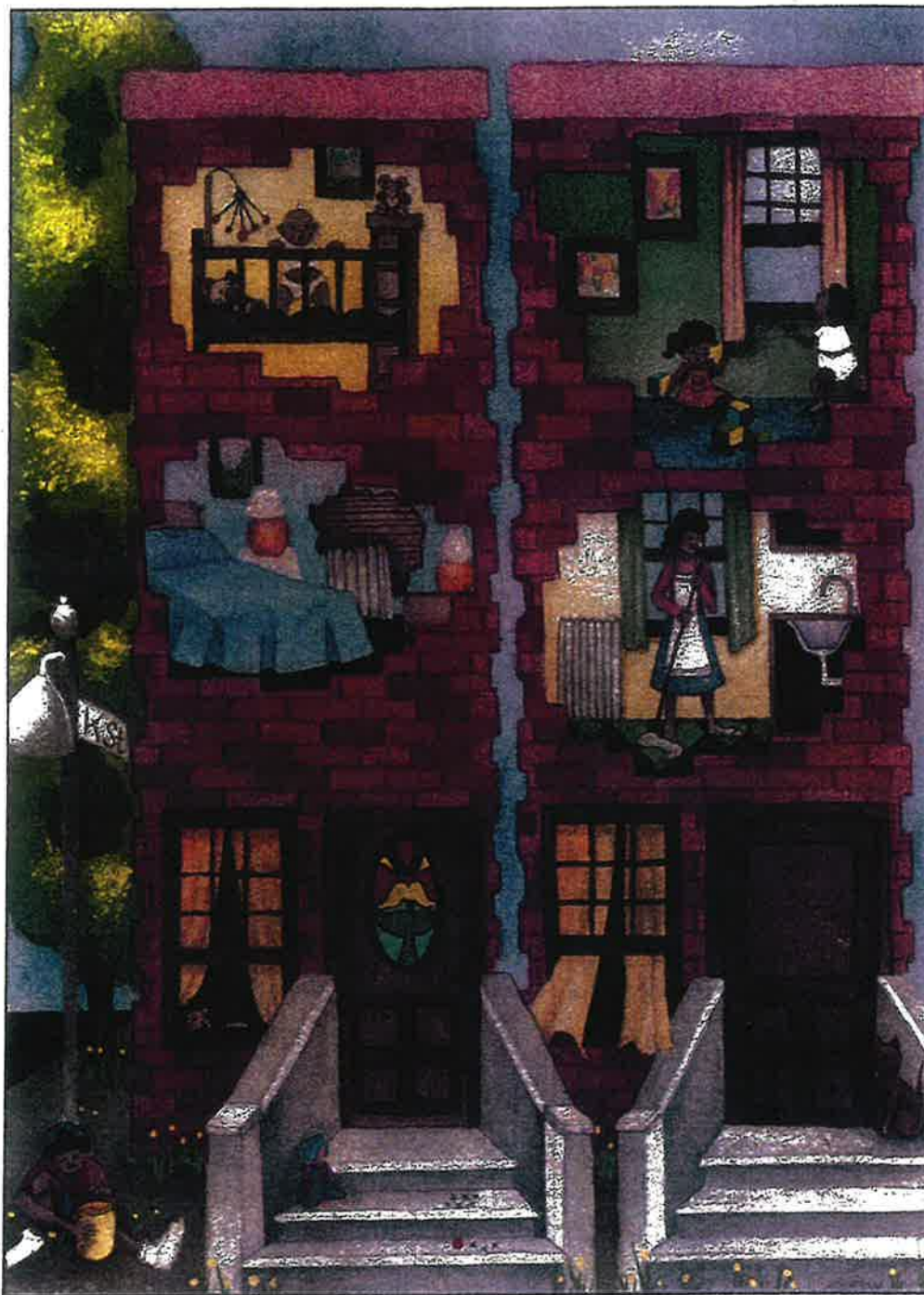


Protect Your Children From Lead Poisoning

- 1** Get your child tested for lead poisoning, even if he or she seems healthy.
- 2** Clean floors, window frames, window sills, and other surfaces weekly. Use a mop, sponge, or paper towel with warm water and a general all-purpose cleaner or a cleaner made specifically for lead.
- 3** Reduce the risk of lead paint. Make sure your child is not chewing on anything covered with lead paint.
- 4** Don't try to remove lead paint yourself.
- 5** Don't bring lead dust into your home from work or a hobby.
- 6** Have your water tested. If the cold water hasn't been used for more than a few hours, let it run for 15–30 seconds before drinking it or cooking with it.
- 7** Eat right and don't store food in high-lead pottery.



***Lead poisoning is a serious problem for young children—
the younger the child, the greater the risk.***

For More Information

EPA's Safe Drinking Water Hotline
1-800-426-4791

National Lead Information Center
1-800-424-LEAD

Visit our web site
<http://www.epa.gov/lead>

United States Environmental Protection Agency • Office of Pollution Prevention and Toxics • Office of Ground Water and Drinking Water

Lead awareness and your children

About 1 in 22 children in America have high levels of lead in their blood, according to the Centers for Disease Control and Prevention. You may have lead around your building without knowing it because you can't see, taste, or smell lead. You may have lead in the dust, paint, or soil in and around your home, or in your drinking water or food. Because it does not break down naturally, lead can remain a problem until it is removed.

Before we knew how harmful it could be, lead was used in paint, gasoline, water pipes, and many other products. Now that we know the dangers of lead, house paint is almost lead-free, leaded gasoline has been phased out, and household plumbing is no longer made with lead materials.

How lead affects your child's health

The long-term effects of lead in a child can be severe. They include learning disabilities, decreased growth, hyperactivity, impaired hearing, and even brain damage. If caught early, these effects can be limited by reducing exposure to lead or by medical treatment. If you are pregnant, avoid exposing yourself to lead. Lead can pass through your body to your baby. The good news is that there are simple things you can do to help protect your family.

1. Get your child tested.

Even children who appear healthy may have high levels of lead. You can't tell if a child has lead poisoning unless you have him or her tested. A blood test takes only ten minutes, and results should be ready within a week.

