

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

- > If your job exposes you to lead, change at work & wash clothes separately
- > Take your shoes off when entering home
- > Use warm water & cleaner to wipe down windowsills & wells
- > 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) Does your child live in or regularly visit a home or day care built before 1978 with peeling or chipping paint?

YES NO

2) Does your child live in or regularly visit a home in the following high-risk for lead exposure zip codes (46802, 46803, 46806, 46807, 46808)?

YES NO

3) Is your child between 1–6 years old and eligible for or receiving WIC or Medicaid benefits?

YES NO

4) Does your child have a sibling or playmate being treated for lead poisoning?

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) Does your child live near a busy street, active lead smelter or other industry likely to release lead?

YES NO

7) Does your family use imported or glazed ceramics for food preparation, storage or dinnerware OR home remedies like Thanakha or Daw Tway?

YES NO

8) Does your child have medical conditions consistent with lead poisoning (including developmental or speech delays, anemia, hyperactivity, stomach aches, trouble with potty training or undiagnosed seizures)?

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.