

EVERY

Tell ~~somebody~~ about Lead

Prevent lead poisoning !



Lead poisoning is preventable, yet



1 in 4 children in Detroit will be lead poisoned!



1 in 6 lead poisoned children suffer learning and behavior problems!



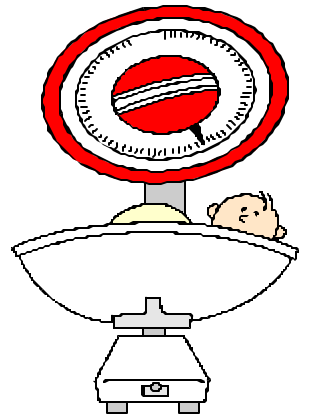
Why are babies and toddlers up to 6 years old
lead poisoned more often?



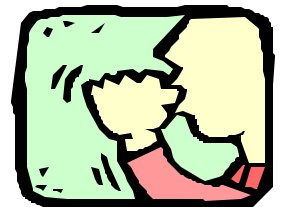
Children crawl
on the floor
close to lead
dust

Because

Their brains and nervous systems
are still growing and are easy to
damage!



Everything goes in their mouth
and lead paint chips taste sweet!

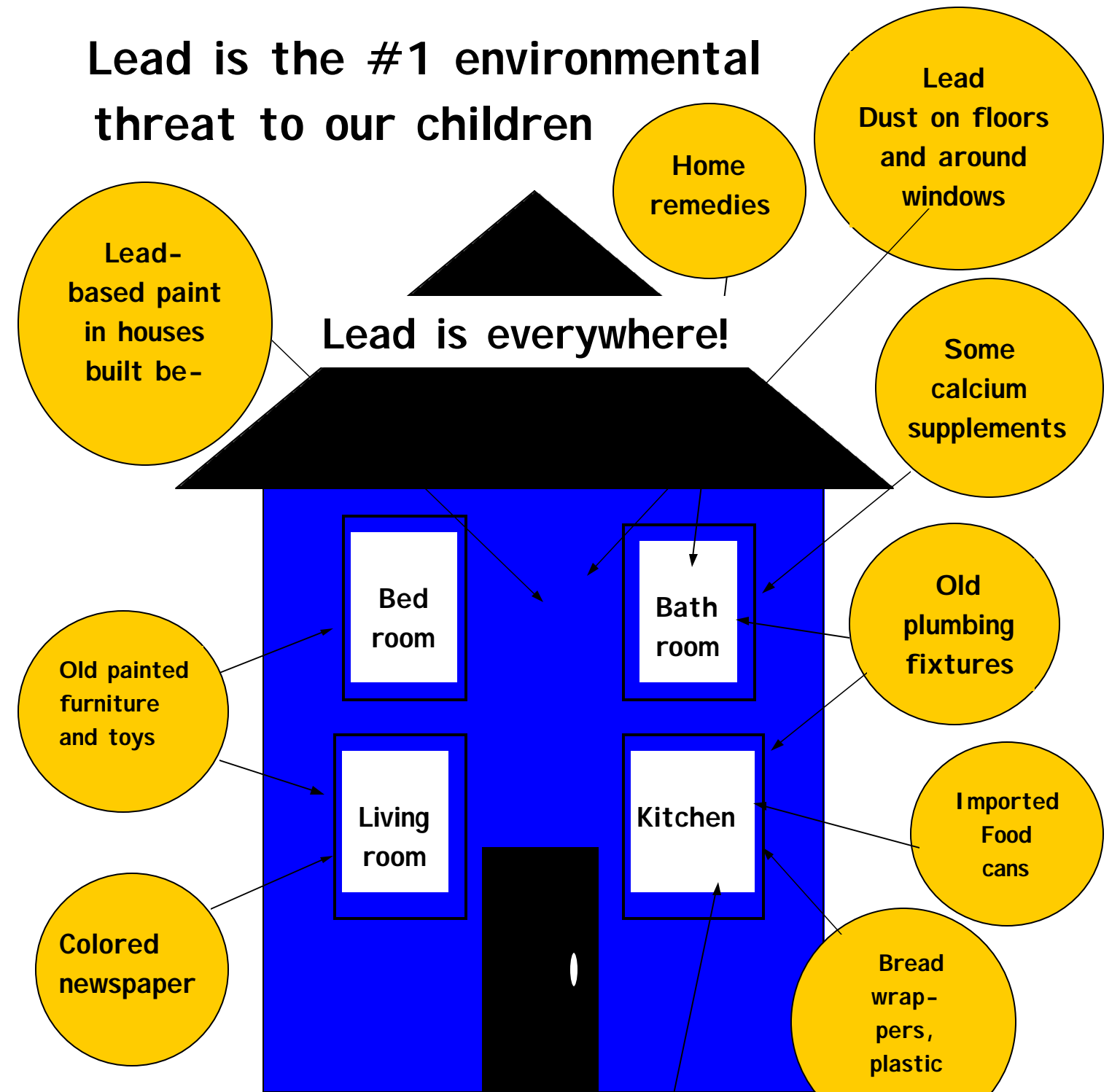


Children play and dig in yards with no
grass

Lead is usually found in top soil!

