

PROTECT YOUR CHILD FROM LEAD POISONING

WHAT IS LEAD POISONING?

Lead poisoning is a serious disease, particularly in children, and can cause damage to the brain, kidneys and red blood cells. Lead can slow a child's normal development and cause learning and behavioral problems. Lead can also lead to coma and sometimes death.

Lead poisoning is preventable!

WHERE CAN I HAVE MY CHILD TESTED FOR LEAD?

All children should be tested at one and two years of age. Call your pediatrician or local community clinic to get the test for your child.

The Manchester Health Department provides lead screenings free of charge, Monday - Friday 8:00 AM to 4:30 PM. No appointment is necessary. The Health Dept. is located at 1528 Elm St, NH. Phone: 603-624-6466.

Nashua parents can get their children tested at Lamprey Health Care, 10 Prospect Street, Suite 102, Nashua, NH. Call first for an appointment at 603-883-6633. Or you can go to the Nashua Health Department at 18 Mulberry Street (589-4500) Tuesdays 3:30 – 6:30 PM or Fridays 8:30 – 10:30 AM without an appointment.

If the test shows your child has too much lead in his or her blood, the State of New Hampshire can help you and your doctor decide what to do. You can reach them at 1-800-897-5323.

HOW DOES A CHILD GET LEAD POISONING?

The most common source of lead poisoning for children is leaded paint and dust.

Many older homes and apartments still have surfaces painted with leaded paint. The paint can peel off the building. Young children often put dirty hands and objects in their mouths, taking in lead at the same time. Lead poisoning can be caused by eating, chewing or sucking on lead painted surfaces, such as windowsills and railings, or objects such as toys and furniture painted with leaded paint.

Children also sometimes eat chips of paint that peel from windowsills and walls.

Other sources include contaminated soil or dust created by home renovations and old paint.

HOW WOULD I KNOW IF MY CHILD HAD LEAD POISONING?

Most children have no symptoms. A child can show no sign of illness, yet have enough lead in his blood to damage his brain, kidneys or nervous system.

HOW CAN PARENTS PROTECT CHILDREN FROM LEAD?

Wash your child's hands and face often:

- Before meals and snacks
- Before naps and bedtime

- After playing outside, or near old windows.

Wash toys and pacifiers often

Wet-mop floors, windowsills, window wells, woodwork, etc. with a water and detergent at least 1- 2 times a week.

Provide meals and snacks high in iron and calcium.

Avoid letting children play in dirt and soil around older buildings

Keep your child away from peeling and chipping paint and objects that may be painted with lead-based paint such as old windows. This includes antique furniture, toys, and cribs.

If you work with lead or engage in hobbies using lead (arts and crafts, soldering, automotive work, etc.), shower and change clothes before coming in contact with children.

Store and serve foods in glass or plastic containers. Avoid storing food in ceramic ware, pottery, or old pewter and silver.

Improper renovations or lead-paint removal can create hazardous levels of lead dust and fumes. Before beginning renovations or removal of paint, contact your local health department. Removing lead paint improperly can be more dangerous than leaving it alone.

Based on a brochure from the Manchester Health Department and information from the NH Childhood Lead Poisoning Prevention Program, compiled by NH Coalition for Occupational Safety & Health.