

SERVICES PROVIDED BY THE MICHIGAN DEPARTMENT OF COMMUNITY HEALTH

- Answers to questions about lead poisoning
- Help to get your child tested for lead
- Lead awareness and outreach to community-based organizations and the public
- Lists of certified contractors, risk assessors and lead inspectors for professional lead hazard control work
- List of approved lead training classes
- Referrals to local, state and national programs

To learn more about lead poisoning prevention and blood lead testing, call your local health department or the Childhood Lead Poisoning Prevention Project

(517) 335-8885

To find professionals to help identify and remove lead paint, call the Lead Hazard Remediation Program

(866) 691-LEAD

To learn about parent support groups, contact United Parents Against Lead of Michigan (UPAL)

(877) 623-2688

www.michigan.gov/mdch

Link: Physical Health and Prevention

Link: Prevention

Link: Lead Poisoning

*Michigan Department
of Community Health*



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IS YOUR CHILD SAFE FROM LEAD POISONING?



**LEARN HOW
TO PROTECT
YOUR
FAMILY**

WHAT CAUSES LEAD POISONING?

There are many places in a home that could put babies and children in danger of lead poisoning.

Lead paint was used in many homes built before 1978. The older the home, the more likely that windows, cupboards, doors, porches, and outdoor surfaces contain lead paint.

Children are most often poisoned by lead dust and lead paint in older homes. Lead dust can come from disturbing areas with lead paint, opening and closing windows, and through normal wear and tear of painted areas. Lead dust falls to the floor and gets on children's hands and toys. It enters their bodies when they put their hands or toys into their mouths.

We know how dangerous lead is. Lead poisoning can cause health and behavior problems in young children. It can make them less able to learn when they get to school. Lead poisoning can affect a child for a lifetime. The good news is that there are things you can do to keep your child safe from lead.



HOW CAN I TELL IF MY CHILD HAS LEAD POISONING?



A lead poisoned child may seem healthy or have any of these signs:

- Upset stomach
- Tiredness
- Loss of appetite
- Constipation
- Hearing problems
- Weight loss
- Hyperactivity
- Irritability
- Difficulty sleeping

WHEN SHOULD MY CHILD BE TESTED FOR LEAD POISONING?



Many children have blood lead tests as part of their regular care by a doctor or clinic. These tests are important for children who live or spend time in older houses which may have lead paint. Children should be tested for lead poisoning at one

and two years of age or more often depending on their contact with sources of lead.

WHAT CAN I DO TO PROTECT MY CHILD?



- Wash your child's hands, bottles, pacifiers and toys often.
- Take off shoes when going into the house.
- Keep dust and dirt off of floors, window sills and other surfaces.
- Use very cold tap water for drinking and cooking.
- Make sure children eat four to six small meals a day. Foods such as lean red meat, chicken, fish, milk, cheese, yogurt, collard greens, oranges, grapefruits, tomatoes, peppers, cereals and dried fruit. Low fat foods are best for children over the age of two years.
- Check your home for lead hazards.
- Test the dirt in child play areas for lead.
- Talk to your landlord about fixing peeling and chipping paint.
- Learn how to safely remove lead paint.
- Avoid exposure to lead dust when remodeling by wetting work areas.
- Do not use a power sander, open-flame torch, heat gun above 1,100°F, dry scraper or dry sandpaper on painted surfaces that may contain lead.