Blood tests are usually recommended for:

- ✓ Children at ages 1 and 2.
- ✓ Children or other family members who have been exposed to high levels of lead.

the proper equipment to clean up thoroughly. Don't try to remove lead paint yourself.

- ✓ All occupants, especially children and pregnant women, should leave the building until all work is finished and a thorough cleanup is done.

5. Don't bring lead dust into your home.

If you work in construction, demolition or painting, with batteries, or in a radiator repair shop or lead factory, or if your hobby involves lead, you may unknowingly bring lead into your home on your hands or clothes. You may also be tracking in lead from the soil around your home. Soil very close to homes may be contaminated from lead paint on the outside of the building. Soil by roads or highways may be contaminated from years of exhaust fumes from cars and trucks that used leaded gas.

- ✓ If you work with lead in your job or hobby, change your clothes and shower before you go home.
- ✓ Encourage your children to play in sand or grassy areas instead of dirt which sticks to fingers and toys. Try to keep your children from eating dirt, and make sure they wash their hands when they come inside.

6. Get lead out of your drinking water.

Most well or city water does not naturally contain lead. Water usually picks up lead inside your home from household plumbing that is made with lead materials. Boiling the water will not reduce the amount of lead. Bathing is not a problem because lead does not enter the body through the skin.



- ✓ Children who should be tested under your state or local screening plan.

To find out where to have your child tested, call your doctor or local health clinic. They can explain what the test results mean, and if more testing will be needed.

2. Keep it clean.

Ordinary dust and dirt may contain lead. Children can swallow lead or breathe lead contaminated dust if they play in dust or dirt and then put their fingers or toys in their mouths, or if they eat without washing their hands first.

- ✓ Keep the areas where your children play as dust-free and clean as possible.
- ✓ Wash pacifiers and bottles after they fall on the floor. Keep extras handy.
- ✓ Clean floors, window frames, window sills, and other surfaces weekly. Use a mop, sponge, or paper towel with warm water and a general all-purpose cleaner or a cleaner made specifically for lead. REMEMBER: NEVER MIX AMMONIA AND BLEACH PRODUCTS TOGETHER SINCE THEY CAN FORM A DANGEROUS GAS.
- ✓ Thoroughly rinse sponges and mop heads after cleaning dirty and dusty areas.
- ✓ Wash toys and stuffed animals regularly.

- ✓ *The only way to know if you have lead in your water is to have it tested. Call your local health department or your water supplier to see how to get it tested.*
- ✓ Household water will contain more lead if it has sat for a long time in the pipes, is hot, or is naturally acidic.
- ✓ If you think your plumbing might have lead in it:
 - 1) Use only cold water for drinking, cooking, and making baby formula.
 - 2) Run water for 15 to 30 seconds before drinking it, especially if you have not used your water for a few hours.
 - 3) Call EPA's Safe Drinking Water Hotline for more information.



7. Eat right.

A child who gets enough iron and calcium will absorb less lead. Foods rich in iron include eggs, lean red meat, and beans. Dairy products are high in calcium.

- ✓ Don't store food or liquid in lead crystal glassware or imported or old pottery.
- ✓ If you reuse plastic bags to store or carry food, keep the printing on the outside of the bag.

- ✓ Make sure your children wash their hands before meals, nap time, and bedtime.

3. Reduce the risk from lead paint.

Most homes built before 1960 contain leaded paint. Some homes built as recently as 1978 may also contain lead paint. This paint could be on window frames, walls, the outside of your house, or other surfaces. Tiny pieces of peeling or chipping paint are dangerous if eaten. Lead paint in good condition is not usually a problem except in places where painted surfaces rub against each other and create dust. (For example, when you open a window, the painted surfaces rub against each other.)

- ✓ *Make sure your child does not chew on anything covered with lead paint, such as painted window sills, cribs, or playpens.*
- ✓ Don't burn painted wood. It may contain lead.

4. Don't remove lead paint yourself

Families have been poisoned by *scraping or sanding lead paint* because these activities generate large amounts of lead dust. Lead dust from repairs or renovations of older buildings can remain in the building long after the work is completed. Heating paint may release lead into the air.

- ✓ Ask your local or state health department if they will test your home for lead paint. Some will test for free. Home test kits cannot detect small amounts of lead under some conditions.
- ✓ Hire a person with special training for correcting lead paint problems to remove lead paint from your home, someone who knows how to do this work safely and has





Dear Parent or Guardian:

From birth to age three, babies have a LOT to learn. Helping your child to be healthy and ready to learn is an important part of your job as a parent or guardian. Giving your child good foods, keeping your child active, sharing books and music, cuddling, and playing games are all ways that you can help your child learn and grow.

High levels of lead in the blood can hurt a child's ability to learn. Your child has a blood lead level that can damage your child's brain and affect your child's later success in school. You need to take steps to make your child safe and healthy:

- **Find the sources of lead** that entered your child's blood. These sources might be:
 - Lead paint in your home
 - Lead in toys
 - Lead in the dirt outside your home or your child's daycare,
 - Lead in some health supplements (even those labeled "organic") other than those that a medical provider prescribes
 - Lead in pipes supplying water used for drinking or cooking
 - Lead in your workplace that you might accidentally bring homeOnce you've found a source learn how to **get rid of it!**
- **Encourage your child to eat foods that may lower the amount of lead your child's body takes in.**
 - Give your child foods that contain **calcium**. These foods include milk, cheese, yogurt, broccoli, sardines, and canned salmon.
 - Give your child foods that contain **iron**. These foods include lean red meat, chicken, turkey, sardines, and tuna.
 - Foods with **vitamin C** (such as oranges, strawberries, green peppers, and potatoes) help your child absorb iron.
- **Watch to see how your child is learning.**
 - Does your child do many of the things expected for his or her age, or is your child missing some important skills (see enclosed "*Your Baby Deserves a Good start in Life!*")? Talk with your child's doctor, read a good child development book, or go online to learn what things children are expected to do at each age.
 - If you think your child is *not* developing and learning new skills like other children the same age, call the Child Development Infoline at 1-800-505-7000 and talk with them about your concerns.
 - If your child is younger than three years old and is not developing well, you may request a free developmental evaluation from the Connecticut Birth to Three System.
 - Help Me Grow is another program that can help you find community supports and monitor your child's development through age five.
 - If your child is in school, talk with your local school district for an evaluation.

