

KEEP YOUR CHILDREN SAFE

Here are ways to lower your child's risk of lead poisoning:

- Always wash your child's hands before eating, sleeping, and after playing.
- Keep hands, toys, and pacifiers clean and free of dirt and dust.
- Keep your home clean and free of excess dust and chipping or aging paint.
- Wipe down floors, window sills, and places where children are.
- Always use a HEPA vacuum. HEPA vacuums trap lead particles and prevent them from being released into the air.



Give your child healthy foods to help protect their body from lead and make them stronger.

Eat foods high in Calcium, Iron, and Vitamin C to help keep lead out.

The Cayuga County Health Department offers FREE home lead risk assessments for qualifying families.

If you live in an older home located within the county and have a child 6 years of age or younger residing with you, call our office to schedule an appointment.



Cayuga County Health Department
8 Dill Street
Auburn, New York 13021
Telephone (315) 253-1560
cchealth@cayugacounty.us



Check us out on



Cayuga County



Health Department Lead Poisoning Prevention Program



**Lead Poisoning
is 100% Preventable**

**Do all that you can to
protect your child
from becoming lead
poisoned.**

WHAT IS LEAD?

Lead is a heavy metal. It has been used in every day products because it's durable. While it has many uses, it is toxic to us.

Children 6 and younger are the most at-risk. Their bodies and brains are more sensitive because they are still growing. The good news is that lead poisoning can be prevented.

Children love to explore the world around them and like putting their hands and things in their mouth. This puts them at risk for ingesting lead. Lead can also pass from a mother to her baby during pregnancy. **No amount of lead is safe in the body.**

Lead dust as small as a grain of sand can be enough to poison a child. This can cause:

- Brain and nervous system damage
- Learning and behavior problems
- Slowed growth and development
- Hearing and speech problems

This can:

- ⇒ Lower a child's IQ
- ⇒ Make it hard to learn and pay attention
- ⇒ Lead to underperformance at school



Lead is a silent danger. Many kids with lead poisoning do not look or act sick. Signs may not show up until the poisoning is severe. It can go unnoticed until a child needs medical help.

WHERE CAN LEAD BE FOUND?

Homes Built Before 1978

Many homes built before 1978 contain lead-based paint. Lead paint is dangerous when it:

- Gets old and begins to chip, flake or wear
- Creates a lead-dust hazard
- Contaminates exposed soil



Work or Hobbies

Lead can also be brought home by family members who work with lead or have hobbies where lead is used in: Home renovation or working with stained glass, ceramics, jewelry, auto repair, battery manufacturing, or firearms (bullets, projectiles, firing ranges).

Everyday Products

Many products, especially items that are imported from other countries, may contain lead. Some examples are:

- Traditional Ceramics
- Traditional Makeup (Kohl, Surma)
- Jewelry (Especially children's jewelry)
- Folk Remedies (Azarcon, Sindoor and Greta)
- Toys, such as those imported from other countries, purchased at antique or dollar shops, collectables passed down through generations.



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

It's fast, easy and important!

New York State Public Health Law and Regulations require health care providers to:

- Obtain a blood lead test for all children at age 1 and again at age 2.
- Assess all children ages 6 months to 6 years for risk of lead exposure. This needs to be done at least annually as part of routine care. They may also get a blood lead test on all children found to be at risk.



For information on getting your child tested for lead, contact your doctor or call the Cayuga County Health Department at (315) 253-1560.