



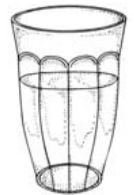
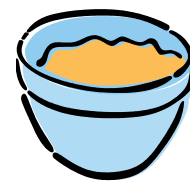
Building Blocks to a Brighter Future

Resources to Help Make Sure All Our Kids are "AOK"

Lead Poisoning Prevention



- Wash child's hands, face, mouth, and toys often
- Wash counter tops, floors, window sills weekly (use all-purpose detergent)
- Give meals and snacks regularly
- Meals and snacks should be high in iron, vitamin C, calcium
- When remodeling or renovating a home, use proper safety measures
- Keep children and pregnant women out of the work area until the work is completed and the area is clean
- Run cold water for several minutes in the morning before using (drinking, cooking)
- Remove shoes before entering house
- Wash work clothes separately
- Do not serve or store foods in pottery made outside the United States
- Have children tested for lead poisoning each year



For more information, please visit the Kane County Health Department's website at kanehealth.com/aok.htm or call 630-208-3801



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Tips for Parents

What is lead? Lead is a metal that is found in many different places. When lead is present in high amounts, it is toxic to the human body.

What is lead poisoning? Lead poisoning is when there is too much lead in the body. Lead poisoning is the most common preventable pediatric health problem today in the US.

Who is at risk? Everyone is at risk, but children are at more risk because their bodies are smaller than an adult and absorb more lead and because their bodies are still growing. Children like to put things in their mouths and much of their activity time is spent on the on horizontal surfaces (floor, window sill). Pregnant women and unborn children are also at risk for lead poisoning.

Where is lead found? Lead is found in:

- Paint that has lead in it (usually in homes that are built before 1978)
- Soil around home that is contaminated with lead paint
- Cans from outside of United States
- Water from plumbing that has lead pipes
- Hobbies & Jobs
- Imported glazed pottery
- Cosmetics
- Folk remedies & herbal medicines

What are the symptoms of lead poisoning? There are no clear signs, but children who have lead poisoning may report these symptoms:

- Loss of appetite
- Hyperactivity
- Irritability
- Problems sleeping
- Stomachaches
- Lack of interest in play
- Learning problems

How do I prevent my child from lead poisoning?

- Wash hands, mouth, face, and toys often
- Wash floors, counter tops, and window sills weekly with all-purpose detergent
- Offer your child regular meals and regular snacks (high in iron, calcium, and vitamin C)
- Run cold water for several minutes in the morning before cooking and drinking
- Remove shoes before coming into the house
- Wash work clothes separately from the family
- Use proper safety measures when remodeling the house (do not use electric sanders)

More Information at: <http://www.idph.state.il.us/envhealth/ehpublications.htm#lead>

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