For more information on lead, talk with your child's doctor or go to www.ct.gov/dph

For more information on the Birth to Three System, go to www.birth23.org

For more information on child development, call the Child Development Infoline at 1-800-505-7000

RCSA 19a-111-5 Time periods for compliance

The local director of health shall ensure that lead abatement projects be completed in a timely fashion according to the time frames specified in the lead abatement plan and according to the following schedule. However, the local director of health may shorten this timetable when he/she deems it necessary for prevention of an imminent health hazard.

Explanation: This section explains that the local Director of Health must make sure that the abatement is moving along. Remember some projects take longer than others because of the amount of work.

RCSA 19a-111-7 Absence of non-workers during abatement

- (a) Residents - Residents shall not occupy a room or work area where on-site lead paint abatement is occurring. The lead work areas where lead abatement is occurring must be sealed from the remainder of the dwelling according to section 19a-111-4 of the regulations of Connecticut State Agencies.
- (b) Work area - No person shall enter or remain in a work area at any time during a lead abatement project which involves the on-site removal of lead paint, except for the lead abatement contractor and lead abatement workers, federal, state, and local enforcement officials and their designees, lead inspectors, and the property owner or the owner's designee.
- (3) At all times when a lead abatement project is being conducted in a common area of a dwelling occupied by two (2) or more dwelling units:
 - (A) residents shall use alternative entrances and exits which do not require passage through the abatement area, if any such entrance and exit exists

Explanation: This section explains that you are not allowed to be in the area where lead abatement work is happening.

Example: If you have moved out of your home/apartment and abatement work is being done you cannot go back in to the home/apartment until the work is complete and the local health department says it is safe for you to return.

Example: If work is being done on just one room of the apartment, the room can be sealed off and you may continue living in the home/apartment (with local health department approval), but you cannot enter the room where the abatement work is being done. It is an unsafe work area.

19a-111-1 Definitions. As used in sections 19a -111-1 thru 19a-111-11 inclusive:

- (1) "**Abatement**" means any set of measures designed to eliminate lead hazards in accordance with standards established pursuant to Sections 20 -474 through 20-482 and subsections (e) and (f) of Section 19a -88 of the Connecticut General Statutes and regulations of Connecticut State Agencies sections 19a-111-1 through 19a-111-11 and 20-478-1 and 20-478-2 including, but not limited to, the encapsulation, replacement, removal, enclosure or covering of paint, plaster, soil or other material containing toxic levels of lead and all preparation, clean -up, disposal and reoccupancy clearance testing.
- (2) "**Abatement area**" means a room or area isolated with containment in accordance with subdivision 19a -111-4(c)(2) of the regulations of Connecticut State Agencies where lead abatement is occurring.
- (32) "**Elevated blood lead level**" means a blood lead concentration equal to or greater than twenty (20) micrograms per deciliter ($\mu\text{g}/\text{dl}$) or as defined by Connecticut General Statutes section 19a -111.
- (35) "**Epidemiological investigation**" means an examination and evaluation to determine the cause of elevated blood lead levels. An epidemiological investigation will include an inspection conducted by a lead inspector to detect lead-based paint and report of findings. This investigation must also include evaluation of other sources such as soil, dust, pottery, gasoline, toys, or occupational exposures, to determine the cause of elevated blood lead levels. The investigation may also include isotopic analysis of lead-containing items.



Lead Poisoning Prevention

Where is Lead Found?

- **Paint:** Lead can be found in paint that was made before 1978. This paint can be on any painted surface in your home, like doors, windows, and porches.
 - **Dust:** Lead dust in the home comes from lead painted surfaces that are chipping and peeling. Sanding and scraping old paint when repainting or remodeling can also cause a lead dust problem.
 - **Soil:** Old paint that has fallen off the outside of your house onto the ground may leave lead in the soil.
 - Lead can also be found in ceramic dishes, crystal, food cans from outside the U.S., water pipes, solder and fittings, and some ethnic cosmetics and home remedies.
 - Some jobs and hobbies can expose children and adults to lead. Some examples are painters, house remodelers, plumbers, mechanics, bridge workers, making jewelry, ceramic/pottery or stained glass, and going to indoor firing ranges.
-

Is Your Child At Risk For Lead Poisoning?

If you answer yes to any of these questions you may want to have your child tested, even if your child is older.

- Does your child live in or often visit a building built before 1960?
 - Does your child live in or often visit a building built before 1978 that is being or was just repaired or remodeled?
 - Does your child live in or often visit a building that has peeling or chipping paint?
 - Does your child live with an adult or often visit an adult whose job or hobby exposes them to lead?
 - Does your family eat or drink from dishes made outside the U.S.?
 - Does your family use home remedies?
-

How does a child get lead poisoned?

- Lead poisoning usually happens when children ingest (eat) dust that has lead in it. Children may also eat chips of lead paint or soil that has lead in it.
-

What Does Lead Do to the Body?

- No amount of lead in the body is safe. The damage lead can cause is forever! Lead can damage the brain. It can cause growth problems, hearing loss, and learning problems.
 - Many children do not show signs of lead poisoning. Some signs of high levels of lead poisoning are the same as other childhood illnesses, like the common cold or teething.
-

What Does Lead Do to the Body? (continued)

- If a pregnant woman is around lead, she and her unborn child may become lead poisoned. Lead can cause lasting damage to the mother and her baby.

How Can You Reduce The Risk?

Replace, fix or manage all lead hazards in a lead safe way.

