



## Eliminating Lead Poisoning Is Everyone's Responsibility

Lead poisoning is a serious health risk, especially to our children. Exposure to lead can cause a wide range of problems, including learning and behavior problems, hearing loss, and long-term health problems. If we take the time to educate ourselves on what to look for and ways we can make our homes lead safe, together we can eliminate childhood lead poisoning in Monroe County.

The Coalition to Prevent Lead Poisoning is an education and advocacy organization dedicated to eliminating childhood lead poisoning in Monroe County. Please contact us for more information.

### Coalition to Prevent Lead Poisoning

1150 University Ave.  
Rochester, NY 14607  
(585) 256-2267 ext. 5  
[www.leadSAFEby2010.org](http://www.leadSAFEby2010.org)



# Lead Poisoning.

**Get the facts.**  
Coalition to Prevent Lead Poisoning

[www.leadSAFEby2010.org](http://www.leadSAFEby2010.org)

# What are the effects of lead poisoning?



- Permanent brain damage
- Lower IQ
- Hearing loss
- Learning and behavior problems
- Damage to kidneys and other organs
- Can hurt a pregnant woman's developing fetus

## HOW DO CHILDREN GET LEAD POISONING?

- If your house or apartment was built before 1978, it probably contains lead paint.
- Peeling or deteriorating paint (especially around windows, doors, stairs, or porches—any friction surface) creates lead dust. The dust settles in living areas or on the toys of children as they play.
- Children get lead in their bodies when they put their hands or toys in their mouths and swallow the lead dust.
- Other possible sources of lead include home renovation projects, bare soil around the home, jewelry, pottery, imported candies, and folk remedies.

## WHAT CAN YOU DO?

### Make sure your home is lead safe

- If you live in the city of Rochester and are worried that your home might have a lead hazard, you can get a FREE home inspection by calling the City of Rochester Lead Program at (585) 428-LEAD.
- If you live in Monroe County you can get a FREE lead inspection by calling the ABC Lead Resource Center at (585) 325-5116 ext. 4555.
- When remodeling, be sure to use lead-safe work practices. Call the Monroe County Childhood Lead Poisoning Prevention Program at (585) 753-5087 to find out about FREE classes in Lead Safe Work Practices.
- You may be eligible for grants to make your home lead safe. Call (585) 428-LEAD for more info.

### Get your child tested

Lead poisoning may have no visible symptoms. The only way to know if a child has lead poisoning is to get a blood lead test.

- State law requires children to be tested for lead exposure at one year and AGAIN at two years old.
- You can request a FREE blood lead test at any well-child checkup from six months to six years old.
- Call your health care provider and find out if your child has been tested. Make sure you ask what your child's blood lead test results mean.

### Clean lead dust frequently

- Wet wipe flat surfaces and wet mop floors often with detergent and water.
- Use a vacuum cleaner with a specially equipped HEPA filter to catch lead dust (you can borrow HEPA vacuums at many neighborhood tool libraries).
- Remove your shoes when you enter the home.
- Wash your child's hands and toys often, especially after playing and before eating.

### Make sure your child eats healthy foods

- Foods high in IRON and CALCIUM can help lower your child's lead risk.
- For iron, eat green leafy vegetables like spinach and collard greens, eggs, beans, turkey, whole-grain breads, and tuna.
- For calcium, drink milk and fortified orange juice and eat yogurt, cheese, pizza, and lasagna.

## IT'S THE LAW

### New York State Law

Requires that your child have a blood test for lead at one year and AGAIN at two years old (pregnant women and older children should also be tested if living in high-risk housing).

### Rochester City Law

Renters and homeowners can request a FREE lead inspection by calling (585) 428-LEAD. Tenants cannot be evicted for requesting a lead test of their homes.

## FOR MORE INFORMATION

To order your FREE "Lead Awareness for Parents" DVD (in English, Spanish, and American Sign Language) please call the Coalition at (585) 256-2267 ext. 5. For information on lead poisoning, access to agencies that can help you with getting your child tested for lead exposure, and funding to help make your home safe, contact the following:

### Local Lead Poisoning Information Resources:

- Your health care provider
- Coalition to Prevent Lead Poisoning (585) 256-2267 ext. 5, [www.leadsafeby2010.org](http://www.leadsafeby2010.org)
- City of Rochester Lead Program (585) 428-LEAD(5323)
- ABC Lead Resource Center (585) 325-5116 ext. 4555
- Monroe County Childhood Lead Poisoning Prevention Program (585) 753-5087

Other Lead Poisoning Information Resources:

New York State Department of Health  
[www.health.state.ny.us/environmental/lead](http://www.health.state.ny.us/environmental/lead)  
Environmental Protection Agency [www.epa.gov/lead](http://www.epa.gov/lead)  
The National Center for Healthy Housing [www.nchh.org](http://www.nchh.org)