

REDUCE exposure

There is no safe amount of lead exposure. But if your child has high lead test results there are ways to minimize additional exposure.

Keep it clean

- > Change at work & wash clothes separately if your job exposes you to lead
- > Take your shoes off when entering home
- > Wipe down windowsills & wells with warm water & cleaner
- > Sweep & mop floors weekly
- > Wash hands often, especially before meals & bedtime
- > Wash toys, bottles & pacifiers regularly

Other prevention measures

- > Keep non-food items like keys, jewelry & toys out of mouths
- > Avoid cultural remedies & foreign spices
- > Cover exposed dirt with mulch or grass
- > Use cold water for cooking & drinking
- > Let water run for at least 4 minutes when it has been off for several hours
- > Feed your child healthy foods high in calcium, iron & vitamin C like fruits, vegetables, cheese & whole-grain crackers to reduce absorption of lead (limit foods high in fat & sugar)

Leave it to professionals

- > Contact your doctor or the Allen County Department of Health about lead screening
- > Hire lead-trained professionals for painting repairs in pre-1978 housing



LEAD RISK assessment

Have your child screened for lead poisoning if you answer yes to any of the following questions.

1) Is your child eligible for WIC or Medicaid benefits?

YES NO

2) Does your child live in or regularly visit a zip code determined at high risk for lead exposure (46802, 46803, 46806, 46807, 46808)?

YES NO

3) Does your child live in or regularly visit a home or daycare center built before 1978?

YES NO

4) Does your child have a sibling or playmate with a high lead level?

YES NO

5) Does your child live with an adult whose job or hobby involves exposure to lead (including auto, boat and home repairs, furniture refinishing, firing ranges, or casting lead fishing sinkers)?

YES NO

6) Has your child visited or lived in a country where the use of lead in consumer products is not restricted?

YES NO

7) Does your family use imported ceramics, cosmetics, medications, spices or traditional remedies?

YES NO

8) Does your child have medical findings consistent with lead poisoning (including developmental or speech delays, anemia, hyperactivity, loss of appetite and irritability)?

YES NO

keep your child LEAD-SAFE



test your child
test your home

allencountyhealth.com

WHERE LEAD is found

Lead can be found in many places in and around the home. Homes built before 1978 are most at-risk for sources of lead exposure.

Paint chips & dust

- > Most lead exposure in children comes from paint found in homes built before 1978.
- > Old cracking and peeling paint on walls, windows, porches and doors makes dangerous dust, which is breathed in or swallowed.

Soil

- > Soil can become contaminated from lead paint on the exterior of homes as well as from exposure to leaded gasoline in the past.

Water

- > Lead pipes or solder can contaminate water.
- > Boiling does not remove lead from water.

Other sources

- > Jewelry
- > Spices or cultural remedies purchased outside the US
- > Keys & key chains
- > Mexican pottery used to store & prepare food
- > Hobbies & jobs like hunting, fishing, auto repair & refinishing furniture

WHAT LEAD does

Children with elevated lead levels may look and act healthy. But lead hurts the brain and nervous system causing serious and sometimes lifelong health problems.

Symptoms of lead poisoning

- > Difficulty sleeping
- > Loss of appetite
- > Constipation
- > Speech and language delays
- > Learning and developmental difficulties
- > Behavior issues like hyperactivity, aggressiveness & irritability



Contact your child's doctor or the Department of Health at 260.449.8600 for more information on a blood lead test. The Department of Health can also provide information on how to test your home for lead.