



Fishing sinkers are one of the most common and readily accessible sources of lead exposure for older children and adults.

Lead Poisoning

Lead poisoning is entirely preventable. The key is stopping children from coming into contact with lead. Lead poisoning can affect nearly every system in the body. Because lead poisoning often occurs with no obvious symptoms, it frequently goes unrecognized. You can lower your child's risk of lead poisoning by:

- ✓ Having your child wash his or her hands frequently
- ✓ Keeping your home clean
- ✓ Getting your child tested and then following up, as needed
- ✓ Making good food choices

Frequent Handwashing

Lead dust may be swallowed when children put objects (toys, food, etc.) or their fingers into their mouths. Always have children wash their hands and face before eating, drinking, sleeping, and after play. Encourage them not to put their hands into their mouths. Wash children's toys, bottles and pacifiers often.

Keeping Your Home Clean and Lead Safe

Homes built before 1978 may contain lead paint. When this paint is flaking or chipping, a child may eat the chips. Even if the paint is not chipping, the dust created by the friction of opening windows and doors produces enough lead for a child to ingest.

Tips to follow:

- Remove dirt and dust containing lead by wet cleaning floors, windowsills, and places where children play, using warm water and an all-purpose cleaner.
- Use a HEPA vacuum to clean carpet and rugs. This will trap lead particles and prevent them from being released back into the air.
- Wash children's hands often, especially before they eat and before bedtime.
- Keep play areas clean. Wash bottles, pacifiers, toys and stuffed animals regularly.
- Keep children from chewing windowsills or other painted surfaces.
- Remove shoes before entering your home to avoid tracking in lead from soil.



Testing and Follow Up

It is important for children to be tested for lead poisoning. A simple blood test is the only way to know if a child has an elevated blood lead level. Children under the age of 6 are at greatest risk for lead poisoning. Ask your doctor or health care provider to test your child!



Eating Nutritious Foods

The food that your child eats – how often and the overall pattern – can make a difference in how much lead gets into your child's blood. Children with empty stomachs absorb more lead than children with full stomachs.

Serve foods that are a good source of calcium, iron and vitamin C. These foods can help your child's body absorb less lead. Between meals, offer snacks such as:

Calcium-rich foods:

- Reduced-fat milk and yogurt
- Cheese and cottage cheese
- Foods made with reduced-fat milk such as pudding, custard, cream soup
- Greens, spinach, rhubarb
- Navy beans, great northern and baked beans

Iron-rich foods:

- Lean red meats
- Fish
- Chicken
- Iron-fortified cereals
- Dried fruits
- Beans and spinach

Vitamin C-rich foods:

- Oranges, grapefruit, tangerines, strawberries, cantaloupe
- Juices (orange, grapefruit, pineapple or those that are vitamin C enriched)
- Tomatoes, bell peppers, greens, kale, broccoli

Renovate, Repair and Painting (RRP) Information



If your home was built before 1978 and you are thinking of having renovations, repairs, or painting (RRP), the

hired contractor will need to be RRP certified through the Environmental Protection Agency (EPA), if he or she disturbs more than 6 square feet on the interior or 20 square feet on the exterior. The April 2010 EPA regulation now requires lead safe work practices on all projects that impact painted surfaces on homes built prior to 1978.

If you choose to do the work yourself, please refer to the EPA pamphlet Renovate Right for guidance in completing work safely.

To locate an RRP-certified contractor, call 1-800-424-LEAD (5323) or visit: <http://www.epa.gov/lead/pubs/renovation.htm>

To locate a licensed lead abatement professional, contact Missouri's Department of Health and Senior Services Lead Licensing Program at 573-526-5873 or visit: <http://health.mo.gov/safety/leadlicensing/professionals.php>

For more information, visit the following:

MO DHSS Program:
<http://health.mo.gov/living/environment/lead/index.php>

Centers for Disease Control and Prevention (CDC):
www.cdc.gov/nceh/lead

Environmental Protection Agency (EPA):
www.epa.gov/lead/index.html

Consumer Product Safety Commission:
www.cpsc.gov for recall information

Take measures to reduce your child's exposure to lead.

If you have questions or need more information about lead poisoning and prevention, contact your local health department, physician or the Missouri Department of Health and Senior Services at (573) 751-6102.

Missouri Department of Health and Senior Services

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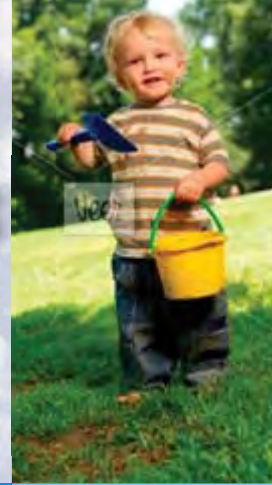
<http://health.mo.gov/living/environment/lead/index.php>



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Hearing- and speech-impaired citizens can dial 711.
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Preventing Lead Poisoning



Tips for Families



Missouri Department of Health and Senior Services