

# NUTRITION & HYGIENE:

Lead poisoning can be prevented, reduced, or eliminated with proper:

- **Nutrition:** Give children foods high in iron (eggs, dried beans, or red meats), calcium (milk, cheese, or yogurt), and Vitamin C (citrus fruits, green peppers, or tomatoes). A child who is not healthy or anemic is at greater risk for lead poisoning, so eating these foods can help minimize lead absorption in a child's body.
- **Housekeeping:** Avoid creating dust by sweeping; instead use a vacuum or a wet mop. Clean any toys or chewable surfaces often. Remember to hire a certified professional to safely remove lead sources from your home
- **Personal Care:** Practice healthy habits, such as handwashing before eating, sleeping, or after play time.



Need more information? Please visit:  
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## LEAD POISONING

What Everyone Should Know

Childhood Lead Poisoning  
Prevention



## LEAD POISONING:

A condition caused by swallowing or breathing in lead - which is a toxic chemical that can be used to make a variety of products and materials.

Lead poisoning can affect children, adults, and pregnant women who can pass it onto their unborn babies. Children - who are at the greatest risk - and adults who have lead poisoning can look and feel healthy, but still need to seek treatment.



## COMMON SOURCES OF LEAD:

- **Paint:** Lead based paint is common in houses built before 1978. Do not sand or scrape old paint from walls when remodeling!
- **Clay Pottery:** Some pottery glazes contain lead, be careful if you want to store foods in pottery without checking the glaze is safe.
- **Home Remedies & Candy:** Be wary of certain imported candies (chaca chaca) as they can contain lead. Other remedies that include Azarcon, Tamarind, or Greta used for stomach illnesses can also contain this toxin.

- **Lead Dust:** Dust that comes from old painted window sills, doors, or rails.
- **Soil:** Children can accidentally ingest soil while playing outside or bring it into the home. Remember that a child should wash their hands often when playing outside!
- **Water:** Homes built before 1930 are more likely to have lead pipes.
- **Workplace:** Adults who work in lead-related industries can bring lead home. These can include car/radiator repair shops, battery manufacturing and recycling, etc.
- **Hobby Exposures:** Hobbies involving ceramics, stained glass, reloading bullets, and older billiard chalk can be high exposures of lead. Remember to shower and change into clean clothes after possibly working with lead.



## SYMPTOMS OF LEAD POISONING:

- Headaches
- Stomach aches
- Nausea
- Fatigue
- Irritability

## HEALTH EFFECTS OF LEAD POISONING:

- Slowed development
- Learning or behavioral problems
- Brain, liver, and kidney damage
- Hearing loss
- Convulsions
- Death

Health effects depend on the time of a child's contact with lead and on the child's blood lead levels.



## DIAGNOSING LEAD POISONING:

Most children with lead poisoning do not show symptoms unless blood lead levels are extremely high. Many cases of lead poisoning in children go undiagnosed and untreated.

**The only way to detect lead poisoning is by asking your doctor to perform a simple blood test.**