



# Leading the Way

UDOH Environmental Epidemiology Program—Lead Prevention & Education

## Lead Poisoning Prevention in Eureka

### What Can You Do to Avoid Exposure to Lead?

1. Have your children tested for lead! Children are more susceptible than adults to the toxic effects of lead. Blood lead levels above 10 ug/dL are elevated and every effort should be made to reduce exposure to lead.
2. Always wash your hands before meals. Wash your children's hands often, especially before eating and at bedtime.
3. If your home was built before 1978, you may want to have your house tested for lead-based paint, especially before repairing or remodeling.
4. Always wash fruits and vegetables before eating them. Avoid eating fruits and vegetables grown in high lead soils.
5. Eat a well-balanced diet every day.
6. Avoid foods high in fat (lard, sausage, bacon, french fries, potato chips). These foods increase lead absorption.
7. Avoid using lead-glazed pottery or pewter dishes for food.
8. Do not store food in open cans.
9. Take shoes off before entering the house in case there is lead dust on them.
10. Use wet cloths and mops to clean dust from window sills, floors, and other surfaces. Dry cloths and mops just move lead dust around.
11. Adults who are exposed to lead at work or during hobbies should shower and change clothes afterward.
12. Keep children's play areas and toys clean and away from areas with chipping paint.
13. Plant grass and shrubs over bare soil in your yard.

Environmental  
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MD- September 07



Utah  
Department  
of Health

## May 07—Testing Session



For the May testing session we focused on bike safety. Central Utah Public Health Department provided the kids with a bike safety course and the UDOH presented every child and adult tested with a **NEW** bike helmet. This testing session was a big success! There were 41 children and 6 adults tested! Of those tested, only one child had an elevated blood lead level.

We hope everyone is remembering to wear their helmets!

## August 07- Testing Session

August was the annual testing session where we invite every child 6 months–17 years and pregnant women to get a blood lead test. Fire Safety was the theme this month...each parent received a fire extinguisher and smoke alarm for their homes for bringing their children in to get tested. The children received a new t-shirt and other fun treats. There were 41 children tested and 4 adults. **NO**-one had an elevated lead level this time.... **WAY TO GO!**



**A special thanks to everyone involved in making the blood lead testing sessions a success!**

## LEAD in the News



There has been a lot of toy recalls lately in the news due to lead based paint...check out this web site to see if your children's toys are on the recall list....

[www.cdc.gov/nceh/lead/Recalls/default.htm](http://www.cdc.gov/nceh/lead/Recalls/default.htm)

If you think your child has been exposed to any of the items listed, please see your health care provider for a blood lead test and follow the recommendations on returning the item(s). For additional information on other products not listed at the above Web address see the Consumer Product Safety Commission's site at: [www.cpsc.gov](http://www.cpsc.gov).

Unscramble these healthy foods and then match them with the right picture for healthy eating....

Imik... \_ \_ \_ \_

plepa.... \_ \_ \_ \_ \_

occbroil... \_ \_ \_ \_ \_ \_ \_

yugtro... \_ \_ \_ \_ \_

urkeyt... \_ \_ \_ \_ \_

eehecs... \_ \_ \_ \_ \_



## Hot Topics

- Next bi-annual newsletter— February 2008
- Next testing session—November 2007
- Following each testing session, there will be consultations with parents/guardians of children with an elevated blood lead level.
- Check us out online at [www.health.utah.gov/enviroepi](http://www.health.utah.gov/enviroepi)
- The Occupation lead fact sheet is now available and can be obtained by contacting UDOH or from the web site.

Questions?  
Suggestions?

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