Steps you can take to prevent children from being lead poisoned:

- Keep children and pregnant women away from all lead hazards.
- Clean up lead dust and paint chips by wet wiping window sills and window wells and wet mopping floors. DO NOT dry sweep or vacuum, this will spread the lead dust.
- Block places with peeling or chipping paint. Do not use windows that have chipping paint.
- Move your child's bedroom or play area to a room that has no peeling or chipping paint.
- Place washable mats inside and outside entry doors.
- Have people remove their shoes before coming in the home.
- Do not let your child (or pet) play in dirt.
- Wash and dry your child's hands, toys and pacifiers often. Wash and dry your child's hands before playing, eating, and bedtime.
- Use cold water from the tap for drinking, cooking and making formula. Let water run for 1-2 minutes before using.
- Give your child healthy meals and snacks to eat. An empty stomach takes in lead faster than a full stomach.

Steps adults can take to help prevent themselves and children from becoming lead poisoned from a job or hobby:

- Don't eat, drink or smoke in your work/hobby area.
- Wash your hands and face before eating, smoking or drinking.
- Wear protective clothing (such as disposable gloves, hat, and shoe covers) when you work with lead. Use a NIOSH-approved respirator.
- Shower, wash your hair, and change into clean clothes and shoes before you leave the work area. Leaving dust on your clothes can contaminate your home and car.
- Put your work clothes and shoes in sealed plastic bags.
- Wash work clothes in a different load than the family's laundry.

Does your child need to be tested for lead poisoning?

- Yes, all children, at about ages one and two, must be tested for lead poisoning...it's the law!
- Blood tests will tell how much lead is in your child's blood at the time of the test. If the level is high, your child will need more testing.
- If your child is at risk at other ages, have your child tested at those times too.

Connecticut Lead and Healthy Homes Program

(860) 509-7299

www.ct.gov/dph/lead

www.ct.gov/dph/healthyhomes



Common Sources of Lead Poisoning

Connecticut Lead Poisoning Prevention and Control Program
(860) 509-7299 • Hartford, CT

Lead-based paint was banned for use on housing in 1978. Therefore, homes built before 1978 may contain lead-based paint. Lead-based paint can chip, peel and/or produce lead dust.

Lead Paint may be found on:

- Doors
- Door Frames
- Fences
- Floors
- Furniture
- Porches
- Stairs
- Toys
- Railings
- Walls
- Window wells
- Window sills
- Woodwork

Soil and Dust

Soil and dust can become contaminated with lead. This contaminated soil and dust can be carried into your home. Dust is often contaminated in the home by lead-based painted surfaces that are chipping and/or peeling.

How it becomes contaminated:

- Home remodeling (sanding, scraping, and burning lead-based paint)
- Weathering and chipping lead-based paint
- Emissions from factories
- Past use of leaded gasoline
- Solid waste from industries

Water

How water becomes contaminated:

- Lead water pipes
- Plumbing fittings made out of brass and bronze
- Lead solder used to connect plumbing (banned in 1986)



Food

Food can become contaminated if it is:

- Grown near heavily traveled roads contaminated by leaded gasoline or lead pollution
- Grown near buildings painted with lead-based paint
- Stored or baked in pottery and dishes with lead glaze or lead crystal
- Packaged in imported cans with lead solder seams (banned in U.S. cans)

* Plastic bags used to package bread, baked goods, and other foods are often printed with inks containing lead. If reusing the bag, be sure the printing stays on the outside and not in contact with the food.

Occupations and Hobbies

Work and hobbies can expose people to lead. Your children can be exposed when work clothes are worn home and laundered with the family laundry or when scrap and waste materials are brought home.

Occupations that may involve lead exposure to adults include:

- | | | | |
|-------------|---------------------|---|--|
| • Painters | • Lead Refiners | • Construction Workers | • Battery Manufacturing/ Recycling Workers |
| • Smelters | • Auto Body Workers | • Bridge Workers | |
| • Mechanics | • Renovators | • Aircraft and Ship Manufacturing Workers | • Remodelers |
| | | | • Plumbers |

Hobbies that may involve exposure:

- | | |
|---------------------------|---|
| • Artistic Painting | • Stained Glass Making |
| • Ceramics/Pottery Making | • Home Renovations |
| • Jewelry Making | • Homemade Products (fishing sinkers, ammunition) |
| • Indoor Firing Ranges | |

Other Sources

Some ethnic and folk remedies or medication may contain lead, as well as some imported cosmetic products (i.e., surma and kohl) Do not use these.

Some remedies containing lead are:

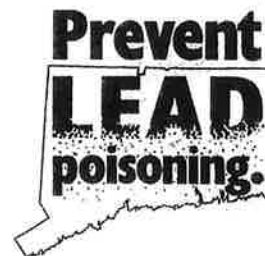
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|-----------|-------------|-------------|---------|
| • Alarcon | • Greta | • Alkohl | • Liga |
| • Azarcon | • Pay-oo-ah | • Bali Goli | • Rueda |
| • Coral | | • Ghasard | |

Some imported mini-blinds and imported crayons may also contain lead. Read the packages for this information.

Some herbs and spices brought into the U.S. from other countries may contain lead.

PUBLIC HEALTH

Keeping Connecticut Healthy
www.dph.state.ct.us



REDUCING LEAD HAZARDS AT HOME



ct.gov/PreventLead



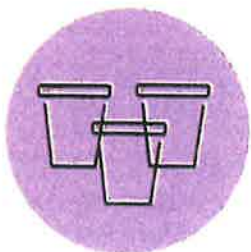
CLEANING TOOLS

- Plastic or rubber gloves that can be thrown away after each use
- Plastic trash bags
- Two (2) or three (3) plastic buckets
- A spray bottle
- Lint-free rags or paper towels that can be thrown away after each use
- Any general purpose cleaning product. Do not use bleach.
- Industrial vacuum with a HEPA filter, known as a HEPA vacuum
- Vacuum all carpeting and rugs using an industrial HEPA vacuum ONLY



CLEANING SURFACES

- When removing large paint chips, wear plastic gloves. Place them into a plastic trash bag.
- Remove smaller paint chips by vacuuming with a HEPA vacuum.
- If sweeping paint chips, mist the paint chips with water from a spray bottle, then sweep them up and put them into a trash bag.
- Clean one room at a time. Clean the highest surfaces first and work your way to the floor.
- Always start at the farthest corner of the room and work your way to the door.
- To learn more about cleaning lead dust, see our flyer online.



