



Rocky Mtn Region

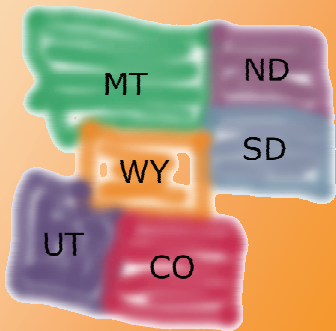
## Pediatric Environmental Health Specialty Unit

A Network of Experts in Children's Environmental Health

Denver Health & Hospital/ Rocky Mountain Poison & Drug Center/ National Jewish Medical & Research Center, Denver, CO

# Lead Information & Resources

The Rocky Mountain Region Pediatric Environmental Health Specialty Unit serves Colorado, Montana, North Dakota, South Dakota, Utah and Wyoming.



## Lead is Dangerous to Children...

...because children are still growing and developing, their growing bodies absorb more lead than adults. Children's developing brains and nervous systems are more easily damaged by lead.

## What is Lead?

Lead is a naturally occurring metal. It does not have a particular taste or smell. The letters "Pb" are often used to refer to lead. Our bodies do not need lead, but if it gets into our bodies it acts like a calcium and stored mostly in bones.

## Where is Lead found?

Lead can be found in things such as paints, soil, gasoline, batteries, ammunition, solder, some pipes, glazed pottery & ceramics. To find out the latest information about lead in products, check the Consumer Product Safety Commission's home page: [www.cpsc.gov](http://www.cpsc.gov).

## How Does Lead Enter the Body?

Children can get lead in their body if they:

- ◆ Put their hands or other objects covered with lead dust in their mouths
- ◆ Eat paint chips or soil that contains lead
- ◆ Breathe lead dust

## Should Your Children Be Tested For Lead?

Babies should be tested for lead at 6 months if your home was built before 1978 or if you think your home has lead in it. All children should be tested at 1 year. If your home contains lead paint or you use lead at your job or in a hobby, then your children should be tested every year until they are 6 years old.

## How Do High Levels Of Lead Affect Children?

If not detected early, children with high levels of lead in their bodies can suffer from damage to their brain and nervous systems, possibly resulting in behavior problems, decreased I.Q., slowed growth, hearing problems and headaches.

## Common Sources of Lead

- ◆ House dust
- ◆ Cigarette smoke
- ◆ Crayons made in China
- ◆ Colored foil seals on wine bottles
- ◆ Canned foods sealed with lead solder
- ◆ Pool cue chalk
- ◆ Colored inks (comics)
- ◆ Plastic coatings on electrical wire
- ◆ Bronze items
- ◆ Brass items (Keys)
- ◆ Fishing sinkers
- ◆ Curtain weights
- ◆ Plastic mini blinds
- ◆ Leaded crystal glassware
- ◆ Painted kitchen utensils
- ◆ Burning lead-painted wood
- ◆ Candles with metal wicks
- ◆ Old toys with lead paint
- ◆ Jewelry (ceramic and metal)
- ◆ Cosmetics (Surma and kohl)
- ◆ Antique dolls
- ◆ Cultural medicines (Greta, azarcon, paylooh)
- ◆ Hobbies (stained glass, ceramics, artist paints)
- ◆ Food grown in soils high in lead

## What Can You Do To Protect Your Family?

- ◆ If you suspect your home has lead hazards, you can take immediate steps to protect your family:
- ◆ Clean up paint chips immediately. If you rent, notify your landlord of peeling or chipping paint.
- ◆ Clean floors, window frames, window sills, and other surfaces weekly.
- ◆ Afterwards, thoroughly rinse sponges and mop heads.
- ◆ Wash children's hands often, especially before they eat and before nap time and bed time.
- ◆ Keep play areas clean.
- ◆ Keep children from chewing windowsills or other painted surfaces.

## Where Can You Get More Information On Lead?

### The National Lead Information Center

Call 1-800-424-LEAD to learn more about protecting children from lead poisoning and for other information on lead hazards.

[www.epa.gov/lead](http://www.epa.gov/lead)

EPA's Safe Drinking Water Hotline 1-800-426-4791

### Consumer Products Safety Commission Hotline

Call 1-800-638-2772 to request information on lead in consumer products, to report an unsafe consumer product or a product related injury

[www.cpsc.gov](http://www.cpsc.gov)

### Housing & Urban Development (HUD) Office of Lead Hazard Control

Call (202) 755-1785 for more information about lead in housing and communities

[www.hud.gov/office/lead](http://www.hud.gov/office/lead)

### Local Poison Center

Call 1-800-222-1222 if you think your child may have been exposed to lead.

**State Public Health Department**—call your state public health for any questions about lead, having your children or home tested for lead and for the resources available in your state concerning lead.

- Colorado Dept of Public Health & Environment  
1-800- 886-7689
- Montana Department of Environmental Quality  
406- 444-2544
- North Dakota Department of Health  
701-328-5150
- South Dakota Department of Environment & Natural Resources  
605-773-3151
- Utah Department of Environmental Quality  
801-536-4400
- Wyoming Department of Environmental Quality  
307- 777-7758

### Blood-Lead Testing

Call your health care provider or the department of health. They can either provide blood lead testing or refer you to someone who can.

**CALL ANYTIME FREE!**  
**1-877-800-5554**

Rocky Mountain Pediatric Environmental Health Line



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