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Your Environment...Your Health!
For more information call 313-961-3348

Lead is the #1 environmental threat to our children



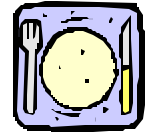
Find the lead sources in your house!

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Eat Healthy!

Prevent lead poisoning



Feed your child 3 meals* and 3 snacks* every day
Children absorb more lead on an empty stomach

Eat foods high in vitamin C every day



cantaloupe
1/4 cup*



cabbage
1/4 cup cooked



orange
1/2 medium



green peppers
1/4 cup cooked



broccoli
1/4 cup cooked

Eat foods high in calcium every day



yogurt
1/2 cup



broccoli
1/2 cup raw



2% or skim milk
1/2 cup



greens
1/4 cup cooked



salmon with bones
1 ounce

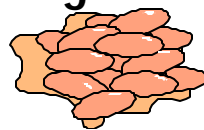
Eat foods high in iron every day



hot cereal
chicken



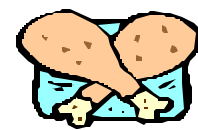
spinach



beans



peanut butter



Eat low fat snacks every day



pudding



hard boiled egg



2 crackers



apple



pretzels



banana

1/2 cup

1 egg

1 slice low/fat cheese

1/2 medium

Has your child been tested for lead?

How?

A simple finger stick test can check for lead!



When?

Test 6 month to 2 year olds for lead once a year if you live in a high risk area! All of Detroit is high risk!!

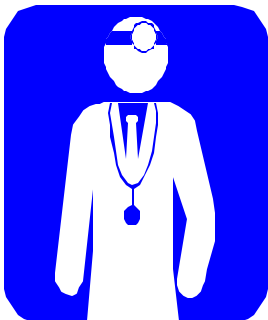


Test 3 to 6 year olds if not tested before.

Test for lead during the summer months

Where?

Go to your doctor or the health department



See your doctor. And remember to ask for the lead test results!

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At a blood level of

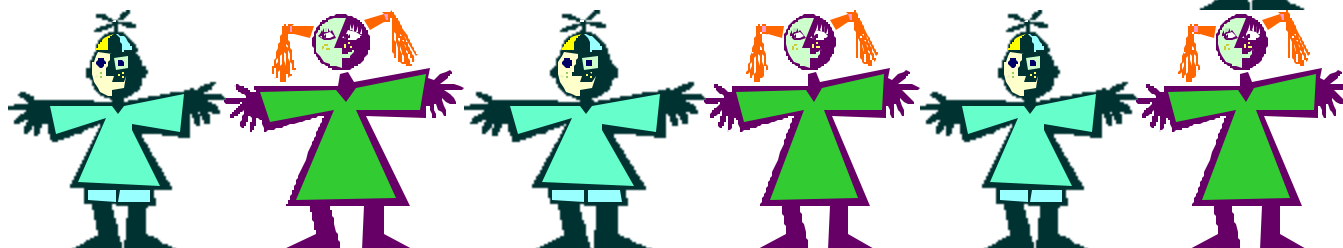
10 mcg/dL



your child is lead poisoned

Lead can cause problems even at low levels

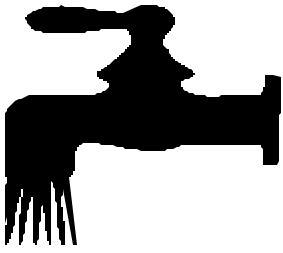
- ✿ hearing loss
- ✿ poor appetite
- ✿ tiredness
- ✿ headaches
- ✿ learning and behavior problems



**Many children will not show any symptoms
of lead poisoning**

That's why lead testing is so important!

Eliminate Lead Sources



Run tap water 1-2 minutes in the morning and after long periods of not running water!



Wet mop and wet dust weekly with automatic dish washing detergent (like Cascade)!

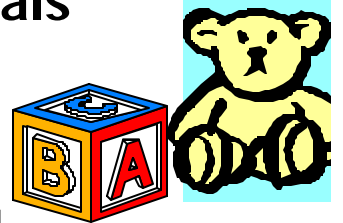
Use wet cleaning to get up paint chips right away!



Wash toys and stuffed animals often!



Wash your child's hands after play, before meals and at bedtime!



Plant grass or bushes in bare spots in bare spots the yard!



Call your landlord about peeling paint!



Read about safe ways to repair painted areas!



Get professionals to help remodel and remove lead paint!

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