

LEAD POISONING - KNOW THE FACTS



Lead poisoning is caused by swallowing or breathing lead. Children under 6 years old are most at risk. If you are pregnant, lead can harm your baby.

FACT

Lead can cause learning and behavior problems.

Lead poisoning hurts the brain and nervous system. Some of the effects of lead poisoning may never go away.

Lead in a child's body can:

- Slow down growth and development
- Damage hearing and speech
- Make it hard to pay attention and learn

FACT

Most children get lead poisoning from paint in homes built before 1978.

When old paint cracks and peels, it makes dangerous dust. The dust is so small you cannot see it. Most children get lead poisoning when they breathe or swallow the dust on their hands and toys.

FACT

A lead test is the only way to know if your child has lead poisoning.

Most children who have lead poisoning do not look or act sick. Ask your doctor to test your child for lead.

PROTECT YOUR FAMILY

1

TEST YOUR HOME FOR LEAD

If you live in a home built before 1978, have your home inspected by a licensed lead inspector. Contact your local health department for more information.

Sometimes lead comes from things other than paint in your home, such as:

- Candy, toys, glazed pottery, and folk medicine made in other countries
- Work like auto refinishing, construction, and plumbing
- Soil and tap water

2

KEEP CHILDREN AWAY FROM LEAD PAINT AND DUST

- Use wet paper towels to clean up lead dust. Be sure to clean around windows, play areas, and floors.
- Wash hands and toys often, especially before eating and sleeping. Use soap and water.
- Use contact paper or duct tape to cover chipping or peeling paint.

3

RENOVATE SAFELY

Home repairs like sanding or scraping paint can make dangerous dust.

- Keep children and pregnant women away from the work area.
- Make sure you and/or any workers are trained in lead-safe work practices.
- Home repairs like sanding or scraping paint can make dangerous dust.

**Thinking about remodeling your home?
Need advice about identifying and
removing lead paint?**

**Call the Lead and Healthy Homes Section:
866-691-LEAD**



www.michigan.gov/lead

Cleaning Your Aerators

Clean your aerators at least every 6 months

There are screens on faucets called aerators that sometimes stop pieces of lead and other particles from getting into your water. Aerators save water so it's good to have them. But it's important to clean them every 6 months to stop the particles from getting in your water.

Follow the steps below to clean your aerators:

1.



- The small round piece on the bottom of your faucet is the aerator (pronounced: *air-raytor*).
- Unscrew the aerator from the bottom of the faucet.
- You should be able to unscrew it with your fingers, but you might need a wrench if it's stuck.

2.



- Your aerator might not look the same as this, but it's okay.
- Now that the aerator is off, let's clean it.

3.



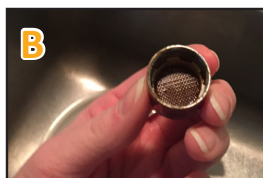
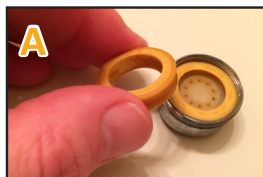
- While you only need to use water to rinse off your aerator, these things might make it easier to clean it:
 - An old toothbrush
 - A glass of vinegar

4.



- Soaking the aerator in vinegar will loosen some of the grime. You can soak it as long as you want, but even 5 minutes will help.
- The toothbrush makes it easy to scrub the inside. Don't use that toothbrush for brushing your teeth again.

5.



- If your aerator looks like Photo A, it has a flow control piece. You'll have to take it apart:
 - Pull out the pieces carefully.
 - Note the order that the pieces come out. You'll have to put them back in the same way. It may help to take a picture or write down some notes.
- If your aerator looks like Photo B, go to Step 6.

6.



- You might not have all of these pieces. They might not be this color. Every aerator is a little different.
- Scrub all of the pieces. Make sure you get down inside the metal piece, removing any bits of grime or metal flakes you see.

7.



- Rinse everything very well.
- Run water through the aerator screen - holding it right side up and upside down.

8.

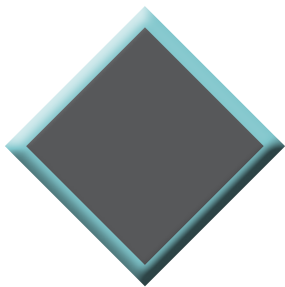


- Once it's clean:
 - If your aerator looks like Photo A in step 5, put it back together.
 - If it looks like Photo B, you're all set.

9.



- Put the aerator back on your faucet.
- Repeat these steps at least every 6 months. Cleaning removes pieces of lead or other particles from your aerator and stops them from getting into your water.



LEAD CAN HURT YOUR FAMILY.

Good nutrition is one way to protect your family. Lead is a metal that our bodies don't need. Too much lead in our bodies can cause problems, especially for children. Children exposed to too much lead may not look or act sick, but may have problems with growth and learning. Talk with your doctor to see if you or your child should be tested for lead.

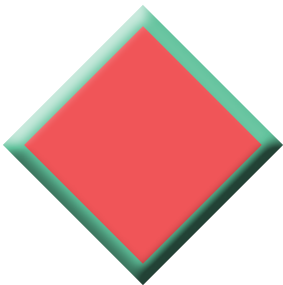


**FOR MORE INFORMATION
ON NUTRITION AND LEAD,
CONTACT:**

**Michigan Department of
Health and Human Services**

517-335-8885 or
visit www.michigan.gov/lead





PROTECT YOUR FAMILY FROM LEAD WITH HEALTHY FOODS!

Good nutrition is one way to protect your family from lead. From the start, breast milk provides the best nutrition and many health benefits for babies.

For children and adults, three key nutrients can play a role in protecting the body from the harmful effects of lead: calcium, iron, and vitamin C. These nutrients help the body absorb less lead and are part of a healthy diet. Choose a variety of foods daily.



SOURCES OF CALCIUM INCLUDE:

- Milk
- Yogurt
- Cheese
- Cottage Cheese
- Pudding
- Calcium fortified orange juice
- Dark, leafy green vegetables

SOURCES OF IRON INCLUDE:

- Iron fortified cereals
- Legumes (peas, beans, lentils)
- Dried fruits
- Lean red meats, fish, chicken, turkey
- Dark, leafy green vegetables

SOURCES OF VITAMIN C INCLUDE:

- Oranges
- Grapefruit
- Tomatoes
- Bell peppers
- Broccoli
- Potatoes
- Strawberries
- Melons
- Citrus fruit and tomato juices



It is important that your family has regular meals and snacks. This may help keep lead from being absorbed. Ask your health care provider or nutrition educator for ideas on healthy food choices and serving sizes.

EAT LESS:

- Fried foods
- High fat meats such as sausage, bacon and hot dogs
- Foods cooked with fatty meats, butter and lard
- High fat snacks such as chips and cakes

EAT MORE:

- Lean meats
- Baked, broiled or steamed food
- Fresh fruits and vegetables
- Low fat snacks such as pretzels, graham crackers and frozen fruit juice pops

AVOID:

- Storing foods in imported lead-glazed pottery or leaded crystal
- Fruits or vegetables grown in lead-contaminated soil
- Foods or drinks made with lead-contaminated water

REMEMBER TO ALWAYS WASH YOUR HANDS BEFORE YOU EAT!

