



INVISIBLE DANGER

HOW CAN I TELL IF MY CHILD IS LEAD POISONED?

The symptoms of lead poisoning are not always noticeable. Lead is a danger that cannot be seen. The only way to know if your children have lead poisoning is to have their blood tested.

WHAT ARE THE SYMPTOMS OF LEAD POISONING?

- + Brain damage
- + Reading and learning difficulties
- + Impaired speech and language development
- + Lowered IQ
- + Temper and attention problems
- + Kidney and liver damage
- + In extreme cases, can cause coma and death

WHERE DO LEAD HAZARDS COME FROM?



INSPECT YOUR HOME

PAINT Paint used before 1978 that is chipping or peeling may be a hazard. It is most risky at ages 9 months to 6 years when hand crawling and putting hands in mouth are most common. If you are

pregnant lead can hurt your baby. Windows, door frames, steps and porches are friction areas where chipped paint is likely to be found. Get your home inspected. Call 617-534-5965.

DUST Lead dust is the main source of lead poisoning. Lead dust can come from lead paint in the house or be tracked into homes from outside sources. The lead dust can gather on household surfaces, such as window sills, in carpets and on toys. Home repairs, renovation, and remodeling can disturb lead paint and create dust.



WASH YOUR HANDS

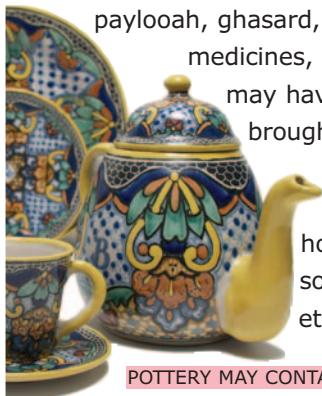
SOIL AND DIRT Soil around homes and apartment buildings may contain lead from lead paint. Children may come into contact with lead by playing in bare dirt. Lead in soil may contaminate vegetables planted in gardens. Have your soil tested for lead, call 617-534-5965.

WATER PIPES AND SOLDER Household plumbing may contain lead solder, brass fixtures may contain some lead or your home may have a lead service line. Lead may leach into water when water sits in pipes. If this happens, the water you use for drinking, cooking, or mixing baby formula may cause elevated lead levels. Flush the water 15-30 seconds or until cold before using it for drinking, cooking or making formula. Contact the Boston Water and Sewer Commission at 617-989-7888 or www.bwsc.org if your home has a lead service line or for more information.



FLUSH WATER

CONSUMER PRODUCTS, WORKPLACES AND HOBBIES Some imported pottery, ceramic cookware, home remedies: azarcon, greta, paylooah, ghasard, kandu, ayurvedic medicines, and cosmetics (Kohl) may have lead. Lead can also be brought into the home from the workplace (painters, plumbers, etc.) and hobbies (stained glass solder, fishing sinkers, etc.) that use lead.



POTTERY MAY CONTAIN LEAD



GET TESTED

BLOOD LEAD TESTING IS IMPORTANT

The only way to know if your children have lead poisoning is to have their blood tested. The Centers for Disease Control and Prevention (CDC) recommends screening for all children under the age of 6. Ask your physician or health care provider for a blood lead test.

BLOOD LEAD SCREENING

See your Primary Care Provider or contact: Lead Poisoning Prevention Program, Environmental Health Office, Boston Public Health Commission Call for an appointment: 617-534-5965

RESOURCES

INSPECTIONS: Lead Poisoning Prevention Program: 617-534-5965

LEAD DETERMINATIONS/SANITARY CODE INSPECTIONS: City of Boston, Inspectional Services Department 617-635-5300 or isd@cityofboston.gov

FINANCIAL ASSISTANCE AND CONTRACTOR HELP

- + DND Lead Safe Boston: 617-635-0190 or www.cityofboston.gov/dnd/ click on Home Improvement.
- + Lead Action Collaborative: 617-423-4337, ext. 513
- + Dorchester Bay Economic Corporation: 617-825-4200, ext. 213
- + ESAC (Ecumenical Social Action Committee): 617-524-4820
- + Urban Edge: 617-989-9316

FOR MORE INFORMATION

Contact the Boston Childhood Lead Poisoning Prevention Program at 617-534-5965 or leadpoisoning@bphc.org.



DID YOU KNOW?

Lead poisoning is a major environmental hazard to children under age 6 and is completely preventable. Nearly 5% of children under age 6 in the United States are lead poisoned. Lead poisoning can and does happen in the City of Boston. Over 67% of all housing in Boston was built before 1978 and may contain lead paint. If you are concerned, you can get your house inspected. Call 617-534-5965.

TIPS TO PROTECT YOUR CHILDREN FROM LEAD POISONING

- + Frequently wash hands, pacifiers, toys, and stuffed animals.
- + Have children play on grass instead of bare dirt.
- + Take off shoes when entering the house to avoid tracking in soil that may contain lead.
- + Meals high in iron, vitamin C, and calcium help prevent young bodies from absorbing lead.
- + Flush or run the water 15 to 30 seconds until after it feels noticeably colder. Use only cold water for drinking, cooking, or making baby formula.

WASH YOUR TOYS



GET YOUR VITAMINS

LEAD POISONING PREVENTION PROGRAM
BOSTON PUBLIC HEALTH COMMISSION
1010 MASSACHUSETTS AVENUE, 2nd FLOOR
BOSTON, MA 02118



How to Prevent Lead Poisoning in



Have your kids been tested?
Has your house been tested?