PREVENT LEAD POISONING BEFORE YOU CAN'T

To find out more, contact the Connecticut Department of Public Health Lead and Healthy Homes Program at 860-509-7299. Or, you can call your local health department.

WARNING: Pregnant women must not clean up lead dust because it can harm the developing fetus. You must use an industrial HEPA vacuum ONLY. Do not use an ordinary vacuum. Before you begin, remove children and pets from the rooms being cleaned. Wear old cloths and plastic gloves. Consult the Connecticut Department of Public Health or your local health department for more information on how to clean lead dust safely.





Eating Right Helps Fight Lead Poisoning

Lead tricks the body into thinking it is iron, calcium or zinc. Eating healthy can help keep the lead from staying in the body.

Don't let your child go through the day on an empty stomach!

Five Basic Food Groups

- Breads, cereals and grains
- Vegetables
- Fruit
- Milk and milk products
- Meat, chicken, fish, nuts, and beans



Foods Rich in Calcium

- Milk
- Yogurt
- Cheese (*for snacks, in cooking such as macaroni and cheese, pizza, tortillas, vegetables*)
- Foods made of milk (*pudding, soup, ice cream, custard*)
- Sardines or canned salmon (*with bones*)
- Green vegetables (*kale, collard greens, broccoli*)



Foods Rich in Zinc

- Chicken or turkey
- Lean meat
- Fish
- Milk and cheese
- Clams, oysters, mussels, crab
- Dried beans and lentils
- Eggs



Foods Rich in Iron

- Lean red meat, chicken, turkey and fish
- Iron-fortified hot and cold cereals
- Clams, oysters or mussels (*use canned to make soup or sauce for pasta*)
- Dark green leafy vegetables
- Dried beans, split peas, and other beans (*pinto, red, navy, kidney, garbanzo*)
- Eggs
- Dried fruit



The iron in vegetables, grains, beans, nuts and eggs may be made more usable by the body when you eat a food high in Vitamin C at the same meal. Oranges, grapefruit, strawberries, cantaloupe, green peppers, cauliflower, broccoli and potatoes are some foods high in Vitamin C.

Healthy Tips:

- Don't fry foods. Bake or broil them.
 - Try not to eat high fat foods. When you do eat them, eat small portions.
 - Vitamin C helps your body absorb iron.
 - Children under the age of 2 should have whole milk after they no longer drink formula or breast milk. Most children 2 and older can have lower fat milk. Children with milk allergies can have tofu, leafy green vegetables, sardines, or canned salmon for their calcium needs.
 - Younger children need smaller servings than older children or adults. More active people need larger numbers of servings from each of the 5 food groups.
-

Connecticut Lead and Healthy Homes Program

(860) 509-7299

www.choosemyplate.gov

www.ct.gov/dph/lead

www.ct.gov/dph/healthyhomes





A DAY OF NUTRITIOUS FOODS

Here is what a day of nutritious food might look like for a three to four year old child. Keep in mind that a preschooler's appetite changes from day to day:

Breakfast

- Iron-fortified unsweetened cereal, 1/2 cup
- Milk, 1/2 cup
- Orange Juice

Snack

- 100% whole wheat toast, one slice
- Peanut butter, 1/2 cup
- Jam, one teaspoon
- Apple Juice, 1/2 cup

Lunch

- Tuna salad sandwich on enriched or whole grain bread
- New England clam chowder or Lentil or bean soup, 1/2 cup
- Whole grain crackers, two small
- Milk, 1/2 cup
- Carrot, 1/2 small
- Apple, peeled and cut for young child

Snack

- Vanilla yogurt, 1/2 cup
- Canned peaches (light syrup) 1/2 peach

Dinner

- Cooked enriched macaroni, 1/2 cup
- Lean ground beef, 2 ounces
- Spaghetti sauce, 1/4 cup
- 1/4 cup cooked spinach or broccoli
- Milk, 1/2 cup

Snack

- Oatmeal cookie, one
- Milk, 1/2 cup
- Orange or tangerine 1/2

WHAT FOODS SHOULD YOU EAT TO GET ENOUGH IRON?

- **Lean red meat** - beef, pork (2 to 3 ounces—about the size of a deck of cards). Three ounces may be too much for a young child to eat at one meal.
- **Iron fortified hot and cold cereals**
- **Chicken and Turkey**
- **Clams, oysters or mussels** - (use canned clams to make clam chowder or clam sauce for pasta).
- **Sardines, tuna and other fish**
- **Dark green leafy vegetables**
- **Dried beans** - (pinto, red, navy, kidney, garbanzo).
- **Split peas and lentils**
- **Eggs**
- **Dried fruit** - (raisins, prunes, figs) these foods could be a choking hazard for children under three.
- **Peanut butter** - could also be a choking hazard for children under three.
- **Wheat germ**
- **Meat, poultry and fish** - contain iron in a form that is easy for your body to use. The iron in vegetables, grains, beans, nuts and eggs may be made more usable to the body when you eat a food high in vitamin C at the same meal. Oranges, grapefruit, strawberries, cantaloupe, green peppers, cauliflower, broccoli and potatoes are some foods that are high in Vitamin C.

WHAT FOODS SHOULD YOU EAT TO GET ENOUGH ZINC?

- | | |
|----------------------------|--|
| • Chicken or turkey | • Clams, oysters, mussels, crab |
| • Lean meat | • Dried beans and lentils |
| • Fish | • Eggs |
| • Milk and cheese | |

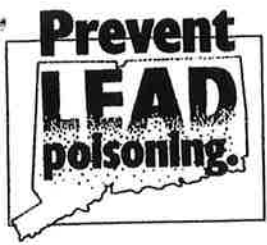
As you can see, it is important to eat a variety of foods because many of the foods high in zinc are also high in calcium and iron. One thing to remember is that meat, fish and chicken contain no calcium but are high in iron and zinc. Milk and other dairy products contain no iron but are high in calcium and give you some zinc.

