

TAKE THIS **TEST** TO SEE
IF YOUR **CHILD** MAY
HAVE **LEAD** POISONING.

By the time there are signs, harm may have been done that will last your child's lifetime. Answer these questions to find out if your child is at risk for lead poisoning.

- Does your child now or in the recent past live in or often visit a house built before 1950 with peeling or chipping paint? This could include a day care, preschool, or home of a relative?

Yes No Don't know

- Does your child now or in the recent past live in or often visit a house built before 1978 that has been remodeled within the last year?

Yes No Don't know

- Does your child have a brother, sister or playmate with lead poisoning?

Yes No Don't know

- Does your child live with an adult whose job or hobby involves lead?

Yes No Don't know

- Does your family use any home remedies that may contain lead?

Yes No Don't know

If you answered no to every question, your child is probably not at risk for lead poisoning. If you answered yes or don't know to any of these questions, your child may be at risk for lead poisoning and you should ask your doctor to order a blood test for lead.

Because house dust is the main cause of lead poisoning, follow the steps on the back of this card to make a lead-safe home for your child.

**SERVICES
PROVIDED BY
THE MICHIGAN
DEPARTMENT
OF COMMUNITY
HEALTH**

- Answers to questions about lead poisoning
- Help to get your child tested for lead
- Lead awareness and outreach to community-based organizations and the public
- Lists of certified contractors, risk assessors and lead inspectors for professional lead hazard control work
- List of approved lead training classes
- Referrals to local, state and national programs

To learn more about lead poisoning prevention and blood lead testing, call your local health department or the Childhood Lead Poisoning Prevention Project

(517) 335-8885

(888) 322-4453

To find professionals to help identify and remove lead paint, call the Lead and Healthy Homes Section

(866) 691-LEAD

www.michigan.gov/leadsafe



Jennifer M. Granholm, Governor
Janet Olszewski, Director

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**IS YOUR CHILD
SAFE FROM
LEAD
POISONING?**



**LEARN HOW
TO PROTECT
YOUR
FAMILY**

WHAT CAUSES LEAD POISONING?

There are many places in a home that could put babies and children in danger of lead poisoning.

Lead paint was used in many homes built before 1978. The older the home, the more likely that windows, cupboards, doors, porches, and outdoor surfaces contain lead paint.

Children are most often poisoned by lead dust and lead paint in older homes. Lead dust can come from disturbing areas with lead paint, opening and closing windows, and through normal wear and tear of painted areas. Lead dust falls to the floor and gets on children's hands and toys. It enters their bodies when they put their hands or toys into their mouths.

We know how dangerous lead is. Lead poisoning can cause health and behavior problems in young children. It can make them less able to learn when they get to school. Lead poisoning can affect a child for a lifetime. The good news is that there are things you can do to keep your child safe from lead.



HOW CAN I TELL IF MY CHILD HAS LEAD POISONING?



A lead poisoned child may seem healthy or have any of these signs:

- Upset stomach
- Tiredness
- Loss of appetite
- Constipation
- Hearing problems
- Weight loss
- Hyperactivity
- Irritability
- Difficulty sleeping

WHEN SHOULD MY CHILD BE TESTED FOR LEAD POISONING?



Many children have blood lead tests as part of their regular care by a doctor or clinic. These tests are important for children who live or spend time in older houses which may have lead paint. Children should be tested for lead poisoning at one and two years of age or more often depending on their contact with sources of lead.

WHAT CAN I DO TO PROTECT MY CHILD?



- Wash your child's hands, bottles, pacifiers and toys often.
- Take off shoes when going into the house.
- Keep dust and dirt off of floors, window sills and other surfaces.
- Use very cold tap water for drinking and cooking.
- Make sure children eat four to six small meals a day. Foods such as lean red meat, chicken, fish, milk, cheese, yogurt, collard greens, oranges, grapefruits, tomatoes, peppers, cereals and dried fruit. Low fat foods are best for children over the age of two years.
- Check your home for lead hazards.
- Test the dirt in child play areas for lead.
- Talk to your landlord about fixing peeling and chipping paint.
- Learn how to safely remove lead paint.
- Avoid exposure to lead dust when remodeling by wetting work areas.
- Do not use a power sander, open-flame torch, heat gun above 1,100°F, dry scraper or dry sandpaper on painted surfaces that may contain lead.

WHAT CAN I DO TO MAKE A LEAD-SAFE HOME?

These steps will provide a short term solution for lead in your home. For long term solutions, contact the Lead and Healthy Homes Section toll-free at **866-691-LEAD**.

- **Use the right cleaner.** Any soapy household cleaner or products made to remove lead dust. Use a spray bottle or bucket for the cleaning solution.
- **Put on gloves.** If you do not have rubber gloves, wash your hands well after cleaning.
- **Pick up all paint chips first.** Window areas and porches often have lots of paint chips. Put chips in a plastic bag and throw away. **Do not use your vacuum!** Many local health departments have vacuums with special HEPA filters to borrow.
- **Wipe areas with cleaning solution.** Use new paper towels to clean each area and then throw them away. A mop can be used on floors.
- **Keep soapy water clean.** Do not put dirty paper towels or mop into the wash water.
- **Pour wash water down a toilet.** Do not pour it down a sink.
- **Rinse after cleaning.** Use clean water and new paper towels or mop for rinsing each area. Throw away mop head after the last rinse.
- **Repeat these steps often.** Use this cleaning method when dust and dirt appear.

Note: Areas that should be cleaned include windows, doors, floors, porches, stairs and child play areas.

Important: Do not use your vacuum. It will spread lead dust into the air you breathe.

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