

Factsheet A: (To be Included with Result Letters to Child Participants)
Flesch-Kincaid Reading level – 5.9

Factsheet with Tips for Reducing Exposure to Lead to Include with Results Letter for Children

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

In Iola, Kansas, the soil in some residential and non-residential locations and the dust have high levels of lead. There may also be lead sources in your home.

Reduce your family’s contact with lead in Iola.

- Pay attention to bare soil and dusty conditions in your community and try to avoid them.

Find the lead in your home.

- Homes built before 1978 may have lead-based-paint. It is important to find and fix lead paint in your home as soon as possible. If you need help, contact the Kansas Department of Health and Environment (KDHE) at _____ to discuss options for getting a Healthy Homes Inspection of your home.
- Don’t remodel or renovate your home yourself 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. Also protect yourself from the lead dust.

- Homes built before 1986 may have lead service pipes, fixtures and solder. Flush your cold-water pipes by running the water until it becomes as cold as it will get.

Clean up dust in your home.

- Wet-mop floors and wet-wipe windowsills, window wells, counters, and furniture every 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 D, C and zinc. These foods may help keep lead out of the body.
 - o Calcium is in milk, yogurt, cheese, and green leafy vegetables like spinach.

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

Ask your doctor to retest you or your child’s venous 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:

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

- o Iron is in lean red meats, beans, peanut butter, and cereals.
 - o Vitamin C is in oranges, green and red peppers, and juice.
 - o Vitamin D is in egg yolk, sardines, milk and butter.
 - o Zinc is in oysters, red meat, poultry, seafood and fortified breakfast cereals.
- Wash and peel all fruits, vegetables, and root crops (such as potatoes), especially any locally grown or home grown items.

Learn more. Get support.

Factsheet B:

Factsheet with 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:

