

WHAT YOU NEED
TO KNOW ABOUT
CHILDHOOD

LEAD

POISONING

TIOGA COUNTY PUBLIC HEALTH
607-687-8600

DOCTOR'S APPOINTMENTS



My child's appointment was on: _____.

Lead Level: _____

My child's next appointment is on _____.

FUTURE APPOINTMENTS



Date:

Lead Level:

THESE APPOINTMENTS ARE VERY IMPORTANT!




WHAT YOUR CHILD'S BLOOD LEAD TEST MEANS



A LEAD TEST TELLS YOU HOW MUCH LEAD IS IN YOUR CHILD'S BLOOD. THE LOWER THE TEST RESULT, THE BETTER!

TEST RESULT (mcg/dL)	WHAT TO DO
0-4	Results are good! Continue practicing lead poisoning prevention.
5-14	Your child has an elevated lead level. Contact Tioga County Public Health and we will work with you & your child's doctor to lower their lead level.
15-44	Your child has very high lead levels. Action has to be taken quickly. Contact Tioga County Public Health.
45+	Your child is very sick and needs medical treatment right away. Contact your child's doctor now!



IF YOUR CHILD HAS A HIGH LEAD LEVEL, THEY WILL NEED TO BE TESTED AGAIN. PLEASE TALK TO THEIR DOCTOR ABOUT HOW OFTEN THEY NEED A LEAD TEST. ALL CHILDREN SHOULD BE TESTED FOR LEAD AT AGE 1 AND AGAIN AT AGE 2!

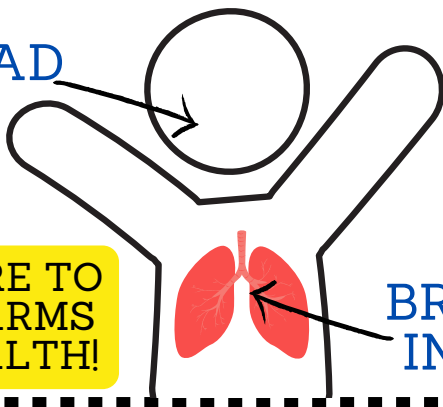
WHAT IS LEAD?



LEAD IS A POISONOUS METAL FOUND IN THE EARTH!
LEAD MAKES IT HARDER FOR YOUR CHILD TO
GROW, BEHAVE, LEARN, AND MORE!

TWO WAYS LEAD ENTERS THE BODY:

EAT LEAD



EXPOSURE TO
LEAD HARMS
OUR HEALTH!

BREATHE
IN LEAD

IN THE PAST, LEAD WAS USED IN..



PAINT



GASOLINE



PLUMBING

AND MORE!

LEAD PAINT IS NOW
BANNED FOR USE IN HOMES!

BUT, IF YOUR HOUSE WAS BUILT BEFORE
1978, IT CAN STILL HAVE LEAD!

WHAT IS LEAD POISONING?

Lead poisoning happens when children swallow or breathe in dust or other things that have lead in or on them.

MOST OF THE TIME, YOU CANNOT SEE THE SOURCE OF LEAD!

While there is no "safe" level of lead, a child is not considered to have lead poisoning until their blood lead level is at or over 5 micrograms per deciliter.

SIGNS & SYMPTOMS

There are usually NO signs or symptoms of lead poisoning in the beginning.

One of the first signs may be poor behavior that is not normal for your child. For example, being unable to concentrate, hyperactivity, and/or irritability.

Other signs and symptoms may include:

Fatigue	Constipation
Weight Loss	Vomiting
Loss of Appetite	Abdominal Pain

**LEFT UNTREATED, LEAD POISONING CAN
CAUSE LIFELONG HEALTH PROBLEMS INCLUDING:**

Developmental Delays, Learning Problems, Behavioral Problems

WHERE IS LEAD FOUND?

LEAD-BASED PAINT



Old houses may still have lead paint in them. Children can eat peeling paint chips or get the paint on their hands!

DUST



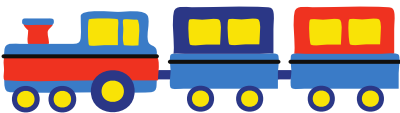
Dust in your home may have lead in it from lead paint. Children can swallow or breathe the dust in.

DRINKING WATER

from old plumbing (leaded pipes).



LEAD-BASED TOYS & FURNITURE



SOIL

Over time, soil can get lead in it from peeling lead paint or leaded gasoline,



HOW ARE CHILDREN POISONED BY LEAD?



Young children are more likely to get lead poisoning because, they spend a lot of time playing with their toys on the floor that may contain lead-contaminated dust.

The leaded dust can also get on the child's toys. Young children are more likely to put their hands and toys into their mouth, causing them to ingest lead.



IS LEAD POISONING DANGEROUS?

YES!

IF IT IS NOT TREATED EARLY, IT CAN LEAD TO LIFELONG PROBLEMS WITH...

GROWTH

BEHAVIOR

LEARNING

AND MORE!

