

## PROTECT YOUR CHILDREN FROM LEAD

Six tips to prevent lead poisoning:

1. Make sure your child has been tested for lead poisoning, even if he or she seems healthy.
2. Clean home surfaces weekly. Use a mop, sponge or towel with warm water and a general all-purpose cleaner.
3. Reduce the risk of lead paint. Make sure your child is not chewing on anything covered with lead paint.
4. Don't bring lead dust into your home from work or a hobby.
5. Eat right and don't store food in high lead pottery.
6. If remodeling, follow the home improvement requirements for lead abatement.

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## LEAD POISONING

**Information on Lead  
Poisoning and  
Prevention for  
Children and Pregnant  
Women**

Serving Caledonia, Dover,  
Mount Pleasant, North Bay, Norway,  
Raymond, Rochester, Sturtevant,  
Union Grove, Yorkville,  
Town and Village of Waterford,  
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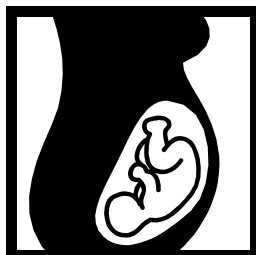
## LEAD POISONING AND HEALTH AFFECTS

Lead is a common element found throughout the environment in many different sources. It poses a significant health risk if too much enters the body. The risk is especially high for pregnant women and young children.

In recent years media attention has focused on the potential dangers to children from lead in and around the home. However, lead poisoning is the oldest recorded occupational disease. The hazards of lead and its effects were known and documented in the 4th Century.

There are approximately half a million U.S. children ages 1-5 with blood lead levels above 5 micrograms per deciliter ( $\mu\text{g}/\text{dL}$ ), the level at which CDC recommends public health actions be initiated. Lead poisoning can affect nearly every system in the body. Lead poisoning often occurs with no obvious symptoms and frequently goes unrecognized.

The long-term effects of lead in a child can be severe. They include learning disabilities, decreased growth, hyperactivity, impaired hearing and even brain damage. If caught early, these effects can be limited by reducing exposure to lead or by medical treatment. If you are pregnant, avoid exposing yourself to lead. Lead can pass through the body to the baby.



## SOURCES OF LEAD



### Paint

Many homes built before 1978 contain lead-based paint. The paint can flake, peel or create dust.

### Food

Food may be contaminated if it is:

- Grown in soil that contains lead.
- Stored in some types of ceramics, lead crystals or cans with lead seams.
- Prepared by someone with lead dust on his or her hands.

### Water

Plumbing pipes, solder and fixtures made with lead can contaminate water.



### Soil

Lead from lead-painted buildings, lead-based insecticides and past highway pollution can remain in soil for many years.



### Other Sources:

Certain jobs, hobbies, folk remedies, cosmetics, plastic blinds, antiques and other items can expose people to lead.

## LEAD CAN INTERFERE WITH PREGNANCY

### Premature Birth

Babies born before they are fully developed are at increased risk for illness and death.

### Small Size and Low Birth Weight

Exposure to lead may affect an unborn baby's growth in the womb. Babies that are too small at birth face a higher risk of illness and death.

### Miscarriage or Stillbirth

Babies exposed to very high levels of lead could die before or at birth.

### Learning & Behavior Problems

Studies show that lead can harm an unborn baby's brain and nervous system. Babies exposed to lead before birth:

- May not be as intelligent as other children.
- May have learning and behavior problems.

## WHEN TO TEST A CHILD

A child is at risk of lead exposure if the child is under the age of 6 and:

- Lives in a home built before 1978.
- Visits a daycare/home built before 1978.
- Home/daycare has chipping/peeling paint.
- Siblings are lead poisoned.
- Lives with an adult who works with lead.

## PUBLIC HEALTH ROLE

Children are initially screened for lead around the age of 1. Those children with a lead level greater than 5 mg/dl are referred to the health department for follow up. The health department will provide education and may provide home visits for educational and inspection purposes, depending on lead level. For levels greater than 15 mg/dl, a staff member certified as a Lead Hazard Investigator will provide an assessment to help determine the source of the lead contamination.