

Get Tested for Lead!

Blood Lead Screening is recommended for:

- Children at **12 months** of age
- Children at **24 months** of age
- Any child **under 6** who has not been screened
- **Children** who have had exposure to lead
- **Pregnant women with risk factors:** Lead can cause high blood pressure, your baby to be born too small or too early, or cause problems with growth and behavior.

Contact your
doctor for screening



No insurance? No problem!
Contact Public Health Nursing
by calling:

(973) 579-0570
201 Wheatsworth Road
Hamburg, NJ 07419

How can I find more information about lead?

Contact your health provider

Visit www.sussex.nj.us

Some recommended **websites** for more information about lead include:

- www.cdc.gov/lead
- www.epa.gov/lead
- www.nj.gov/health/childhoodlead
- www.cpssc.gov



Public Health
Prevent. Promote. Protect.

Sussex County Division of Health

Office of Public Health Nursing

201 Wheatsworth Road

Hamburg, NJ 07419

(973) 579-0570



Protect Your Family from Lead



Sussex County
Department of Health & Human
Services

What is lead?

Lead is an element that is found naturally in the earth. It can be toxic to humans if ingested. Lead poisoning occurs when lead enters the bloodstream and builds up to toxic levels.

Where is lead found?

- **Lead Paint:** Lead paint can be found inside and outside homes built before 1978.
- **Lead Pipes:** Old pipes can carry lead into drinking water.
- **Pottery:** High levels of lead have been found in glazes on imported pottery.
- **Candies:** Imported candies and wrappers may contain lead.
- **Jewelry and Toys:** Lead has been found in the paint, metal, and plastic parts of jewelry and toys.
- **Soil:** Soil found around older homes may contain lead.
- **Occupation:** People working in construction or auto repair may bring lead home on clothing.



Why are children at greatest risk?

- Children's bodies absorb lead more easily.
- They put their hands and other objects that may contain lead into their mouths.
- Children's brains and nervous systems are more sensitive to the damaging effects of lead.
- Children with lead poisoning do not always look or act sick.



How does lead affect children?

- Decreased intelligence and attention
- Difficulty learning and reading
- Increased behavioral problems
- Slowed growth, speech and development
- Kidney and liver damage
- Brain damage

How to protect your children:

- **Screening:** Have a blood test performed to check lead level at appropriate ages.
- **House Cleaning:** Use a wet mop & detergent to clean hard surfaces in the home; sweeping and dusting will only spread lead dust.
- **Handwashing:** Wash hands before eating.
- **Minimize Exposure to Lead**
 - Have peeling paint repaired.
 - Toys, imported cosmetics, spices, candies, jewelry, and pottery may also contain lead.
 - Wash hands and face thoroughly after work or hobby activities that may expose you to lead.
 - Wash work clothes separately from family clothing if there is lead exposure at work.
 - Let tap water run until cold before using it.
 - Do not allow children to play in bare soil.
 - Consult with your doctor before using herbal remedies.
- **Proper Nutrition:** Protect your child's body from lead absorption.
 - Vitamin C: oranges, grapefruits and tomatoes.
 - Iron: legumes, beans, lean red meats, fish and green leafy vegetables.
 - Calcium: milk, yogurt and cheese.