WHAT FOODS SHOULD YOU EAT WITH LESS FAT?

- Try to limit foods from fast food restaurants. These tend to be very high in fat—especially the deluxe hamburgers, fried chicken, hot dogs, fried fish, french fries and ice cream.
- Go easy on foods like donuts, potato chips, corn chips, pies cupcakes, pastries, and chocolate.
- Use less oil, butter, lard and margarine in cooking and on foods.
- Choose low fat dairy products for all people older than 2 years. Read labels to find hidden fat in packaged foods. Limit foods that list vegetable oils, partially hydrogenated vegetable oil, butter and other fats among the first two or three ingredients. Foods containing less than 3 grams of fat per serving are low fat foods.
- Try to eat high fat foods less often. When you do eat them, have a smaller serving. Get your children to like the taste of low fat foods without adding extra fat.

This menu to right provides over 100% of the child's Recommended Dietary Allowance for calcium and iron, 95% of the recommended amount for zinc, and is low in fat (27% of the calories are from fat).

For more information call your local health department, the Cooperative Extension System at 241-4947, or the State of Connecticut Department of Public Health and Addiction Services Connecticut Childhood Lead Poisoning Prevention Program at 240-9225 or 566-5808.



FOODS THAT MAY HELP REDUCE LEAD'S HARMFUL EFFECTS

OBJECTIVE:

To inform the recipient about how to eat a balanced diet.

FACTS:

Lead may fool the body into thinking it is iron, calcium or zinc, minerals which we need for health. Lead may take the place of these nutrients in the body, but cannot do their jobs. It just gets in the way, and the body cannot work properly. If you are planning to have a family, are pregnant or are a parent with young children, learn how to prevent lead poisoning to help protect the health and even the life of your children.

Lead is most harmful at high doses, and when there is not enough iron, calcium or zinc in the foods you eat to compete with lead. Many children have both iron deficiency anemia and lead poisoning. Getting enough iron, calcium and zinc is important because this may help lower the amount of lead the body takes in. Keep in mind that taking huge amounts of iron, calcium and zinc will not prevent lead poisoning and could also be harmful.

Infants and pre-school children, pregnant and breastfeeding women and their babies, and people who are exposed to lead and who do not have well-balanced diets or do not get enough food to eat may be at a greater risk for lead poisoning. When a person's stomach is empty, lead may be taken up by the body much faster. Hungry children or pregnant women who are exposed to lead, such as in old homes with chipping or flaking paint, have a very high risk of becoming lead poisoned.

Very high fat diets may also make it easier for the body to take in dangerous levels of lead. Choosing a diet low in fats may help keep more lead from getting into the body and may also help lower the risk of heart disease and some forms of cancer.

Some fat is needed for healthy skin, nerves and energy. Children under the age of 2 need more fat than older children. Make sure you give your children whole milk to drink after one year old when they are weaned from formula or breast milk.

CHOOSE FOODS THAT FIGHT LEAD'S HARMFUL EFFECTS

One way which may help lower the toxic effects of lead is to make sure you and your children eat a balanced diet. Every day, you and your children should eat a variety of foods from each of the five food groups. Remember that younger children need smaller servings than older children or adults, and more active people need the larger number of servings from each of the groups.

Five Basic Food Groups:

1. Breads, cereals and grains (6 to 11 servings)
2. Vegetables (3 to 5 servings)
3. Fruit (2 to 4 servings)
4. Milk and milk products (2 to 3 servings)
5. Meat, chicken, fish, nuts and dried beans or lentils (2 to 3 servings).

WHAT FOODS SHOULD YOU EAT TO GET ENOUGH CALCIUM?

- **Milk** - (at least 2 but no more than 3 cups a day). Choose lowfat milk for children older than two years.
- **Yogurt** - (contains the same amount of calcium as milk). Choose lowfat or nonfat yogurt.
- **Cheese** (for snacks, in cooking such as macaroni and cheese, on pizza, tacos and vegetables).
- **Foods** - made with milk (pudding, soup, custard or flan, pancakes).
- **Sardines or canned salmon** (with bones).
- **Green leafy vegetables** - (kale, collard greens, broccoli).

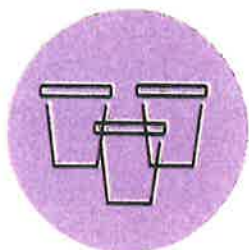
TIPS FOR CLEANING LEAD DUST

ct.gov/PreventLead



CLEANING TOOLS

- Plastic or rubber glove that can be thrown away after each use
- Plastic trash bags
- Two (2) or three (3) plastic buckets
- A spray bottle
- Lint free rags or paper towels that can be thrown away after each use
- Any general purpose cleaning product will work. Do not use bleach.
- Industrial vacuum with a HEPA filter, known as a HEPA vacuum.



CLEANING WITH CARPETS

Wall-to-wall carpets: Vacuum the rug using an industrial HEPA vacuum ONLY. Vacuum the rug slowly from the corner furthest from the door toward the door. Steam cleaning rugs is also an option.

Area rugs: Begin vacuuming at the top of the rug with a HEPA vacuum as described above. Next, fold the rug in half and vacuum the back of the rug and floor normally. Do the same to the other half of the rug.

Scatter rugs: Wash scatter rugs in a washing machine. Do not put any clothes in the washing machine with the scatter rugs.



CLEANING WITHOUT CARPETS

Wet cleaning: This cleaning method is for wood floors, windowsills, window wells, counters, radiators and all of your children's toys. A wet rag is best for windowsills and window wells. Toys can be cleaned in the sink or tub. To wet clean, fill one bucket with water and cleaning solution and another bucket with plain water. Use a different cleaning rag or paper towel in each bucket. Once you clean the surface, rinse it with a new rag or paper towel using just plain water. Empty and rinse the buckets and refill for each room you clean.

