

If you answer yes to any of the following questions, contact your doctor to have your lead level tested!



**Were you born in the Northeast?**



**Has your home been renovated during pregnancy?**



**Does someone you know have an elevated blood lead level?**



**Do you or your partner work in construction?**



**Was your house built before 1978?**

# Are You Pregnant?

## PREVENT LEAD POISONING START NOW

Lead poisoning is caused by breathing in or swallowing items contaminated with lead. Lead can pass from a mother to her unborn baby. The good news is that **lead poisoning is preventable.**

### Too much lead in your body can

- Put you at risk for 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, cosmetics, glazed pots, and some traditional medicines and spices from other countries.
- Certain jobs such as auto refinishing, construction, and plumbing.
- Toys and jewelry.
- Soil and drinking water from lead pipes, faucets, and plumbing fixtures.



# Now is the time to keep you and 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 homes built before 1978. When old paint cracks and peels, it creates lead dust and lead chips. The dust is so small you cannot see it. You can breathe in lead dust and not even know it.

Home repairs and renovations, such as sanding or scraping paint, in homes built before 1978 can make lead dust.

If you are pregnant or breastfeeding, leave the house when someone is

- Removing lead paint.
- Cleaning up after removing lead paint.
- Remodeling a room that might have lead paint.

**Tip:** If you live in a home built before 1978, have your home inspected by a licensed lead inspector. Find a certified inspector or risk assessor at <https://www.epa.gov/lead>.

**2 Avoid certain jobs or hobbies.** Some jobs can expose you to lead, such as construction and renovation or repair of homes built before 1978, and battery manufacturing or recycling. Some hobbies can expose you to lead, such as renovating homes, making glazed pottery, or shooting at firing ranges.

If someone who lives with you works with or takes part in activities that involve lead, have them change into clean clothing before coming home. Keep their work or activity shoes and tools outside and wash their clothes separately from the rest of the family's clothes.

**3 Talk to your doctor.** Talk to your doctor about any medicines, vitamins, home remedies, or supplements you are taking. Be sure to tell your doctor about any cravings you might have, such as eating dirt or clay, which might contain lead.

**4 Avoid certain foods and cosmetics.** Use caution when eating anything brought into the United States by travelers from other countries. Some candy, candy wrappers, spices and other foods, cosmetics, traditional medicines, and ceremonial or religious powders contain lead. For more information, see <https://www.cdc.gov/nceh/lead/prevention/sources/foods-cosmetics-medicines.htm>.

**5 Store and serve food properly.** Some dishes and serving containers contain lead. Be sure to cook, serve, and store food properly.

- Avoid using imported lead-glazed ceramic pottery.
- Avoid using pewter or brass containers or utensils.
- Avoid using leaded crystal to serve or store beverages.

**6 Eat foods with calcium, iron, and vitamin C.** These foods may help keep lead out of your unborn baby's developing body.

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

More information about the topics in this fact sheet can be found at <https://www.cdc.gov/nceh/lead/>

# RENOVATE LEAD-SAFE

Protect yourself and your family from lead exposure by being aware of potential hazards during home renovation projects.



If your home was built before 1978, a home renovation project can easily create dangerous lead dust. This is one of the most common ways children are exposed to lead. Even low levels of lead in children's blood have been shown to affect a child's intellect, concentration, and academic achievement.

EPA encourages anyone pursuing renovations in a pre-1978 home to use a lead-safe certified contractor. However, if you plan to do-it-yourself (DIY), there are simple, important steps you should take to keep yourself and others safe during and after the renovation.

*\*U.S. Department of Housing and Urban Development, Office of Lead Hazard Control and Healthy Homes. (2021, October). American Healthy Homes Survey II Lead Findings.*

## Considering a home renovation project?

This chart can help you stay lead-safe while you renovate:



## Steps to Lead-Safe Work



This document presents an overview of lead-safe work practices. For detailed information about lead-safe work practices, please visit [epa.gov/lead/rrp-diylers](https://www.epa.gov/lead/rrp-diylers).

# LEAD POISONING

# LEAD AND CHILDREN

## What Do Blood Lead Levels Mean for Your Child's Health

### Is My Child At Risk For Lead Poisoning?

The only way to know if your child is poisoned is to get a blood lead test. All NH children are to be tested for lead at ages one and two. Children can be exposed to lead when:

- Living in or visiting a home built before 1978 with lead hazards or ongoing or recent repairs
- Attending a child care center built before 1978 with lead hazards or ongoing or recent repairs
- Spending time with a sibling, relative, or playmate with lead poisoning
- Spending time with an adult who works with lead in a job or hobby (ex. fishing, painting, auto repair)
- Eating or drinking food stored in glazed pottery or leaded crystal
- Using traditional home remedies & imported products (ex. Kohl, Kajal, Surma, Azarcon, Alarcon, Greta, Pay-loo-ah)
- Eating imported ground spices.
- Swallowing or mouthing toys, small metal charms, keys, trinkets & jewelry
- Playing in contaminated soil

### SYMPTOMS OF LEAD POISONING

Most children with lead poisoning **DO NOT** look sick.

