

Attachment 6E: Factsheets for Results Letters

Factsheet A: Tips for Reducing Exposure to Lead to Include with Result Letters to Participants

Flesch-Kincaid Reading level – 5.3

Things you can do reduce your family’s contact with lead

In Hayden and Winkelman, Arizona, the soil in some non-residential locations, the air, and the tailings piles have high levels of lead. There may also be lead sources in your home.

Reduce your family’s contact with lead in Hayden-Winkelman.

- Avoid walking, playing, biking, riding ATVs, or other activities on tailing waste piles.
- Do not trespass, climb over or go through fences and ask your family not to do so.
- Pay attention to dust conditions in your community and try to avoid dust.

Find the lead in your home.

- Homes built before 1978 may have lead paint. It is important to find and fix lead paint in your home as soon as possible. If you need help, contact the Arizona Department of Health Services at tel: (XXX) XXX-XXX to discuss options for getting a Healthy Homes Inspection of your home.
- Don’t remodel or renovate until your home has been inspected for lead. If you can’t get a home inspection before doing home repairs, keep children and pets out of the house during the repairs, and wet mop and wet clean all dust you make. Repairs like sanding or scraping paint can make dangerous lead dust.

Clean up dust in your home.

- Wet-mop floors and wet-wipe windowsills, window wells, counters, and furniture every 2-3 weeks. Avoid dry dusting and sweeping because it spreads dust into the air.
- Use contact paper or duct tape to cover chipping or peeling paint.
- Wash hands and toys often with soap and water. Always wash hands before eating and sleeping.
- Wash pets such as dogs and cats, especially if they spend time outdoors, at least every 2-3 weeks.
- Prevent dust in the first place by taking off shoes before going into your home.

Give your family healthy foods.

- Feed your family healthy foods with calcium, iron, and vitamin C. These foods may help keep lead out of the body.
 - Calcium is in milk, yogurt, cheese, and green leafy vegetables like spinach.
 - Iron is in lean red meats, beans, peanut butter, and cereals.
 - Vitamin C is in oranges, green and red peppers, and juice.
- Wash and peel all fruits, vegetables, and root crops (such as potatoes), especially any locally grown or home grown items.

If you or your child has a high lead level, there are things you can do to help.

Ask your doctor to re-test you or your child’s blood for lead.

- Work together with your doctor to find the best treatment for you or your child. Ask questions if you don’t understand something.

You may need to:

- Go to your doctor for follow up lead testing.
- Test your child for learning and developmental problems. This test is called a “developmental assessment.”

Learn more. Get support.

Call NAME at the Arizona Department of Health Services if you have questions, tel: (XXX) XXX-XXXX.

Factsheet B: Tips for Reducing Exposure to Arsenic to Include with Result Letters to Participants with High Arsenic Levels

Flesch-Kincaid Reading level – 6.2

Things you can do to reduce your and your family's contact with arsenic

In Hayden and Winkelman, Arizona the soil in some non-residential locations, the air, and the tailings piles have high levels of arsenic. There may also be arsenic in common foods you eat.

Reduce you and your family's contact with arsenic in Hayden-Winkelman.

- Avoid walking, playing, biking, riding ATVs, or other activities on tailing waste piles.
- Ask your family to not trespass; don't climb over or go through fences.
- Pay attention to dust conditions in your community and try to avoid dust.

Clean up dust in your home.

- Wet-mop floors and wet-wipe windowsills, window wells, counters, and furniture every 2-3 weeks. Avoid dry dusting and sweeping because it spreads dust into the air.
- Use contact paper or duct tape to cover chipping or peeling paint.
- Wash hands and toys often with soap and water. Hand sanitizers are unlikely to remove the arsenic.
- Always wash hands before eating and sleeping.
- Wash dogs at least every 2-3 weeks.
- Prevent dust in the first place by taking off shoes before going into your home.

Eat a well-balanced diet

- Everyone, including pregnant women, infants and children, are encouraged to eat a well-balanced diet for good nutrition.
- Parents should feed children a variety of foods.
- See <http://www.choosemyplate.gov/> for additional information.

Limit how much you eat of foods that are known to contain arsenic.

- Eat less rice. Try alternative grains such as quinoa, barley, grits/polenta, couscous or bulgur wheat.
- When you prepare rice to eat, rinse it thoroughly in clean water. Boil brown rice in a lot of water (like you would do with pasta).
- Vary the types of rice you eat – sometimes white rice, sometimes brown rice, sometimes Jasmine or Basmati.
- Try alternatives to rice-based processed foods such as rice breakfast cereals, rice flour, rice pasta, rice cakes and rice crackers.
- Limit your use of foods with large amounts of brown rice syrup.
- Avoid the frequent use of rice milk in children less than 4 ½ years of age.

Learn more. Get support.

Call NAME at the Arizona Department of Health Services if you have questions, tel: (XXX) XXX-XXXX.

Factsheet C: Tips for Reducing Exposure to Lead to Include with Results Letter for Pregnant Women and Women of Childbearing Age

ATSDR plans to use the CDC lead program's factsheet "Are You Pregnant," available here: http://www.cdc.gov/nceh/lead/tools/Are_You_Pregnant.pdf.



LEAD poisoning

Are You Pregnant?

Prevent Lead Poisoning. Start Now.
Lead poisoning is caused by breathing or swallowing lead. Lead can pass from a mother to her unborn baby.

Too much lead in your body can:

- Put you at risk of miscarriage
- Cause your baby to be born too early or too small
- Hurt your baby's brain, kidneys, and nervous system
- Cause your child to have learning or behavior problems

Lead can be found in:

- Paint and dust in older homes, especially dust from renovation or repairs
- Candy, make up, glazed pots, and folk medicine made in other countries
- Work like auto refinishing, construction, and plumbing
- Soil and tap water

Contact your local health department to learn more.

Now is the time to keep your baby safe from lead poisoning.
Here's what you can do:

1

Watch out for lead in your home.

Most lead comes from paint in older homes. When old paint cracks and peels, it makes dangerous dust. The dust is so small you cannot see it. You can breathe in lead dust and not even know it.

Home repairs like sanding or scraping paint can make dangerous lead dust. Pregnant women should not be in the house during cleaning, painting, or remodeling a room with lead paint.

Tip:

If you live in an older home, have your home inspected by a licensed lead inspector.

2

Eat foods with calcium, iron and vitamin C.

These foods may help protect you and your unborn baby.

- **Calcium** is in milk, yogurt, cheese, and green leafy vegetables like spinach.
- **Iron** is in lean red meat, beans, cereals, and spinach.
- **Vitamin C** is in oranges, green and red peppers, broccoli, tomatoes, and juices.

3

Talk to your doctor.

Talk to your doctor about any medicines or vitamins you are taking. Some home remedies and dietary supplements have lead in them. It is important that you tell your doctor about any cravings you are having such as eating dirt or clay.

Contact us for more information:

