

How Can I Protect My Child?

- ◆ Wash your child's hands, bottles, pacifiers and toys often.
- ◆ Take off shoes when going into the house.
- ◆ Keep dust and dirt off of floors, window sills and other surfaces.
- ◆ Use very cold tap water for drinking and cooking.
- ◆ Make sure children eat four to six small meals a day. Foods such as lean red meat, chicken, fish, milk, cheese, yogurt, collard greens, oranges, grapefruits, tomatoes, peppers, cereals and dried fruit. Low fat foods are best for children over the age of two years.
- ◆ Check your home for lead hazards.
- ◆ Test the dirt in child play areas for lead.
- ◆ Talk to your landlord about fixing peeling and chipping paint.
- ◆ Learn how to safely remove lead paint.
- ◆ Avoid exposure to lead dust when remodeling by wetting work areas.
- ◆ Do not use a power sander, open-flame torch, heat gun above 1,100°F, dry scraper or dry sandpaper on painted surfaces that may contain lead.



Removing The Lead Source

- Warning -

Improper removal of lead can make the problem worse. So don't do it yourself, consult a professional.

Hire a professional

It's safest to have a qualified professional remove or cover lead paint. Some states require it.

Some safety tips

For renovations or paint removal:

- ◆ Follow all health and safety requirements
- ◆ Have all occupants stay away until after cleanup
- ◆ Store furniture, rugs, food, dishes, etc., away from home until after cleanup

REMEMBER:

Simply painting over lead paint won't protect a child. The paint will continue to flake and chip as it ages.

Before you have any lead source removed

Get local or state advice. Ask about:

- ◆ Available financial help
- ◆ Hiring a professional
- ◆ Health and safety requirements and precautions
- ◆ Safely removing paint or covering it with paneling or plaster wallboard
- ◆ Safely replacing woodwork, windows, etc.
- ◆ Removing contaminated soil properly
- ◆ Correcting lead problems in plumbing safely

For more information on removing lead from your home or lead inspection please contact:

**Saginaw County Department of Public Health
Environmental Health Services Division
(989) 758-3686**

1600 N. Michigan | Saginaw, MI 48602

LEAD

Is your child at risk?



**SAGINAW COUNTY
DEPARTMENT OF PUBLIC HEALTH**

protecting and promoting the public's health since 1928

What Is Lead Poisoning?

Lead poisoning is too much lead in the body.



A lead poisoned child may seem healthy or have any of these signs:

- ◆ Upset stomach
- ◆ Tiredness
- ◆ Loss of appetite
- ◆ Constipation
- ◆ Weight loss
- ◆ Irritability
- ◆ Headaches
- ◆ Behavior and learning problems (ex. hyperactivity)
- ◆ Hearing problems
- ◆ Slowed growth
- ◆ Damage to the brain and nervous system

The younger the child, the more damage lead poisoning does.

What Causes Lead Poisoning?

There are many places in a home that could put babies and children in danger of lead poisoning.

Lead paint was used in many homes built before 1978. The older the home, the more likely that windows, cupboards, doors, porches, and outdoor surfaces contain lead paint.

Children are most often poisoned by lead dust and lead paint in older homes. Lead dust can come from disturbing areas with lead paint, opening and closing windows, and through normal wear and tear of painted areas. Lead dust falls to the floor and gets on children's hands and toys. It enters their bodies when they put their hands or toys into their mouths.

We know how dangerous lead is. Lead poisoning can cause health and behavior problems in young children. It can make them less able to learn when they get to school. Lead poisoning can affect a child for a lifetime. The good news is that there are things you can do to keep your child safe from lead.



What Can I Do?

- ◆ Get your child tested for lead. The damage caused by lead poisoning can be prevented if caught in time.
- ◆ Pregnant women may also need testing. Lead in a mother's body is extremely dangerous to the unborn baby. Talk to your doctor.
- ◆ Dust your house often with a damp cloth. Keep cribs and high chairs away from dusty places such as windowsills.

Should My Child be Tested?

All children should be tested who meet any of these criteria:

- ◆ Children enrolled in Medicaid
- ◆ Children who live in these high risk zip codes:
 - ◇ 48601, 48602, 48604, 48607, 48614, 48616, 48637, 48649, 48655, 48722
- ◆ Or can meet at least one of the following:
 - ◇ Child lives in (or often visits) a home built before 1950
 - ◇ Child lives in or visits a home built before 1978 and has been remodeled in the last year
 - ◇ Child has a brother or sister who has lead poisoning
 - ◇ Child lives with an adult who has a job or hobby that involves lead
 - ◇ Child's family uses home remedies or cosmetics that may contain lead