**NH children are to be tested at age 1 yr. and *again* at age 2 yrs.**

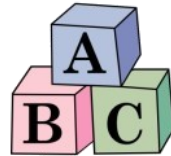
**The only way to know if your child has lead poisoning is to get tested.**

Some children might experience:

- Stomachaches, headaches, trouble paying attention, developmental delays, behavior issues, problems with eating and sleeping and speech/language delays.

### LONG-TERM EFFECTS

Lead can affect all parts of the body and mind



- Poor school performance & lower test scores
- Hearing & speech problems
- Slowed growth & development
- Hyperactivity & aggression problems
- Damage to the brain, kidneys & nerves



### PROTECTING YOUR CHILD

**Remove the lead source and look out for lead hazards**

Lead poisoning occurs when children ingest or inhale lead

- Have your home tested for lead (test soil and water, too)
- Use a HEPA vacuum and disposable rags to clean lead dust
- Keep children away from lead paint & dust
- Wash hands, toys & pacifiers often
- Avoid imported foods, candies, and ground spices
- Don't allow children to mouth metal charms, keys, trinkets & jewelry—they may contain lead (brass, bronze, pewter)

**Provide early intervention & stimulation**

- Stimulate learning by enrolling children in early childhood education programs such as Head Start, child care, preschool, and play groups
- Read to & play games with your child



**If you live in a rental property...**

- Inform your landlord if your child has an elevated blood lead
- Do not remove lead on your own, notify your landlord instead
- Remember, you can NOT be evicted for having a lead-poisoned child

Revised July 2021

# LEAD POISONING

# LEAD AND CHILDREN

## What Do Blood Lead Levels Mean for Your Child's Health

Any amount of lead is dangerous and can cause health and behavioral problems at all ages. A blood test is the only way to tell if your child has lead poisoning. All children should be tested at 1 & 2 years old. A test can be done in the doctor's office with a capillary 'finger-stick' blood sample. Depending upon test results, it may need a follow up test with venous blood from arm. **Confirm a capillary blood lead test with a venous test based on schedule below:**

Blood Lead Level (micrograms/deciliter)	Capillary or Venous	When to Retest	What can I do to help?
<5	C	Not necessary unless other risk factors. Retest children < 12 months old in 3-6 months as blood lead level may increase with mobility.	<ul style="list-style-type: none"> <li>• Talk to your child's doctor</li> <li>• Feed child foods high in Calcium, Iron &amp; Vitamin C</li> <li>• Wash hands frequently</li> <li>• Clean floor and window sills and wells with disposable wipes or wet mop</li> <li>• Look out for "Take-Home" lead and other sources</li> </ul>
	V		
5 - 9	C	Confirm within 1 month.	<b>Continue with above AND</b> <ul style="list-style-type: none"> <li>• Control known lead hazards</li> <li>• Keep up good nutrition (Calcium, Iron &amp; Vitamin C)</li> <li>• Follow up by NH HHLPPP will provide education, case management, and environmental assessment</li> </ul>
	V		
10 - 19	C	Confirm within 2 weeks	<b>Continue with above AND</b> <ul style="list-style-type: none"> <li>• Test siblings younger than 6 years old</li> <li>• Ensure child has proper diet</li> <li>• Consider developmental evaluation if elevated blood lead levels persist</li> </ul>
	V	Retest within 3 months	
20-44	C	Confirm within 1 week	<b>Continue with above AND</b> <ul style="list-style-type: none"> <li>• Remove child from lead hazards</li> </ul>
	V	Retest every 1-2 months until <20 mcg/dL	
45 - 64	C	Confirm within 48 hours.	<b>Continue with above AND</b> <ul style="list-style-type: none"> <li>• CHILD NEEDS IMMEDIATE TREATMENT</li> <li>• Chelation may be necessary</li> <li>• When possible, child should return to a lead safe environment</li> </ul>
	V	Seek immediate medical attention and test weekly afterwards	
≥ 65	C	Confirm IMMEDIATELY	<ul style="list-style-type: none"> <li>• <b>TAKE CHILD TO HOSPITAL FOR TREATMENT</b></li> </ul>
	V	Medical emergency, chelation treatment	

Revised July 2021

NH Department of Health & Human Services, Division of Public Health Services

**1-800-897-LEAD (5323) or [LeadRN@dhhs.nh.gov](mailto:LeadRN@dhhs.nh.gov)**