



WHAT PARENTS NEED TO KNOW ABOUT LEAD POISONING PREVENTION

What can lead do?



Lead is a hazardous substance that can get into the body by swallowing or inhaling lead contaminated dust or materials. No amount of lead is safe. Lead can cause permanent damage to the brain, nervous system and other organs. It can interfere with growth, cause hearing loss and learning disabilities.

All Oklahoma children are required to receive a blood lead test at 12 months of age and again at 24 months of age, or at least one test if they have never had a blood lead test and are still under six years of age.

There may be other times your child is at risk.

Risk factors for lead exposure

Your child may be at risk of lead exposure if you can answer "yes" to these questions:

- ☐ Does your child live in or regularly visit a home built before 1978 where the paint is in poor condition (peeling, chipping, flaking) or that has been recently remodeled or renovated?
- ☐ Does your child live with an adult or frequently visit an adult whose occupation or hobby exposes them to lead?
- ☐ Does your family use folk remedies, or eat or drink from imported dishes or glazed pottery?
- ☐ Does your child have a sibling or playmate who has been told they have lead in blood?
- ☐ Does your child frequently chew on or mouth objects that might contain lead?



If you answered "yes" to one of the questions, your child might be at risk of lead exposure, and you should request a blood lead test from your child's health care provider.

For more information and resources, contact the Oklahoma Lead Poisoning Prevention Program (405) 426-8311 | Okldppp@health.ok.gov



OKLAHOMA
State Department
of Health

Lead Poisoning
Prevention

Ways to reduce your risk

- Keep children and pregnant women away from lead hazards.
- Always use wet mopping or wet wiping methods to clean up lead dust and lead chips.
- Cover window sills with peeling or chipping paint with contact paper and do not use these windows until you can repair or replace these areas.
- Block off affected areas with furniture or other barriers for additional protection.
- Use only cold water from the tap for drinking, cooking and preparing baby formula.
- Place washable floor mats (preferably ones you can put in the washing machine) inside and outside entry doors. Remove shoes before entering the home to keep lead contaminated soil and dust from coming inside the house.
- Always wash and dry your child's hands, toys and pacifiers, especially before eating, playing and at bedtime.
- Let the water run until it is cold for approximately one to two minutes.
- Your child should eat nutritious meals and snacks. Empty stomachs can absorb lead faster than full stomachs.



Move your child's bedroom or play area to a different room that does not have paint in poor condition.

Do not allow your children or pets to play in bare soil areas. Try to plant grass, put down mulch or other ground covers to eliminate bare soil since some soil may contain lead from previous activities.

