

KNOW THE FACTS!

LEAD POISONING PREVENTION

If your home was built before 1978, your children may be exposed to lead sources.

For health-related information about lead poisoning, call the Nursing Division at 513.946.7882. For concerns about lead paint in your home, call Waste Management at 513.946.7879.

Are your children being exposed to lead poisoning? If your home was built before 1978, your children may be exposed to lead sources.

Even low levels of lead exposure can cause learning disabilities and behavior problems. Very high levels can cause convulsions and death. Some common symptoms include stomach ache, crankiness, and loss of energy. However, most children do not show any noticeable symptoms.

A simple screening test can determine whether your child has an elevated lead level. This test can be done at your doctor's office or at our immunization clinics. You can find the schedule for these clinics by calling (513) 946-7882 or visiting online at www.hamiltoncountyhealth.org.

Tips for lead poisoning prevention

- Have your child tested. It is recommended that children have their blood lead level checked regularly, beginning no later than one year of age. The Health District provides lead level screenings at our immunization clinics.
- Keep it clean. Ordinary dust and dirt may contain lead. Keep areas where your children play as clean and dust-free as possible.
- Check your house for loose or chipping paint. Lead paint underneath several layers of paint can become a problem when it chips or flakes due to moisture or damage.
- Keep items out of your child's mouth. Make sure your child does not chew on anything that may contain lead, such as window sills, cribs, playpens, painted wooden toys, magazines, or metal jewelry.
- Don't use imported or old pottery, or lead crystal glassware, for food or drink. These items may contain lead, which could contaminate the food or drink.
- Maintain a healthy diet. Foods rich in iron, calcium, and vitamin C and low in fat can help reduce the amount of lead absorbed into the body.
- Wash hands before all meals and snacks. Proper hand washing prior to meals helps reduce the risk of lead being passed from the hands to the mouth.



PREVENT. PROMOTE. PROTECT.

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