PREVENT LEAD POISONING BEFORE YOU CAN'T.

To find out more, contact the Connecticut Department of Public Health Lead and Healthy Homes Program at 860-509-7299. Or, you can call your local health department.

WARNING: Pregnant women must not clean up lead dust because it can harm the developing fetus. You must use an industrial HEPA vacuum ONLY. Do not use an ordinary vacuum. Before you begin, remove children and pets from the rooms being cleaned. Wear old cloths and plastic gloves. Consult the Connecticut Department of Public Health or your local health department for more information on how to clean lead dust safely.



PREVENTING LEAD DUST INSIDE & OUT

ct.gov/PreventLead



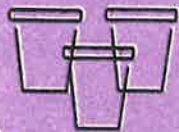
INSIDE

- Move furniture to block your child from paint that is chipping and peeling. Block any painted areas on which your child might bite, chew or suck, such as windowsills.
- Move your child's play area or bedroom to a room that has no chipping or peeling paint.
- Cover windowsills with contact paper.
- Keep windows closed that have peeling or flaking paint to prevent lead paint dust from moving throughout the home.
- Tell babysitters about lead hazards in your home.
- Wash and dry your child's hands often, especially before meals.
- Use tacky tape to remove loose, flaking paint, if only a small area is flaking (less than one square foot).
- Repair small holes in walls or doors with spackle or caulking.
- Wash your child's toys before allowing your child to play with them.
- Wash your child's toys weekly.
- Toys can be cleaned in the sink or tub.



OUTSIDE

- Place doormats on the inside and outside of the main entrance to your home so that you don't track lead-contaminated soil into the house.
- Take shoes off before entering the house.
- Don't let your child play in bare soil areas.
- Keep your pet on a leash and out of bare soil. Your pet can become lead poisoned and can track lead chips from the soil.



PREVENT LEAD POISONING BEFORE YOU CAN'T

To find out more, contact the Connecticut Department of Public Health Lead and Healthy Homes Program at 860-509-7299. Or, you can call your local health department.

WARNING: Pregnant women must not clean up lead dust because it can harm the developing fetus. You must use an industrial HEPA vacuum ONLY. Do not use an ordinary vacuum. Before you begin, remove children and pets from the rooms being cleaned. Wear old cloths and plastic gloves. Consult the Connecticut Department of Public Health or your local health department for more information on how to clean lead dust safely.





Lead Paint Can Poison: Is Your Family at Risk?



U.S. Department of
Housing and Urban
Development

HUD WANTS YOU TO LEARN THE FACTS ABOUT LEAD PAINT.

Q. Where is lead paint found?

A. Most homes built before 1978 have some lead paint. Homes built before 1960 have the most lead paint. Lead can be present on any painted surface, but it is most often found on windows, trim, doors, railings, columns, porches and outside walls. Surfaces that have been repainted may have layers of lead paint underneath. A lead inspection can tell you where lead paint is located in your home.

Q. How do children get poisoned from lead paint?

A. Most children are poisoned by invisible lead dust that is released when paint is peeling, damaged or disturbed. The dust settles on floors and other surfaces. From there, it can easily get on children's hands or toys and into their mouths. Children can also be poisoned by playing in bare soil which can contain lead from paint that has peeled from outside walls, past use of leaded gasoline and other outside sources.

Q. Should I worry about lead if I repaint or remodel?

A. Yes. Scraping, sanding or otherwise disturbing old paint can release large amounts of toxic lead dust. Learn to work safely with lead paint and make sure any contractor you hire follows lead-safe guidelines. For more information, see HUD's fact sheet, *Lead Paint Can Poison: Protect Your Family When You Repaint or Remodel*. For a free copy, call 1-800-424-LEAD.

Q. How do I know if my child is lead poisoned?

A. You cannot tell if a child is lead poisoned just by looking. The only way to find out is with a blood test. The test is simple, quick and available in a doctor's office or clinic. Most health plans cover lead tests. Young children who are enrolled in Medicaid and other state health programs can get free lead tests.

Q. What should I do if my child is lead poisoned?

A. First, locate any lead hazards in your home and learn how to eliminate them safely. Talk with your doctor or health department about what else you can do to protect your child's health. Never try to remove lead paint yourself. Call 1-888-LEADLIST for a list of lead service providers.

Q. If I rent my home, how can I protect my family?

A. There are five things you should know:

1. It is your landlord's job to keep paint in good shape.
2. If your landlord will not fix peeling paint or water damage, call your health department.
3. Make sure that workers who fix the paint do not spread lead dust.
4. Workers should clean up well before they leave.
5. Landlords are required by law to give you information about lead before you sign the lease and at any time your rent is raised.

USE HUD'S SIMPLE CHECKLIST ON THE REVERSE SIDE OF THIS FACT SHEET TO PROTECT YOUR FAMILY FROM LEAD PAINT HAZARDS.



MAKE YOUR HOME A HEALTHY HOME!

Take these five steps:

1. Keep paint in good shape.

- ☐ Check often for peeling paint.
- ☐ Watch out for water damage that can make paint peel.
- ☐ Make sure any problems are fixed promptly.

2. Work safely with lead paint.

- ☐ Wet down the paint before you sand or scrape to control lead dust.
- ☐ Avoid creating dust or paint chips. A power sander or grinder should have a hood to trap dust and a HEPA vacuum attachment.
- ☐ Seal off the work area by covering floors, doors, windows and vents with heavy plastic and keep children and pregnant women away from the area.
- ☐ Cover furniture with heavy plastic or remove it from the work area.
- ☐ Wash floors and walls with soap and water.
- ☐ Dispose of trash and dust in plastic bags.

3. Keep your home free of lead dust.

- ☐ Clean floors and window sills often with soap and water and rinse with fresh water.
- ☐ Be sure children wash their hands before eating, after playing outside and at bedtime.

4. Watch where your children play.

- ☐ Don't let children play in bare soil.
- ☐ Look for areas with grass or other safe coverings.

