PROTECT YOUR FAMILY FROM LEAD POISONING

CALENDAR 2020

LEAD IS HARMFUL
Lead can cause learning, behavior, and physical health problems in children.

Children absorb 50% more lead than adults.

A child's neurological system is still developing in the first six years of life.

Lead is a serious health threat for children under age 6.
A child’s habits can cause them to come into contact with lead, such as playing on the floor, or at window sills.

A child has a lot of hand-to-mouth activity that can result in lead absorption.

DID YOU KNOW? A lead-exposed child is five times more likely to drop out of high school.

Visit www.michigan.gov/lead or call (517) 335-8885

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BE AWARE OF LEAD EXPOSURE SYMPTOMS

Lead can cause neurological symptoms and lead to poor behavioral outcomes. Symptoms can be vague and mimic other illnesses.

Lead is toxic to humans, especially young children, infants, and unborn babies.
Common complaints of lead exposure are stomach upset, fatigue, or hyperactivity.

Poor appetite and difficulty sleeping can also be symptoms of lead exposure.

DID YOU KNOW? The most common sources of lead hazards in a house are the window sills and troughs.

Visit www.michigan.gov/lead or call (517) 335-8885
CLEANING YOUR HOME HELPS KEEP YOUR FAMILY SAFE

Always spray window sills with soap and water and wet-mop floors.

Do not use a broom to sweep lead dust.

Clean often, or when dirt and dust appear on floors, porches, window wells, window sills, stairs, or children’s play areas.

Your home helps keep cleaning.
Use a disposable mop head or paper towel to wipe away suds. Throw away mop head and wipes after cleaning each area.

When cleaning, change paper towels often until no paint chips, dust, or dirt can be seen.

DID YOU KNOW? A regular vacuum will spread lead dust into the air. Some health departments have HEPA vacuums available to borrow.

Visit www.michigan.gov/lead or call (517) 335-8885
Renovating old homes can reduce the risk of lead poisoning. Contractors must be Lead-Safe Certified if they disrupt more than 6 square feet of lead paint. Use a certified contractor. If your home was built before 1978, renovations could spread lead paint and dust.
Find a lead-safe contractor at Healthy Homes Section (866) 691-5323 or www.michigan.gov/leadsafe

DID YOU KNOW?
The Lead Safe Home Program offers lead testing and hazard control for qualifying families. Apply at www.michigan.gov/leadsafe.

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Visit www.michigan.gov/lead or call (517) 335-8885
PREVENT LEAD POISONING IN YOUR UNBORN BABY

Leads exposure while pregnant can cause your baby to be born too early or too small.

If you are pregnant, lead exposure can increase your risk of a miscarriage.

Lead exposure can also hurt the development of your baby’s brain, kidneys, and nervous system while you are pregnant.

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Your child could have learning or behavioral problems caused by lead exposure.

Text “BABY” to 511411 for free tips on keeping baby safe.

DID YOU KNOW? Michigan law requires all Medicaid-covered children be tested for blood lead at 12 & 24 months of age.

Visit www.michigan.gov/lead or call (517) 335-8885
RENTAL HOUSING MUST BE SAFE

Ask if your rental property has had lead hazards removed. If yes, also ask to see the certificate and if repairs were made by a certified contractor.

Find out if any lead-exposed children have lived in the home before.

Be sure to get the booklet, "Protect your Family from Lead in your Home," when you sign your lease.

Rental
Newly painted surfaces or windows could be a sign of a lead hazard repair. Be sure they have been repaired properly.

Chipped/peeling porches or bare/exposed soil could indicate a lead hazard.

DID YOU KNOW? Peeling paint on garages and porches is a main source of lead contamination in soil.

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Peeling paint on garages and porches is a source of lead exposure. Deteriorating paint on window sills and troughs is a key exposure hazard for young children. Older, brighter colored paints like orange and yellow tend to contain higher levels of lead.
Undisturbed, lead paint can still expose children if they chew on or pick at areas where there is a lot of wear and tear.

The soil around your home may be contaminated with lead if the exterior of the house has chipped or peeling lead-based paint.

