed to sunlight and heat, lead dust forms on the surface of the blinds.
- ◆ Remove shoes when entering the home.
- ◆ Artificial turf and playground surfaces made from shredded rubber can contain lead. Make sure young children do not eat shredded rubber or put their hands in their mouth.
- ◆ Children and pregnant women should not be present in houses built before 1978 during renovations because many homes built before 1978 have lead based paint, which can be very harmful when disturbed.
- ◆ Renovations can create lead dust which can be inhaled. If you have a home built before 1978 and are planning to have renovations done, you can find a Lead-Safe Certified Firm by checking www.epa.gov/lead/renovation-repair-and-painting-program.
- ◆ Houses and apartments built before 1959 are even more likely to contain lead-based paint, although it may be covered by layers of non-lead-based paint. When lead paint is dry-sanded or scraped, a toxic lead dust is created which is very poisonous, especially to children.



If you think you might have lead paint, contact your Local Health Department to get information about lead safe measures.