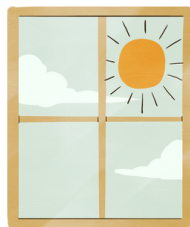
HOW TO PROTECT YOUR CHILD FROM LEAD

WASH HANDS



**BEFORE EATING AND
AFTER PLAYING**

**WIPE WINDOWSILLS
WITH A DAMP RAG
EVERY MONTH**



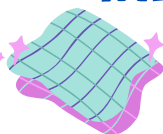
**AFTER CLEANING,
THROW THE RAG AWAY**

**REPAIR
PEELING PAINT**



**CALL OUR DEPARTMENT
FOR MORE INFO!**

WASH TOYS



MOP THE FLOORS



**WIPE DOWN TABLES
& COUNTERS DAILY!**

HOW TO PROTECT YOUR FAMILY FROM LEAD

DON'T BUY OLD OR IMPORTED PRODUCTS THAT COULD HAVE LEAD IN THEM, LIKE:

CHILDREN'S JEWELRY
PAINTED TOYS
FURNITURE



IF YOUR JOB OR HOBBY INVOLVES WORKING WITH LEAD, CHANGE YOUR CLOTHES AND SHOWER BEFORE COMING HOME.



WASH YOUR CLOTHES SEPERATELY
LEAVE YOUR SHOES OUTSIDE

JOBS & HOBBIES THAT INVOLVE LEAD...

BUILDING RESTORATION

PLUMBING

STAINED GLASS WORK

USING LEAD BULLETS

PACKING AMMUNITION

LEAD FISHING SINKERS

*POTTERY GLAZES

LEAD SOLDER

*MAKE-UP FROM OTHER COUNTRIES



*Not all pottery glazes, and foreign make-up contain lead. Make sure these products are lead-free!

A HEALTHY DIET CAN PROTECT YOUR CHILD FROM LEAD!

FOODS HIGH IN **CALCIUM**, **IRON**, AND **VITAMIN C** HELP GET LEAD OUT OF YOUR CHILD'S BODY!

CALCIUM

Milk



Cheese

Yogurt



Sweet Potato

Dried Fruit



IRON



Egg

Peanut Butter

Whole Grain Bread & Cereal



Lean Meats, Fish, & Seafood

BOTH

Dark Green Veggies (spinach, kale)

Soy Products
Bean, Peas, Lentils

VITAMIN C



Oranges

Orange Juice



Grapefruit



Tomato




Bell Pepper

Potato




MEAL IDEAS

BREAKFAST




Cheese omelet,
with 100%
orange juice




Wheat toast and
peanut butter
with milk

LUNCH




Grilled cheese,
pepper slices with
dip, and milk




Tuna salad
sandwich, sliced
tomato, and
100% fruit juice

DINNER




Grilled chicken,
sweet potato, and
broccoli




Macaroni and
cheese with
100% fruit juice

SNACKS



Smoothie
Combine milk,
fruit, and spinach
and blend!



Cheese &
crackers with
orange slices

**IF YOUR HOME WAS
BUILT BEFORE 1978**

**TEST IT
FOR LEAD!**



**CALL TIOGA COUNTY PUBLIC HEALTH
TO SCHEDULE A HEALTHY
NEIGHBORHOODS VISIT!**

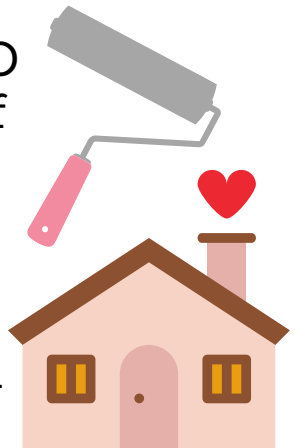
IF YOU LIVE IN A HOME WITH HIGH LEAD LEVELS...

- Get your children tested as soon as possible, even if they seem healthy
- Wipe or take off your shoes before coming inside
- DO NOT try to remove the lead paint by yourself
- Before using, let the tap water run for 2-3 minutes or until the water is cold
- Use cold water to make your baby's formula, and for drinking and cooking

IF YOU RENT...

It's your **LANDLORDS JOB TO MAKE REPAIRS** if a source of lead needs to be removed!

Your landlord can call Tioga County Public Health if they have questions or need more information.



LEAD POISONING AND PREGNANCY

IT'S DANGEROUS TO HAVE HIGH
LEAD LEVELS WHILE PREGNANT!

ASK YOUR DOCTOR ABOUT A BLOOD TEST IF YOU...

- live in a home built before 1978
- live with someone who has a job or hobby that involves lead or leaded materials
- use herbal remedies
- are experiencing abnormal cravings (ex. dirt, clay)
- use cosmetics from another country
- use lead-glazed pottery, brass or pewter, or leaded crystal

MOTHERS WITH HIGH LEAD
LEVELS ARE AT INCREASED
RISK OF HIGH BLOOD PRESSURE,
EARLY DELIVERY, AND PASSING
LEAD TO THEIR BABY!



**PROTECTING YOURSELF FROM LEAD MEANS
PROTECTING YOUR BABY TOO!**

FOR MORE INFORMATION

CALL...

- Your child's health care provider
- Tioga County Public Health
607-687-8600
- The National Lead Information Center:
1-800-424-LEAD
- The EPA's Safe Drinking Water Hotline:
1-800-426-4791

OR VISIT...

- ph.tiogacountyny.gov
- www.epa.gov/lead
- www.cdc.gov/nceh/lead
- www.hud.gov/office/lead





June 2023