

A dark, moody photograph of a room. In the foreground, a lamp with a glowing yellow shade sits on a dark surface. To the right, a window is covered with light-colored curtains, allowing some light to filter through. The overall atmosphere is somber and mysterious.

**Lead**

**poisoning.**

**Get the facts.**

**Coalition to Prevent Lead Poisoning**

[www.theleadcoalition.org](http://www.theleadcoalition.org)



# Eliminating lead poisoning is everyone's responsibility.

Lead poisoning is a serious health risk, especially to our children. Lead can cause many problems in children and adults, including:

- Long-term learning and behavior issues
- Hearing loss
- Long-term health concerns like kidney damage and high blood pressure

Learn what to look for to keep our children healthy and our homes lead safe.

Together we can end childhood lead poisoning.

# What are the effects of lead poisoning?

## HOW DO CHILDREN GET LEAD POISONING?

- Homes built before 1978 probably contain lead paint.
- Peeling or deteriorated paint can create lead dust. This dust can settle in living areas and on toys.
- Children can swallow lead when they put their hands or toys in their mouths and swallow the lead dust.
- Lead hazards can be created during home renovation projects. Adults who work with lead can bring dust home from work on clothing and shoes.
- Other sources include bare soil, jewelry, pottery, candy, and cosmetics from other countries.

## WHAT CAN YOU DO?

### Make sure your home is lead safe

- If you live or own property in the city of Rochester, call (585) 428-6520 to request a FREE inspection for lead hazards.
- Grants may be available to make homes lead safe. Call (585) 428-6520 for information.
- Use lead-safe work practices when renovating or remodeling.
- Make sure that anyone hired to do work that disturbs paint in a pre-1978 home is EPA RRP (Renovation, Repair and Painting) certified.
- Call (585) 753-5087 or (585) 428-6520 about Lead Safe Work Practices classes and EPA RRP certification before doing renovations or remodeling.
- Pregnant? Be especially careful if you have remodeling work done in a pre-1978 home (avoid doing the work yourself, make sure workers are EPA RRP certified, use lead-safe cleanup, and test for lead dust when done). Get a blood lead test too!



- Permanent brain damage
- Lower IQ
- Hearing loss

## **Get your child tested**

You may not be able to see the symptoms of lead poisoning. The only way to know if a child has been exposed to lead is to get a blood lead test.

- Request a blood lead test at any medical visit or whenever you suspect your child may be exposed to lead.
- Call your child's medical provider and ask what your child's blood lead test results mean.
- The Monroe County Department of Public Health will do a home inspection for any child who has a blood lead result of 8  $\mu\text{g}/\text{dL}$  or higher. If a child lives in the city of Rochester, is under 6 years old, and had a blood lead test result between 5 and 7  $\mu\text{g}/\text{dL}$ , a parent can request a home investigation by calling the County Health Dept. at (585) 753-5087.

## **Clean lead dust frequently**

- Wash a child's hands and toys often, especially after playing and before eating.
- Take off your shoes when you enter your home. If you work with lead, wash work clothes separately from family clothes.
- Wet wipe or mop flat surfaces and floors often with detergent and water.
- Use a vacuum with a HEPA filter to catch lead dust. Call (585) 753-5087 to borrow one from the Monroe County Health Dept.

## **Make sure your child eats healthy foods**

Foods high in iron and calcium can help lower your child's lead risk.

- Eat whole-grain breads, beans, tuna, and green leafy vegetables like spinach for iron.
- Drink low-fat milk and eat yogurt and cheese for calcium.

- Learning and behavior problems
- Damage to kidneys and other organs
- Harm to a pregnant woman's unborn baby

## **IT'S THE LAW**

### **New York State Law**

It's the law that all children must get a blood test for lead at age ONE and AGAIN at age TWO, and whenever a potential risk of lead exposure exists.

### **Rochester City Law**

If you rent or own a home in Rochester, call (585) 428-6520 to request a free lead inspection. If you are a renter, you cannot be evicted for requesting a lead inspection of your home.

## **FOR MORE INFORMATION**

Email [emcdade@theleadcoalition.org](mailto:emcdade@theleadcoalition.org) to get a free *Lead Awareness for Parents* DVD (in English, Spanish, and ASL). For more information on preventing lead poisoning, contact:

- Coalition to Prevent Lead Poisoning, (585) 224-3125, [www.theleadcoalition.org](http://www.theleadcoalition.org)
- City of Rochester Lead Program, (585) 428-6520, [www.cityofrochester.gov/lead](http://www.cityofrochester.gov/lead)
- Monroe County Childhood Lead Poisoning Prevention Program, (585) 753-5087, [www.monroecounty.gov/eh-leadpoisoning.php](http://www.monroecounty.gov/eh-leadpoisoning.php)
- Legal Assistance of Western New York, Inc., (585) 325-2520, [www.lawny.org/](http://www.lawny.org/)
- Western New York Lead Poisoning Resource Center [www.urmc.rochester.edu/childrens-hospital/lead-poisoning-resource-center.aspx](http://www.urmc.rochester.edu/childrens-hospital/lead-poisoning-resource-center.aspx)
- NYS Department of Health, [www.health.ny.gov/environmental/lead/](http://www.health.ny.gov/environmental/lead/)
- Environmental Protection Agency, [www.epa.gov/lead](http://www.epa.gov/lead)

**COALITION TO  
PREVENT  
LEAD  
POISONING**

The Coalition to Prevent Lead Poisoning is a nonprofit education and advocacy organization based in Rochester, NY. We are dedicated to eliminating childhood lead poisoning. Please contact us for more information.

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Lead Poisoning**

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Department of  
Public Health



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