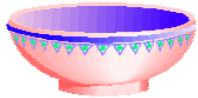


- Change your clothes and shoes before coming inside your home if you work around lead or have a hobby that involves lead.
- Remove surface soil if it's contaminated with paint chips.
- Have your home tested for lead hazards. Contact 574-875-3391 for a list of contractors.



- Don't store food or beverages in lead crystal glassware or imported or old pottery.

- Make sure the child eats right. A child who gets enough iron and calcium will absorb less lead. Foods rich in iron include eggs, lean red meat, and beans. Dairy products are high in calcium.



### Who Can Help?

- Indiana Department of Environmental Management-Children's Environmental Health Coordinator  
(800) 451-6027 Ext. 35628  
(317) 233-5628
- Indiana State Department of Health Childhood Lead Poisoning Prevention Program 1-800-433-0746
- EPA's Safe Drinking Water Hotline  
1-800-426-4791
- National Lead Information Center  
1-800-424-LEAD (5323)

### References and more information:

- [www.epa.gov/lead](http://www.epa.gov/lead) (brochure "Lead Poisoning and Your Children" EPA 800-B-92-002 FEB 1995, "Protect Your Family From Lead in Your Home" EPA747-K-99-001 APRIL 1999)
- [www.in.gov/idem/kids/lead](http://www.in.gov/idem/kids/lead) "IDEM NEWS-IDEM, ISDH Make Hoosier Homes Safer"-Jan. 15, 2002 and "FACT SHEET: LEAD" March 2002



### Elkhart County Health Department

#### Community Health Nursing

**Lincoln Center**  
608 Oakland Ave  
Elkhart, IN 46516  
Phone: 574-523-2127  
Fax: 574-523-2163

#### Environmental Health Services

**Public Services Building**  
4230 Elkhart Road  
Goshen IN 46526  
Phone: 574-875-3391  
Fax: 574-875-3376

[www.elkhartcountygov.com/health](http://www.elkhartcountygov.com/health)

# LEAD- WHO'S AT RISK?



What is Lead?

Symptoms of Lead Poisoning

Lead Hazards

Where to have Children Tested

How to Reduce Exposure

Who Can Help?

**Elkhart County Health Department**

*"Dedicated to a Healthful Life and Environment"*

## Who's At Risk?

If you answer yes to any of the following questions you should have your child tested for lead.

- Does your child live in or regularly visit a house or child care center built before 1978?
- Does your child have a sibling or playmate who has or did have lead poisoning?
- Does anyone in your household work in an industry or have a hobby that uses lead (battery factory, steel smelter, stained glass)?

## What Is Lead?



Lead is a bluish-gray metal that may have a sweet taste. It is often used in products such as paint and water pipes because it makes products more durable and

helps prevent corrosion. Lead is especially common in homes built prior to 1978.



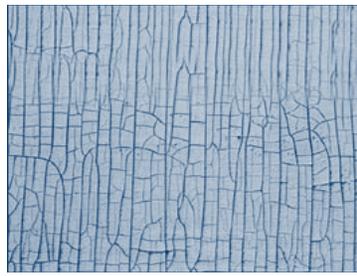
## Symptoms of Lead Poisoning

Long term effects of lead in a child can be severe including learning disabilities, decreased growth, hyperactivity, impaired hearing, and even brain damage or death. If discovered early, these effects may be limited by reducing exposure to lead or by medical treatment. If you are pregnant, avoid exposing yourself to lead. Lead can pass through your body to your baby.

## Lead Hazards

There are many potential sources of lead hazards including:

- Lead dust created when doors, windows or other painted surfaces rub against each other.
- Peeling lead based paint (inside or outside).



Lead based paint may look like "alligator skin."

- Water contaminated with lead from soldering in plumbing.
- Soil, especially in bare spots, with lead from peeling exterior paint.
- Numerous other items such as painted toys, batteries, keys, and imported items such as candies, ceramics, folk remedies, and cosmetics.

## Where to Have Children Tested

*Even children who appear healthy may have high levels of lead. You can't tell if a child has lead poisoning unless you have him or her tested.*

The CDC (Centers for Disease Control) recommends that children be tested for the first time when they are 6 months to 1 year old and every year if your house or apartment may contain lead paint, or if you use lead in your job or hobby.

You may contact :

- Elkhart County Health Department at:  
574-523-2143
- Your doctor
- Local health clinic



## How to Reduce Exposure

- Keep areas where children play clean and free of dust.
- Mop floors and wipe window ledges and chewable surfaces with a solution of powdered automatic dishwasher detergent in warm water.
- Wash toys and stuffed animals regularly.



- Have your child wash his or her hands before meals, nap time, and bed time.
- *Make sure your child does not chew on painted or varnished surfaces, such as window sills, cribs, or playpens.*
- You should not remove lead paint yourself unless absolutely necessary. Contact the Elkhart County Health Department at 574-875-3391 for tips on how to safely remove the paint. Families have been poisoned by scraping or sanding lead paint because these activities generate large amounts of lead dust.



- Consider encapsulation (painting or sealing to cover) of peeling paint versus removal. Contact 574-875-3391 for information on encapsulation.
- Use cold water for drinking and cooking and let it run for 30 seconds to flush your pipes of lead.
- Clean your carpets every year with wet cleaning methods. Vacuum regularly using a vacuum equipped with a HEPA (High Efficiency Particulate Air) filter.



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