

NEWS RELEASE

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For immediate release.

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Oct 20- 26, 2019 is National Childhood Lead Poisoning Prevention Week

Childhood lead poisoning is 100% preventable but exposure to lead continues to be a public health hazard. The key is to prevent the children from coming into contact with lead. There is no safe level of lead for children. Lead poisoning can cause learning and behavior problems.

Lead can be found inside and outside the home, including in the water that travels through lead pipes or in the soil around the house. However, the most common source of exposure is from lead-based paint, which was used in many homes built before 1978. Adults and children can get lead into their bodies by breathing in the lead dust (especially during activities such as renovations, repairs or painting) or by swallowing lead dust that settles in food, food preparation surfaces, floors, window sills, and other places, or eating paint chips or soil that contain lead.

Children can also become exposed to lead dust from adults' jobs or hobbies, and from some metal toys or toys painted with lead-based paint. Children are not exposed equally to lead, nor suffer its consequences in the same way. These disparities unduly burden minority families and low-income families and their communities.

There are many ways parents can reduce a child's exposure to lead:

- Have your child regularly visits a health care provider and get tested for lead
- Find the lead in the child's environment
- Keep children away from lead paint and lead dust
- Renovate safely
- Wash hands, toys and clean home often
- Make sure your child has a healthy diet with foods that provide calcium, iron, and vitamin C. These foods may help keep lead out of the body.

For more information contact Kendra Lauruhn at klauruhn@pphd.org or 308-633-2866 ext 106.

For additional information visit www.pphd.org or leadsafe.ne.gov. Panhandle Public Health District is working together to improve the health, safety and quality of life for all who live, learn, work and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle Community.

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