



JOSIAH HILL III CLINIC

Protecting Your Family From Lead Poisoning



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Why is lead dangerous?

Lead can cause serious health problems, affecting almost every organ and system in the body. There are no obvious symptoms of lead poisoning, but exposure can lead to aggressive behavior, low IQ levels, hearing problems, weight loss, low energy, headaches, and kidney damage.

Who does lead affect?

As a result of their delicate state of development, children under the age of six are most vulnerable. Pregnant women and their unborn children are also at risk.



Where is lead found in your environment?

Houses built before 1979 contain the three main sources of lead hazards: **lead dust, chipping lead paint, and lead contaminated soil.**

Lead can also be found in certain toys, jewelry, ceramics, and imported cosmetics and medicinal remedies.

How can lead poisoning be prevented? There are many ways to protect your family from lead exposure:

- Determine if lead is a problem– Get your child and home tested for lead. (See reverse side.)

- Create healthy habits: wash your child's hands often, as well as toys and pacifiers.

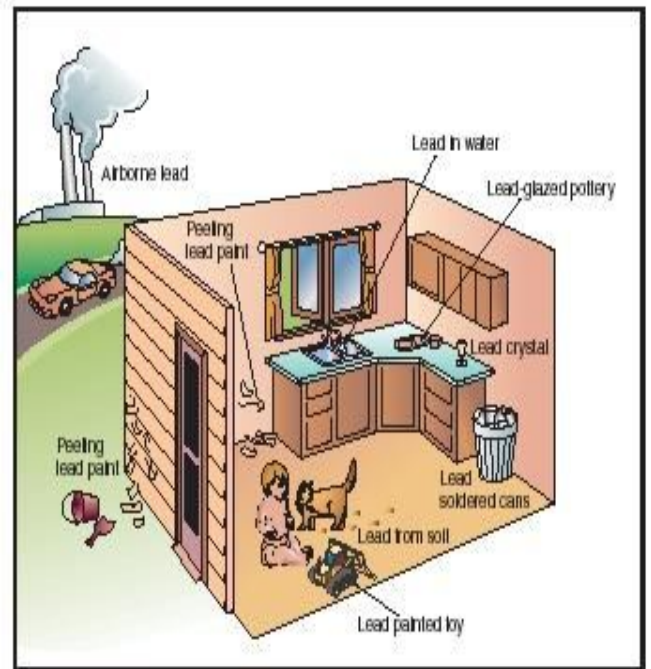
- Eat foods rich in calcium, iron, and vitamin C; such as chicken, nuts, leafy green vegetables, citrus fruits, and beans.

- Maintain a lead-free home: remove shoes at the door; clean surfaces with a wet cloth or mop' and if lead is present in carpeting, use a special HEPA filtered vacuum.

- If you or a neighbor are remodeling, be sure the contractor is **Lead Safe Certified.** Home renovations contribute to nearly half of childhood lead poisoning in Oregon.

- Check the Consumer Product Safety Commissions website for recalls of toys, jewelry, and other household items that have been determined as lead hazards.

- Purchase a household lead swab kit from your local home supply store and perform lead tests on products of concern.



Please see reverse side for resources!

Resources For You and Your Family

Lead poisoning is a serious concern and there are many resources available to reduce the threat of lead to your family.



Josiah Hill III Clinic (JHC)

(503) 802-7389; www.jhillclinic.org

JHC provides free blood lead screenings, green cleaning workshops, asthma prevention programs, healthy home check-ups, and lead poisoning prevention training for health educators and promoters. Visit www.jhillclinic.org/calendar to learn about upcoming community events and screenings!



Multnomah County Health Department

Leadline- (503)988-3816; Blood Lead Screening Info- (503)988-3828; www.mchealth.org/lead

Provides free blood lead screening and answers questions about lead poisoning and lead prevention. Spanish translation available.



Regional Lead Hazard Control Program, Portland Housing Bureau

(503)823-3400; www.portlandonline.com/phb/lead

Provides financial assistance to identify, control, and reduce lead-based paint hazards in Portland communities. Your family may be eligible for a lead treatment grant!



Community Energy Project

(503)284-6827; www.communityenergyproject.org

Provides free lead poisoning prevention workshops. Attendees receive free cleaning supplies, home lead testing kits and information about other lead prevention resources. CEP also loans sealed HEPA vacuums to participants.



Oregon Department of Human Services

(971)673-0440; www.healthoregon.org/leadpaint

Provides general resources on lead poison prevention-specific programs for the state of Oregon.



International Center for Traditional Childbearing (ICTC)

(503) 460-9324; www.ictcmidwives.org

ICTC is an infant mortality prevention, breastfeeding promotion and midwife and doula training grassroots organization, located in north Portland. ICTC offers childbirth preparation classes, doula services, doula training, and referrals to reduce lead poisoning among African American pregnant women, breastfeeding women, young children, and African American fathers.



US Consumer Product Safety Commission

(800)638-2772; www.cpsc.gov

Provides updated information about products that have been recalled for high lead levels of lead.

**ECOLOGY
CENTER**



Ecology Center's HealthyToys.org

<http://www.healthystuff.org/departments/toys/>

A consumer action guide to toxic chemicals in toys.