

LEAD POISONING PREVENTION



Ensuring lead-safe environments and preventing any exposure to lead in children should be our most important goal. Physicians can play a significant role in this by educating parents and communities about the dangers of lead. When exposure is identified, there are important steps that must be taken to reduce exposure, absorption and hazards.



Reduce Hazards

- **Beware of lead dust:** Remodeling and renovating can create lead dust
- **Create safe barrier around lead hazards:** Use furniture as a barrier to windows that contain lead paint
- **Keep child safe:** Remove child from area and contain dust during remodeling



Reduce Exposure

Cleaning

- Common places with lead dust include wood floors, carpet, upholstery, window sills and window wells
- Wet mop instead of dry sweeping
- Borrow a HEPA vacuum from your local health department
- Thoroughly clean toys and other items that are used by children

Hygiene

- Wash hands often, especially before meals and before bedtime
- Do not let children play in bare soil outside

Occupational

If you work around products or materials containing lead (i.e. manufacturing, automotive or construction) avoid exposing your child to lead by:

- Changing clothes and shoes at work
- Showering as soon as you get home
- Washing work clothes separately
- Protection during renovation project is important



Reduce Absorption

- A well-rounded healthy diet that contains vitamin D supports healthy development
- Vitamin C aids in iron absorption

Foods rich in Iron and Calcium:

- Non-heme iron: Dried beans, peas, lentils, spinach and broccoli
- Heme iron: Lean red meats, chicken and fish
- Calcium: Low-fat milk, cheese and yogurt

Foods rich in Vitamin C:

- Citrus, leafy greens, broccoli, bell peppers and sweet potatoes