

Places to get tested

Your local pediatrician or primary care physician, if you do not have one visit 504healthNet.org.



Your local WIC clinic:
For locations visit new.nola/health/programs/wic.



The New Orleans Children's Health Project (Spanish speaking services provided): Visit NOCHP.org.



 For more information call 311.
Lead Hotline: 1800 424 LEAD
(1800 424 5323).

For more information

www.EPA.gov/lead

www.HUD.gov/lead

www.SaferProducts.gov

www.LDH.LA.gov/lead

www.CDC.gov/nceh/lead

www.LSUAgCenter.com/LAHouse

Lead Poisoning:

What you need to know



What is lead?

Lead is a metal found in soil that in the past was used in many household items and commonly used in products such as:



Paint

Plumbing



Gasoline

Who can get lead poisoning?

Anyone can be at risk of lead poisoning, but the most vulnerable are:



Children under the age of 6 years old and,



pregnant women.

What are the effects of lead poisoning?

Lead poisoning has been shown to cause premature births, stunted growth, learning difficulties, and behavioral problems. Very high levels of lead can cause death.

How are my children exposed?



Children can be exposed to lead by breathing in or eating lead dust particles. This can come from:



Eating paint chips from houses built prior to 1978.



Inhaling dust from nearby construction or home renovations.



Coming into contact with work clothes from adults who work in environments with high levels of exposure.



Playing with toys that have high lead content or have collected lead from dust from the house.



Ingesting lead-contaminated soil from play-ground areas.

What is an acceptable amount of lead?



No amount of lead in the blood is considered safe, but the CDC declared that a blood level under 5 µg/dL for children under 6 years is acceptable.

Tips for minimizing lead exposure

- Get your house tested for lead-based paint and if necessary have a certified lead expert remove the paint per EPA guidelines.
- Wet-mop floors and wet-wipe window sills and baseboards weekly.
- Wash toys and stuffed animals regularly.
- Dispose of toys and other items recalled for lead content (see CPSC.gov).
- Keep children from playing in bare soil. Opt for sandboxes and keep play areas away from the sides of the house where chipping paint is more likely.
- Wash your children's hands and faces regularly especially prior to eating.
- Run cold water from the faucet for at least 30 seconds prior to cooking, drinking, and making baby formula.
- Shower and change clothes prior to entering the home for those with jobs in construction, painting, or other fields that involve high lead exposure.
- Wash possibly contaminated clothes for an additional laundry cycle.