DID YOU KNOW?
Although lead was removed from gas in the early 1990s it can still be found in the soil near busy roadways.

Visit www.michigan.gov/lead or call (517) 335-8885
A child with a blood lead level ≥5 µg/dL is considered to be lead exposed. A capillary test of ≥5 µg/dL should be confirmed with a venous test.

Medicaid requires children to be tested at 12 and 24 months.

YOUR CHILD CAN HELP PROTECT SUPPORT TESTING
Children with blood lead levels ≥ 5 µg/dL are eligible for many services to help reduce their lead levels.

Contact your local health department to learn more about programs for lead-exposed children.

DID YOU KNOW?
Children who have lead poisoning can also become anemic.

Visit www.michigan.gov/lead or call (517) 335-8885
HEALTHY LUNCHES CAN HELP YOUR CHILD AVOID LEAD POISONING

Eating foods high in vitamin C, iron, and calcium will reduce lead absorption.

Foods that are good sources of iron include dried fruit, lean red meats, fish, chicken, and leafy vegetables like spinach and broccoli.

Eat well. Cut down on junk foods like chips, fried foods, soda pop, candy, and desserts.

Avoid Lead Poisoning
Healthy Lunches
Foods that are good sources of calcium include milk, cheese, yogurt, and salmon.

Foods that are good sources of Vitamin C include citrus fruits, tomatoes, and potatoes.

DID YOU KNOW?
Lead paint tastes sweet, so children chew on surfaces like painted window sills and furniture.

September

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Visit www.michigan.gov/lead or call (517) 335-8885
LEAD CAN BE FOUND IN UNEXPECTED PLACES

Spices brought back from Middle East and India such as Lozehna and Turmeric can contain lead. Folk remedies like Azarcon and Pay-Loo-Ah or cosmetics like Kohl and Kajal can also be source of lead exposure. Hobbies like bullet making and stained glass can contribute to lead exposure.
Drinking water from lead service lines and fixtures can be sources of lead.

Avoid products with lead-based paint, such as toys and household furniture.

DID YOU KNOW?
Some Christmas lights contain lead, so be sure to wash your hands after handling them.

Visit www.michigan.gov/lead or call (517) 335-8885.
Is dangerous to adults too!

People who work in manufacturing, construction, automotive repair, or plumbing are more likely to be exposed to lead. The electronics, battery reclamation, furniture refinishing, and welding fields are also professions at a higher risk for lead exposure.

Lead is more dangerous to children because of their developing nervous system. However, adults can suffer harmful effects as well.
**DID YOU KNOW?**
Work clothing can be a source of lead exposure. Leave clothing and shoes at the door if you work in a high risk occupation.

Fishing lures or “sinker” may contain lead and pose a hazard to those who handle them or to children, especially if swallowed.

Hobbies that pose lead exposure risk include firearms, stained glass, jewelry, pottery, and ammunition/bullet making.

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INFANTS & TODDLERS LIKE TO PUT THINGS IN THEIR MOUTH

Look for non-toxic labels on toys. Avoid purchasing items that do not have toxic labels on - look for non-lead toys. Make sure antique and older, painted toys are kept out of reach of children.

Look for Lead Safe toys.
Visit www.CPSC.gov for information on toy recalls.

Christmas lights can contain lead! Be sure to wash your hands after handling them.

DID YOU KNOW? Lead is sometimes used in plastic toys to stabilize materials from heat.

Visit www.michigan.gov/lead or call (517) 335-8885
A BLOOD LEAD LEVEL TEST TODAY!

Schedule a blood lead level test today! Talk to your doctor about when to test your child.

A fingertip prick with a result ≥ 5µg/dL should be retested with a second test using blood from a vein.

Lead poisoning can be prevented by eating a healthy diet, reducing household lead hazards, and using safe cleaning practices.
Learn about safe cleaning, healthy foods, and keeping your child lead-free at www.michigan.gov/lead.

Lead is toxic to humans, especially young children, infants, and unborn babies.

DID YOU KNOW?
Romans had lead pipes which may have contributed to the fall of the Roman Empire.

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January 2021

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