

Protect Your Baby

KIDS NEED LEAD SAFE HOMES

You can protect your baby against lead poisoning. If your house was built before 1978, it may contain lead based paint that can be dangerous for unborn babies and young children. Even low levels of lead can cause long term behavioral and learning problems.

It is important to have your home tested if you are planning to have a baby, have young children, are living in an older home or if you are planning to remodel or renovate. Peeling, cracked or chipping paint can release lead into the child's environment. While improper removal of lead paint can create a worse hazard, peeling paint needs to be repaired. A licensed lead inspector can tell you if there is lead in your paint, and how to control the hazards and reduce the risk of lead poisoning. You may get a copy of US EPA's book *Reducing Lead Hazards When Remodeling Your Home* when you call the National Lead Center at 1-800-532-3394.

HAVE YOUR CHILD TESTED FOR LEAD POISONING

Babies should be tested for lead poisoning when the child is six months old. These blood tests are available at the Huron County Health Department, other health clinics and private doctors.

HELP YOUR CHILD AVOID LEAD IN PAINT AND DUST

Lead from old paint gets into house dust. To help prevent lead poisoning, wash baby's hands after playing on the floor, before eating and at bedtime. Wash toys, pacifiers, bottle nipples and things that babies put in their mouths often. Clean their sheets, pillow cases, stuffed animals and blankets often. Do not let babies chew on newspapers or magazines. The ink may contain lead.

When cleaning your house, use damp dusting and mopping tools and when you vacuum, do so before you damp clean. Dry dusting, sweeping and vacuuming may just spread dust around. Windows, doors and other surfaces that may have been covered with lead paint may require special, inexpensive cleaning techniques to reduce the lead hazard.

MAKE SURE YOUR BABY EATS PROPERLY

Your baby needs frequent small feedings. Babies' stomachs absorb lead more readily when they are empty. Breast milk is generally the best food for baby. Wash your hands before breast feeding and before preparing the baby's food or formula.

If you make formula or give the baby tap water, avoid using water that is drawn from the tap the first thing in the morning. Old lead pipes, solder in copper pipes, some brass fittings and well parts leach lead into tap water. The first draw of the day will probably have more lead in it than water drawn later in the day.

For more information contact the Huron County Public Health.

**Lead
Safe
Home**

**Huron County
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