

Lead Poisoning

▶ Prevent lead poisoning

Get your child tested even if he or she seems healthy — it's the only way to know for sure.

Put your child's health first.

Regularly wash pacifiers and bottles if they fall on the floor. Keep extras handy.

Eat three meals a day. Children's stomachs absorb more lead when they are empty.

Vacuum dust off the floor daily especially if you wear shoes into the house.

Eat foods with iron: beans, greens, whole wheat and peas. They protect the body.

Never store food in metal cans after they have been opened. Use plastic.

Take time to wash your child's hands before each snack or meal.

Look for symptoms: headache, muscle/joint weakness or pain or loss of appetite.

Eat some more foods with iron: eggs, lean meats and tuna.

Avoid drinking water from old pipes that may contain lead. Let the water run until it gets cold.

Do not use a belt sander or dry sand paper on painted walls or windowsills. The paint may contain lead.

Prepare healthy snacks: raisins, fruit, cheese and yogurt. They prevent lead absorption.

Other lead products to watch: plastic vinyl blinds made in other countries like Asia.

Investigate the places your child spends time: babysitters, family members and day care.

Say something to your landlord right away, if you see peeling paint.

Other symptoms: metallic taste in mouth, stomach pain, nausea/vomiting or tiredness.

Note that soil near heavily used streets and roads may contain lead due to lead in gasoline.

In the home, be sure to clean window frames and sills, floors and surfaces each week.

Never try removing lead paint yourself. Ask your local health department for help.

Get tested: lead poisoning causes learning disabilities, impaired hearing, decreased growth and brain damage. If pregnant, lead can pass through your body to the baby.