5. Test your child for lead.

- ☐ Ask your doctor or health department if your child should be tested for lead.

HUD WANTS EVERY CHILD TO HAVE A LEAD-SAFE HOME!

For HUD's fact sheet, *Lead Paint Can Poison: Protect Your Family When You Repaint or Remodel*, or for other information about making your home lead-safe, call 1-800-424-LEAD.

For a free brochure on other home safety issues, call HUD's Healthy Homes hotline at 1-800-HUDS-FHA or visit HUD's Web site at **www.hud.gov**. HUD is on your side.



Sponsored by the U.S. Department of
Housing and Urban Development





Connecticut Department of Public Health

410 Capitol Avenue
P.O. Box 340308
Hartford, CT 06134-0308

Phone: 860-509-7299
Fax: 860-509-7295

Questions/Answers Relating to the Recall of Toys Due to Lead

The following is a list of common questions that people may have regarding the recent toy recalls due to lead.

Q: What if I think my child has been exposed to lead?

A: Contact your child's doctor if you feel that your child has been exposed to lead. Only a blood lead test will tell how much lead is in your child's blood. Most children with an elevated blood lead level show no symptoms. If your child has an elevated blood lead level your doctor can recommend further steps and provide treatment.

Q: What do I do if I think I have a recalled toy?

A: Immediately take the toy away from children. You can visit the U.S. Consumer Product Safety Commission website (<http://www.cpsc.gov/cpscpub/prerel/prerel.html>) to search for the toy in question and follow the instructions on the recall notice. Or you can contact the CT Department of Public Health, Lead Poisoning Prevention and Control Program at 860-509-7299 and staff can assist you.

Q: What if I have a toy that has not been recalled but I am worried about it?

A: Immediately take the toy away from children. You can contact a private laboratory that can test the toy. There will be a fee for the test that may exceed the cost of the toy. A list of some laboratories that can provide testing is attached.

Q: What other sources of lead exposure might my child come into contact with?

A: Common sources of exposure that a child might come in contact with are:

Lead-based paint – Lead-based paint is often found in homes that were built before 1978. Lead-based paint can chip, peel, and produce lead dust (see below). Lead-based paint remains the most common source of lead exposure for children.

Dust and Soil – Dust and soil can become contaminated with lead. Dust is often contaminated in the home by lead-based painted surfaces that are chipping and/or peeling. Lead contaminated soil can be carried into your home.

Water - Water becomes contaminated by contact with lead water pipes, brass and bronze plumbing fittings that contain lead, and solder that contains lead (banned in 1986) and was used to connect piping.

Q: Who do I contact if I have questions and for additional information?

A: You can contact the CT Department of Public Health, Lead Poisoning Prevention and Control Program at 860-509-7299, the CT Department of Consumer Protection at 860-713-6115, or the company that manufactured a specific toy.



Connecticut Department of Public Health

Laboratories That Will Test For Lead In Toys

The following is a list of laboratories that have indicated a willingness to test for lead in toys and children's jewelry using the Consumer Safety Commission testing protocol.

This list is for informational purposes only. No certification or approval by the State of Connecticut is implied.

<u>Laboratory</u>	<u>City</u>	<u>State</u>	<u>Telephone</u>
JMS	Danbury	CT	(203) 798-2229
Northeast Laboratories	Berlin	CT	(860) 828-9787
First Light Power	West Springfield	MA	(413) 787-9064
GPL	Frederick	MD	(301) 694-5310
EMSL	Westmont	NJ	(856) 858-4800
AmeriSci New York	New York	NY	(212) 679-8600
Microbac Laboratory	Waverly	NY	(607) 565-3500
Benchmarks Analytics	Center Valley	PA	(610) 974-8100
RJ Lee Group	Monroeville	PA	(724) 325-1776
Mitkem	Warwick	RI	(401) 732-3400
New England Testing	North Providence	RI	(401) 353-3420
GEL	Charleston	SC	(843) 556-8171

Connecticut Department of Public Health

410 Capitol Avenue
P.O. Box 340308
Hartford, CT 06134-0308

Phone: 860-509-7299
Fax: 860-509-7295

www.dph.state.ct.us/BRS/Lead/lead_program.htm

CONNECTICUT DEPARTMENT OF PUBLIC HEALTH

Referral Resource Sheet

- State of Connecticut, Department of Public Health
Lead Poisoning Prevention and Control Program 860-509-7299

http://www.dph.state.ct.us/BRS/Lead/lead_program.htm

- Lead treatment centers:

- ❖ Hartford Regional Lead Treatment Center: 860-714-5316

<http://www.saintfranciscare.com/body.cfm?id=669&action=detail&ref=134>

- ❖ Yale regional Lead Treatment Center: 203-764-9106

http://www.ynhh.org/pediatrics/subspecialties/lead_center.html

- Husky Health Insurance: 1-877-CT-HUSKY (Medicaid)

<http://www.huskyhealth.com/>

- Infoline: 211

<http://www.infoline.org/>

- Housing: Abatement funding sources

http://www.dph.state.ct.us/BRS/Lead/Financial/lead_financial.htm

<http://www.hud.gov/local/ct/community/cdbg/index.cfm>

- Department of Children and Families Hotline: 1-800-842-2288

<http://www.state.ct.us/dcf/>

- Women, Infants, and Children nutritional program (WIC) -

<http://www.dph.state.ct.us/BCH/wic1/index.htm>

- Head Start - <http://www.acf.hhs.gov/programs/hsb/programs/index.htm>

- Relocation assistance -

- ❖ Aid For Families and Dependent Children (AFDC)

<http://www.acf.dhhs.gov/programs/ofa/>

❖ Section 8 housing

<http://www.ct.gov/dss/cwp/view.asp?a=2353&q=305208>

❖ Local shelters

➤ Department of Social Service (DSS): 1-800-842-1508

<http://www.ct.gov/dss/site/default.asp>

❖ Title 19

❖ Local energy assistance programs

❖ Food Stamps

➤ Housing Court: <http://www.jud.tate.ct.us/directory/directory/housing.htm>