

## Simple Steps to protect your family from Lead Hazards

If you think your home has high levels of lead:

- Make sure your children eat healthy, low-fat foods high in iron, calcium, and vitamin C.
- All NJ children, ages 1-6 should be tested for lead, even if they seem healthy.
- Get your home tested for lead if it was built before 1978. Call 1-800-424-LEAD for more information.
- Always wash your hands before eating
- Wash your children's hands, bottles, pacifiers, and toys.
- Do not use imported pottery to store or serve food.
- Let tap water run for one minute before using.
- Use only cold water for making your baby's formula, drinking, and cooking.
- Regularly clean floors, windowsills, and other surfaces using wet methods that control dust.
- Wipe or remove shoes before entering your house.
- If you rent, it is your landlord's job to keep paint in good shape. Report peeling or chipping paint to your landlord and call your health department if the paint is not repaired safely.
- Take precautions to avoid exposure to lead dust when remodeling or renovating.
- Don't try to remove paint yourself!

## For more information on childhood lead poisoning prevention:



### Call

- Your child's pediatrician
- The National Lead Information Center  
**1-800-424-LEAD (5323)**
- U.S. Environmental Protection Agency's (EPA) Safe Drinking Water Hotline  
**1-800-426-4791**

### Visit

- EPA Lead Program  
[www.epa.gov/lead](http://www.epa.gov/lead)
- U.S. Centers for Disease Control and Prevention (CDC)  
[www.cdc.gov/nceh/lead](http://www.cdc.gov/nceh/lead)
- U.S. Department of Housing and Urban Development (HUD)  
[www.hud.gov/offices/lead](http://www.hud.gov/offices/lead)

### Health Department Contact Info

#### Montgomery Health Department

Also serving the Boroughs of  
**Hopewell ♦ Pennington ♦ Rocky Hill**  
**(908) 359-8211**



## Protect Your Child from Childhood Lead Poisoning



**Public Health**  
Prevent. Promote. Protect.

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# Lead's Effects on the Body



Lead is a poisonous metal that our bodies cannot use. Lead poisoning can cause learning, hearing, and behavioral problems, and can harm your child's brain, kidneys, and other organs. Lead in the body stops good minerals such as iron and calcium from working right. Some of these effects may be permanent.

# Prevent Lead Poisoning

## Regularly Eat These Healthy Foods

Children with empty stomachs absorb more lead than children with full stomachs. Provide your child with four to six small meals during the day. The following nutrients can help protect your child from lead poisoning

### Iron-Rich Foods



Normal levels of iron work to protect the body from the harmful effects of lead. Good sources of dietary iron include:  
Lean red meats, fish, and chicken  
Iron-fortified cereals  
Dried fruits (raisins, prunes)

### Vitamin C-Rich Foods

Vitamin C and iron-rich foods work together to reduce lead absorption. Good sources of vitamin C include:  
Oranges, orange juice,  
Grapefruits, grapefruit juice,  
tomatoes, tomato juice, Green peppers



### Calcium-Rich Foods

Calcium reduces lead absorption and also helps make teeth and bones strong. Good sources of dietary calcium include:  
Milk, Yogurt, Cheese,  
Green-leafy vegetables (spinach, kale, collard greens)



## Lead Poisoning Occurs WITH or WITHOUT Obvious Symptoms and HARMS Your Child's Body.

### Main Sources of Lead

- Lead-based paint
- Contaminated dust
- Contaminated soil



### Other Sources of Lead:

- Contaminated drinking water from older plumbing fixtures.
- Lead-based painted toys and household furniture



### Lead is found in many workplaces.

- Construction work
- Auto repair
- Plumbing
- Places where people work with batteries
- Places where people do welding or smoldering

### Lead is in handmade pots and dishes.

- Imported lead glazed pottery, like bean pots
- Samovars and other pots with lead solder



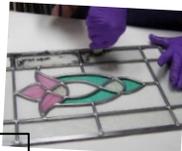
Azarcon

Greta



### Lead is in soil and water.

- Dirt
- Plumbing pipes (solder)



### Lead is in some crafts and sports

- Fishing sinkers
- Bullets
- Stained-glass-making

### Lead is in products from other countries.

- Candy, especially candy and wrappers from Mexico
- Traditional make-up (kohl, kajal, surma, sindoor)
- Incense sticks (agarbathi)
- Toy Jewelry
- Imported cans of food
- Home remedies, especially red, yellow, orange or white powders used for stomachaches (such as Azarcon or Paylooah)