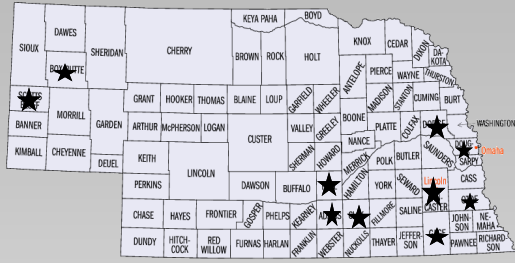


Lead Poisoning in Nebraska

The Nebraska Department of Health and Human Services recommends that all children living in certain zip codes (see below) are at higher risk for greater lead levels and should be tested for lead.



Adams County- Hastings: 68901
Clay County- Harvard: 68944

Additional Resources

Centers for Disease Control and Prevention
www.cdc.gov/nceh/lead

Environmental Protection Agency
www.epa.gov/lead/pubs/leadinfo.htm

U.S. Consumer Product Safety Commission
www.cpsc.gov

Nebraska Department of Health & Human
Services
www.dhhs.ne.gov/lead



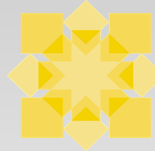
For more information

If you would like more information regarding lead poisoning prevention, please contact your public health staff at:

402-462-6211 or
1-877-238-7595

jessica.warner@shdhd.org

SOUTH
HEARTLAND
DISTRICT



HEALTH
DEPARTMENT

606 North Minnesota, Suite 2
Hastings, NE 68901

Serving Adams, Clay,
Nuckolls, and Webster
Counties

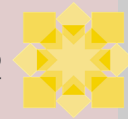
Updated March 2017

southheartlandhealth.org



What
Every Parent
Should Know

SOUTH
HEARTLAND
DISTRICT



HEALTH
DEPARTMENT

Lead Poisoning:

Lead is an unsafe metal used in many types of products and materials including:

- Paint
- Vinyl
- Mini-Blinds
- Leaded Crystal
- Dishware
- Pottery Coatings
- Certain products made outside the U.S.

The Health Results:

Lead is a bigger problem when children are exposed to it more often. Since their bodies are not fully developed, lead poisoning can cause:

- Brain, liver, and kidney damage
- Learning or behavior problems
- Lowered intellect (IQ)
- Hearing Loss

The Signs:

Most children with lead poisoning do not show any outward signs unless blood lead levels become 5 ug/dl (micrograms per deciliter) or more. Some signs of poisoning are:

- Headaches
- Stomach Pain
- Nausea
- Tiredness
- Irritability
- Restlessness

The Main Sources:

1. **Old Lead-Based Paints** that were made before 1978.
2. **Lead Dust** is an unseen dust made when there is friction near lead-based painted objects. Lead dust can spread throughout a home quickly.
3. **Soil Contamination** occurs when there is

Note: Only trained experts should safely remove old lead-based paint in a home!

outside lead-based paint peeling or chipping away on the home and other outside fixtures.

4. **Career Lead Exposure** occurs when a family member brings lead into the home from their work place.
5. **Hobbies** including ammunition reloading, pottery, glass or jewelry making and home renovating may result in lead poisoning.
6. **Children's Toys** made outside of the U.S. may have lead in their paint, which may result in lead poisoning if children often place these types of toys in their mouths.
7. **Drinking Water** may hold some lead due to aging of old pipes.

Prevention

To protect your children from being exposed to high levels of lead you can do these simple things!

Non-Food



Always wash your children's hands before they eat to wash off any lead dust.



Keep areas of the home clean where your child plays, eats and sleeps.



Keep your children from putting things in their mouths that may contain lead.



Wash all toys, pacifiers, and other items that your children may be tempted to put in their mouths.



Let water run for at least 30 seconds before drinking it or cooking with it.



Ask your child's doctor if your child should have a blood lead test.

Food

Foods containing these minerals lower the absorption rate of lead in the body:



Calcium



Iron



Vitamin C