



For more information

- www.EPA.gov/lead
- www.HUD.gov/lead
- www.LeadFreeKids.org
- www.SaferProducts.gov
- www.CDC.gov/nceh/lead
- LEPHT.dhh.LA.gov
- www.LSUAgCenter.com/LAHouse

Lead Hotline: 1 (800) 424 - LEAD (5323)

LEAD POISONING:

What you **need** to know



What is lead?

Lead is a metal found in soil that in the past was used in many household items, and commonly used products such as:

- **Paint**
- **Plumbing Pipes**
- **Gasoline**

Who can get lead poisoning?

While anyone is at risk of lead poisoning, **children under the age of 6 years** old are most at risk due to the timing of their developing brains and their tendency to put things in their mouths.

What health problems are associated?

Lead poisoning has been shown to cause **premature births, stunted growth, learning difficulties, and behavioral problems**. Very high levels of lead can even cause **death**.

How are my children exposed?

Children can get exposed to lead by breathing in or eating lead dust particles. This can come from:

- Eating paint chips from **houses built prior to 1978** (before lead-based paint was banned from use on homes)
- Inhaling dust from nearby **construction or home renovations**
- Coming into contact with **work clothes** from adults who work in environments with high lead exposure
- Playing with **toys** that have high lead content or have collected lead dust from the house
- Ingesting **lead-contaminated soil** from playground areas

What is an acceptable amount of lead?

No amount of lead in the blood is considered safe, but the CDC declared that a Blood Lead Level of under 5 µg/dL for children under 6 years is acceptable



Tips for minimizing lead exposure

- Get your **house tested for lead-based paint** and if necessary have a certified lead expert remove the paint per EPA guidelines
- Keep **children and pregnant women** away from areas with peeling paint and renovation work being done
- Wet-mop** floors and **wet-wipe** window sills and baseboards weekly
- Wash toys** and stuffed animals regularly
- Dispose of toys and other items **recalled for lead content** (see CPSC.gov)
- Keep children from playing in **bare soil**. Opt for sandboxes and keep play areas away from the sides of the house where chipping paint is more likely
- Wash your children's **hands and faces** regularly especially prior to eating
- Run cold water** from the faucet for at least 30 seconds prior to cooking, drinking, and making baby formula
- Shower and change clothes** prior to entering the home for those with jobs in construction, painting, or other fields that involve high lead exposure
- Wash possibly contaminated clothes for an **additional laundry cycle**

Places to get tested

Your local pediatrician or primary-care physician
visit 504HealthNet.org if you don't have one

Your local WIC clinic, for locations
visit new.nola.gov/health/programs/wic

The New Orleans Children's Health Project
(Spanish speaking services provided)
visit NOCHP.org



For more info, call 3-1-1