Serve foods rich in calcium, iron, and vitamin C, to help protect children from lead.

Foods with calcium include milk, cheese, yogurt, and spinach. Foods with iron include beans, meat, peas, spinach, eggs, and cereal. Foods with vitamin C include oranges, orange juice, grapefruits, tomatoes, and green peppers.

How can I know if a child has lead poisoning?

A child with lead poisoning usually does not look or feel sick. The only sure way to know is to get a blood lead test.

Health care providers in NY State must test every child for lead at 1 and 2 years of age.

Ask your doctor about testing a child older than 2. Older children are at risk if they:

- Live, or spend a lot of time in a home built before 1978
- Live near busy roads or industry
- Live with people who work with lead
- Are recent immigrants
- Eat paint chips, plaster, or soil
- Have a brother or sister with a high lead level

Where can I find out more?

Ask your health care provider or call your local health department!

Visit the NYS Department of Health website:

www.health.state.ny.us/environmental/lead

If you have questions about lead at your work, call the NYS Bureau of Occupational Health:

1-800-458-1158, x27900

State of New York
Department of Health

2594

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Lead Poisoning is a Danger for every baby and child

Here's what you should know.

What is lead?

Lead is a metal found in the earth, and it is a poison. For years, lead was used in paint, gasoline, plumbing and many other items. Lead is still in some kinds of pottery. As these things are used or get worn out, the lead they contain can spread.

Lead paint was banned from home use in 1978. If you live in a home built before 1978, or near a busy road, there could be lead in your house dust and soil.

What is lead poisoning?

A child can get lead poisoning by swallowing or breathing in lead. Often, lead poisoning is caused by lead you can't even see. Dust from lead paint is still the number one source of childhood lead poisoning.

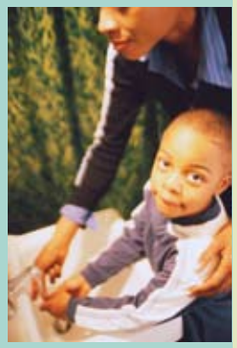
Lead poisoning can cause problems with a child's growth, behavior, and ability to learn. Lead can also harm babies before they're born. If you're planning to have a baby, it's important to protect yourself from lead now.

Why are young children at greatest risk?

Young children spend a lot of time on the floor. They like to put hands, toys, and other things in their mouths. This raises their chances of swallowing lead dust and paint chips. Only a tiny amount of lead is needed to harm a young, growing child.

What can I do to protect my child from lead?

Wash away lead dust.



Wash away lead dust, if you live in a home built before 1978.

- **Wash children's hands and toys often, even if they don't look dirty.**
- **Mop floors often, and use damp cloths to clean windowsills.** Pour dirty water into the toilet. Dry cloths spread dust.

Keep an older home in good repair.

If you live in a house or apartment built before 1978:

- Repair any peeling paint. Call your local health department before you do any repair work to find out how to paint and repair **safely.**
- Pregnant women and children should stay away from home repairs.
- Be careful toddlers don't eat or play with paint chips, plaster, dust or dirt.
- Ask your landlord or realtor about lead before you rent or buy a home.

Don't bring lead into your home.

Lead is in some children's jewelry and charms, and old painted toys and furniture.

Be extra careful with jobs or hobbies that involve working with lead, such as building restoration, plumbing, stained glass work, or using lead bullets, lead fishing sinkers, some craft paint, some kinds of pottery glaze, and lead solder.

- Shower, and change work clothes and shoes before going home to children.
- Wash your hands and face after work or hobby.
- Wash work clothes separately from other clothes.

Keep lead out of your food.

- **Let tap water run for 1 minute** before you use it. This will help clear out the lead from old plumbing. Use only cold tap water for drinking, cooking, and preparing infant formula.
- **Use lead-free dishes and pots**. Lead is more likely to be in pottery from Latin America, the Middle East, and India, and in painted china. Lead is also in leaded glass, crystal, and pewter.

- **Avoid using products that could have lead in them.** Lead has been found in some traditional medicine, herbs, spices, and cosmetics from other countries. These include Ayurvedic medicines; cosmetics such as kohl and surma; and in liga, greta, azarcon, litargirio, and others.