

Lead Poisoning

What is Lead Poisoning?

Lead poisoning occurs when a person swallows, absorbs, or inhales lead. Even small amounts of lead can be harmful. Children face the greatest risk.

Prevention Tips

- Teach children to wash hands after playing outside and before meals.
- Discourage eating things that fall on the ground and placing non-food items in the mouth.
- Wash bottles, toys, and pacifiers often.
- Don't store food or liquids in old or imported pottery, ceramic ware, or lead crystal.
- Don't let children eat loose pieces of paint or chew on painted surfaces.
- To reduce lead absorption, give your child something healthy to eat every 2-3 hours.
 - A healthy diet is high in iron, protein, vitamin C, and calcium and low in fat and oils.

Is Your Child at Risk?

- Does your child spend a lot of their time in a home:
 - built before 1978?
 - with peeling or chipping paint?
 - that has recent, ongoing, or planned remodeling?
 - that has plastic mini-blinds purchased before 1997?
- Does your child frequently come in contact with an adult who works with lead?
- Have items other than vegetation been burned outside near the home?
- Does your child play with keys, electrical cords, or lead fishing sinkers?
- Have any siblings or playmates of your child had lead poisoning?
- Does your child consume water from a well?

Lead Poisoning Signs and Symptoms

- Irritability
- Frequent tiredness
- Behavioral problems
- Stunted growth
- Learning problems
- Hyperactivity
- Decreased appetite
- Developmental delay
- Hearing loss

If you suspect that your child is at risk for lead poisoning, please discuss lead poisoning with their medical provider for diagnosis and possible treatment.

For further information regarding the Mississippi State Department of Health Lead Poisoning Prevention and Healthy Homes Program, please contact us at 601-576-7619 or visit us at: <http://www.HealthyMS.com>

Healthy Home Tips

What is a Healthy Home?

A Healthy Home is designed and maintained to support the health of its residents. Follow the 7 Principles of a Healthy Home below to keep your family healthy and safe!

Keep It Dry

Check your plumbing, roof, and drainage system for leaks to avoid mold and mildew.

Keep It Clean

Remove dust and clutter to reduce allergens.

Keep It Ventilated

Supply fresh air to reduce chemicals in the home. Open windows or use exhaust fans while bathing or cooking to reduce moisture.

Keep It Pest-Free

Seal cracks and openings to prevent insects and rodents from entering your home.

Keep It Safe

To prevent injuries install items such as smoke and carbon monoxide detectors, fire extinguishers, cabinet locks, and electrical outlet covers.

Keep It Contaminant-Free

Reduce the exposure to lead, tobacco smoke, and other contaminants in your home.

Keep It Maintained

Inspect, clean, and repair your home routinely.

What is Green Cleaning?

Green Cleaning is a way to use safer products to reduce contaminants in your home. Try some of our Green Cleaning recipes below:

Air Freshener

Place a few slices of a citrus fruit, cloves, or cinnamon in a pot with enough water to simmer gently for 1 to 2 hours.

Furniture Polish

Dissolve 1 teaspoon of lemon oil in 1 cup of vegetable oil. Apply with a clean, dry cloth.

Disinfectant

Mix a 1/2 cup of borax into 1 gallon of hot water and clean with this solution.

Floor Cleaner with Fragrant Herbs

Combine in a bucket: 1/8 cup liquid soap or detergent, 1/4 to 1/2 cup of white distilled vinegar or lemon juice, 1/2 cup fragrant herbal tea (peppermint adds antibacterial qualities). Swirl the water around until it is sudsy. Scrub floor with mop.

Before using any of these recipes, test them on an inconspicuous area.

For more tips and recipes on green cleaning, visit our website at <http://www.HealthyMS.com>

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