

## There are steps parents can take to prevent children from lead poisoning.

- Keep children away from peeling paint and broken plaster.
- Avoid costume jewelry and check imported toy recalls often (FloridasHealth.com)
- Damp mop floors and damp wipe surfaces twice a week to reduce lead dust.
- Wash your child's hands often to rinse off any lead dust or dirt.
- Wash your child's toys often, especially teething toys.
- Store food from open cans in glass or plastic containers.
- Use lead-free dishes. Some dishes may have lead in their glazes. Don't use chipped or cracked dishes to store or serve food.
- Be careful with your hobbies. Some crafts can call for use of paints, glazes and solder. Many of these have lead.
- Don't bring lead home with you from work. People who work at construction, plumbing, painting, auto repair and certain other jobs can be exposed to lead. Wash work clothes separately.
- Keep children away from remodeling and renovation sites.
- Food high in iron or calcium can help prevent lead poisoning. For iron eat dried beans/peas, whole grain/fortified breads, eggs, tuna and greens. For calcium eat dairy foods such as cheese, milk, and yogurt.

You can contact the Monroe County Health Department for testing and more information on local risks

305-293-7500

For further information on lead poisoning and prevention, as well as information on toy and other items recalled go to:

<http://floridashealth.com/>

[www.cdc.gov/nceh/lead/](http://www.cdc.gov/nceh/lead/)

[www.nsc.org/issues/lead/](http://www.nsc.org/issues/lead/)



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# LEAD POISONING PREVENTION and AWARENESS



**Lead is especially harmful to the developing fetus and young children as their bodies are still developing.**

**Learn the risks in the Florida Keys.**

*Educational material provided by  
Florida Keys Healthy Start  
Coalition*

## LEAD SOURCES

There are areas that the Health Department has concern about especially. Zip codes 33040 and 33070 are of special concern.

If you live in 33040 or 33070 contact the health department for a lead test, or you doctor. If you do not live in these zip codes, be aware that in the Florida Keys, your home and area may still have risk.

### Most Common Sources of Lead in the Keys

**PAINT**—Paint used in homes prior to 1970's probably has lead as do painted toys and furniture. This is especially true in the Florida Keys.

**DUST**—Lead dust is the most common way that people are exposed to lead. Inside the home, most lead dust comes from chipping and flaking paint or when paint is scraped, sanded, or disturbed during home remodeling

**SOIL**- Any time soil is bare and exposed there is a chance that lead dust can be generated from contamination. Plant grass or lay other ground cover over exposed worn soil..

**TOYS** –many toys are recalled every year which are painted or contain lead.

**BIBS**– and other baby products coated with vinyl can contain lead that is exposed when the vinyl cracks and starts to peel.

## LEAD SOURCES

### Other Sources Of Lead

**THE WORKPLACE AND HOBBIES**—People exposed to lead at work may bring lead home on their clothes, shoes, hair or skin. Some jobs that expose people to lead include home improvement, painting, construction, welding and cutting,

**Local fishermen** often use cast nets with lead weights. This is a possible exposure risk.

**HOBBIES** such as making pottery, stained glass, fish sinkers and refinishing furniture can use lead.

**METAL JEWELRY**—Lead has been found some inexpensive children and adult costume jewelry sold in vending machines, toy stores, and discount stores across the country and in Florida.

**MINI BLINDS**—Some non-glossy, vinyl mini-blinds from other countries contain lead.

**LEAD-GLAZED CERAMICS, CHINA, LEADED CRYSTAL GLASSWARE**—Lead may get into foods or liquids that have been stored in ceramics, pottery, china or crystal with lead in them. Lead-glazed dishes usually come from other countries.

**IMPORTED CANDIES AND FOODS**—Lead can be found in candy, wrappers, pottery containers and in certain ethnic foods containing chili or tamarind (especially from Mexico).

## Symptoms, screening and treatment questions

**What are the symptoms of lead poisoning in children?** They can include fatigue, crankiness and stomach-aches. But usually there are no signs. A blood lead test is the only sure way to tell.

**How is a lead test done?** A small amount of blood is taken from a finger prick or vein and tested for lead. The Health Department or your doctor can to this test.

**Which children should be tested?** All children to six years should be screened regularly. Children should be tested by their first birthday and again when they're two, especially in the target zip codes of **33040 and 33070**.

**What if the blood test shows a problem?** The source of the lead will have to be found and the problem corrected. You can work with the health department if this is a pain issue in the home.

Very high blood lead levels may need drugs that help the body get rid of lead. Contact your doctor for a test and then stay in contact for treatment..

